



## MALE SCHOOL BULLIES AND THEIR VICTIMS ARE MORE LIKELY TO COMMIT VIOLENT OFFENSES AS ADULTS

**PsyPost, November 2, 2022**

A longitudinal study in Finland shows that male school bullies and male victims of bullying are more likely to commit violent offenses as adults. This association was much less clear in females. The study was published in [the European Child & Adolescent Psychiatry](#). Bullying is “an unwanted repetitive aggressive behavior that takes place within an unequal power relationship that inflicts harm or distress on the victim”. Often associated with school environments, bullying has been linked to students carrying out school shootings and adolescents carrying weapons. It has enormous impact on well-being of individuals and societies. However, due to the complexity of conducting studies over longer periods of time, there is much less knowledge on the long-lasting effects of bullying and how bullying related experiences in school years might affect a person later in life. The study highlighted the link between childhood bullying and violent offenses in adulthood, both of which may be manifestations of an underlying propensity for violence. Authors also note that although the registry of violent offenses likely does not contain data on all violent offenses participants were involved in and for a small percentage of participants data could not be retrieved, this source of information on violent offenses is clearly superior to the reliance on self-report measures found in previous studies on the topic.



## MEN ARE EMBRACING ‘POSITIVE MASCULINITY’ AND SAY IT’S WORKING – DESPITE THE BACKLASH

**Sydney Morning Herald, October 30, 2022**

This month, Australian men have been asked to embrace "healthy masculinity" in

the National Plan to End Violence Against Women, and to move into [\*\*female-dominated industries\*\*](#) (in a report by Bankwest Curtin Economic Centre and the Workplace Gender Equality Agency) to help close the gender pay gap. Men have learned they may be ["forced" to use or lose parental leave](#) in a bid to get them to do a bigger share of domestic work, boosting [women's economic participation](#). Michael Flood, a long-time researcher on men and masculinity, says this is helping to intensify action to engage and change men, aimed at improving men's lives and gender equality. He is optimistic because data shows that although men recognise the [pressure to conform to narrow stereotypes](#), it also shows they agree "men have a role to play in building gender equality". But strong support still exists for statements such as "men are now criticised too much", "there's a war on men" and "masculinity is under attack". "Among about 25 per cent of men, there's sympathy for backlash ideas such as 'feminism has gone too far', 'men are being blamed unfairly' and so on," says Flood. "About 25 per cent oppose [those statements] and 50 per cent are in the moveable middle – they're 'persuadable'."

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## FIVE PARTNERSHIP SYMPOSIA ON YOUNG MALE HEALTH NOW AVAILABLE ONLINE

Five symposia on [Young Males and ADHD](#), [Young Males, Healing Partnerships and Promoting Resilience](#), [Young Males and Depression](#), [Young Males, Body Image and Eating Disorders](#) and [Young Males and Suicide](#), are now available online.

These are the first five symposia in a series of eight. Future symposia will cover [\*\*An overview of the State of AYA Male Health\*\*](#), [\*\*Young Males and Reproductive Health\*\*](#) and [\*\*Young Males, Sexual Orientation and Gender Identity\*\*](#) and will take place in November. More information on the entire series can be found [here](#).

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## WHAT HAPPENS IF THE SUPREME COURT GUTS AFFIRMATIVE ACTION?

The Week, November 2, 2022

Striking down affirmative action in college admissions now will leave the job of establishing a fair system undone. Black students still are less likely than their white counterparts to have access to college-preparatory math and science classes. Black males are twice as likely as white males to quit school. "Consequently, getting into college, competing once there, and graduating four years later is a harder slog for Black students." If the court guts affirmative action and stops schools from valuing things like "leadership qualities, personal talents, race and ethnicity, and family circumstances" to build diverse student bodies, "Black students won't just remain at the back of the line in American life; they will be pushed even further back."



## WHY BEING A BOY HAS BECOME AN 'EDUCATIONAL RISK FACTOR'

afr.com, October 31, 2022

Boys not only struggle to keep up with their female peers in reading and writing but fall further behind as they grow older. By year 9 the gap in writing skills is so profound that more than 20 per cent of boys do not meet the national minimum standard. The 2022 National Assessment Program – Literacy and Numeracy (NAPLAN) reveals boys are in a world of trouble, especially when they reach high school. While boys outperform girls in numeracy in each of the four age cohorts that sit the NAPLAN test, by year 9 the gap has narrowed as to be almost inconsequential. But it is writing that is the most troubling aspect of boys' poor academic performance, with boys in year 9 nearly two years behind their female counterparts. In 2022, the percentage of boys not reaching the national minimum standard in reading fell to its lowest level since the test began in 2008, with 13.5 per

cent failing to reach the mark.



### **BOYS WHO LOSE EXCESS POUNDS BY COLEGE MAY STILL SEE ELEVATED CANCER RISK**

— Long-term Swedish study suggests early obesity

**MedPage Today, November 4, 2022**

Excess weight in childhood appears to boost the risk of obesity-related cancers for men later in life, even if they shed the extra pounds by adulthood, a researcher reported here. Over more than 40 years of follow-up, men who were overweight or obese at age 8 but returned to normal weight by age 20 were 38% more likely to develop cancers compared with those at normal weight throughout development (adjusted hazard ratio [aHR] 1.38, 95% CI 1.09-1.75), reported Jenny Kindblom, MD, PhD, of the University of Gothenburg in Sweden. Males who were overweight at age 8 and stayed overweight at age 20 faced a 66% higher cancer risk (aHR 1.66, 95% CI 1.18-2.33), according to findings presented at the Obesity Week annual meeting. "A childhood overweight trajectory is associated with increased risk of obesity-related cancer independent of the later BMI [body mass index] trajectory," Kindblom told Medpage Today. "The finding here is new."



### **VIDEO: Two doctors say stop blaming mental health for mass shootings**

**CNN, November 2, 2022**

It has become increasingly common to attribute mental illness as a key reason

young men turn into active shooters. Relying on decades of experience, psychologist Dr. John Duffy and Vanderbilt University psychiatrist Dr. Jonathan M. Metzl question that idea while hashing out why a generation of young men, who were "handed the keys to the kingdom," have turned lethargic and hopeless. [Dr. Duffy](#) is a CNN wellness contributor who has spent 25 years working with children and adolescents weekly in his Chicago practice. [Dr. Metzl](#) is an author and professor who studies mass shooters, race, mental health and gun violence. He is the director of the department of medicine, health, and society at Vanderbilt University in Nashville, Tennessee.



## [YOUNG PEOPLE AND SELF HARM](#)

Zimeye.net, October 30, 2022

Over 1.5 million adolescents and young adults aged 10–24 years died in 2020, nearly 5000 every day. Injuries (including road traffic injuries and drowning), violence, self-harm and maternal conditions are the leading causes of death among adolescents and young adults. Half of all mental health disorders in adulthood start by age 14, but most cases are undetected and untreated. Early onset of substance use is associated with higher risks of developing dependence and other problems during adult life, and people of younger ages are disproportionately affected by substance use compared with people of older ages. Survival chances for adolescents and young adults vary greatly across the world. In 2020, the probability of dying among those aged 10–24 years was highest in sub-Saharan Africa, Oceania (excluding Australia and New Zealand), northern Africa and southern Asia (1). The average global probability of a 10-year-old dying before age 24 was 6 times higher in sub-Saharan Africa than in North America and Europe. Unintentional injuries are the leading cause of death and disability among adolescents. Many of those who died were vulnerable road users, including pedestrians, cyclists or users of motorized two-wheelers. Drowning is also among the top causes of death among adolescents; more than 40 000 adolescents, over three quarters of them boys, are estimated to have drowned in 2019. Interpersonal violence is among the leading causes of death in adolescents and young people globally. Its prominence varies substantially by world region. It causes nearly a third of all adolescent male deaths in low- and middle-income countries in the WHO Region of the Americas. According to the global school-based student health survey 42% of adolescent boys and 37% of adolescent girls were exposed to bullying. Sexual violence also affects a significant proportion of youth: 1 in 8 young people report sexual abuse. Violence during adolescence also increases the risks of injury, HIV and other sexually

transmitted infections, mental health problems, poor school performance and dropout, early pregnancy, reproductive health problems, and communicable and noncommunicable diseases.



## GUIDE TO GenZ AND MILLENNIAL INVESTORS ENTERING IN THE MARKET

Times of India, October 30, 2022

GenZ and Millennials are the most financially aware generations as compared to the earlier people of their age. People from the age of 18 to 35 have numerous sources of information with which they are surrounded in their day-to-day life. From Youtube to TikTok to Instagram, all of our feeds are filled with informational content on finance, motivation, fitness, technology and what not. This generation is smart enough to make use of their smartphones not just for entertainment but for accessing information and understanding concepts as well. So basically, young people are interested in knowing more about the concepts of finance, investing and simply how to manage their money in a better way. But when asked in a survey, most of the GenZ are not confident about their financial knowledge. Most of their risk taking and investing capabilities come from seeing other people make money. More than 70% of the young males in the US have invested in NFTs and Cryptocurrency, simply because they saw other people putting their money into it and becoming rich in no time. When asked about their knowledge about the crypto space, very few of them had at least a beginner's knowledge about it. But, one in every 10 teenagers in the US today holds an NFT or have invested some of their money into it.

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## [SUPPORTING BLACK MEN IN MEDICINE CAN UPLIFT THE HEALTH OF THE NATION](#)

**The Hill, October 25, 2022**

Seven years after the AAMC (Association of American Medical Colleges) raised the alarm about the paucity of Black men in medicine in its report, "[Altering the Course: Black Males in Medicine](#)," their numbers remain distressingly low. In this 2015 report, the AAMC found that the number of Black male medical students had actually declined over the previous four decades — from 542 in 1978 to just 515 in 2014. What's more, the numbers have continued to fall. A 2021 [study](#) published in The New England Journal of Medicine found that Black men in 2019 represented just 2.9 percent of the medical student body, down from 3.1 percent in 1978. Why does this matter? [Studies](#) have found that patients who are treated by physicians of the same race or ethnicity are more likely to follow the physician's recommendations for medication or preventive screenings, and in some contexts, health outcomes are dramatically improved. We continue to believe that diversifying the health care workforce will be critical to addressing these inequities. But we have no time to lose. It takes at least seven years of training to become a physician — but it will take even more time to rectify some of the systemic issues that lead to so few Black men even applying to medical school.



## [\*\*MORE MALE, PEDIATRIC PATIENTS SUFFER ATV-RELATED INJURY\*\*](#)

**WFMZ.com, October 28, 2022**

More male and pediatric patients suffer all-terrain vehicle (ATV) injuries than motorcycle (MOTO) and automobiles (AUTO) injuries, according to a study published online Oct. 27 in BMJ Open. The researchers found that significantly more male and pediatric patients suffered ATV-related injuries than injuries related to MOTO or AUTO. Open fractures were more likely for victims of ATV-related injuries. The likelihood of sustaining an injury from either AUTO or MOTO accidents than ATV accidents was lower for pediatric patients, with pediatric patients comprising 37.93, 11.58, and 7 percent of the ATV, AUTO, and MOTO injured patients, respectively. Significant associations were seen for patients with no drug use during injury and those who used protective equipment such as seat belts and child seats with lower Injury Severity Scores and higher Glasgow Coma Scale scores, indicating less severe injury.



## [\*\*GUYANA: PRESIDENT APPEALS FOR NATIONAL SUPPORT TO TACKLE PROBLEMS FACING BOYS, MEN\*\*](#)

**Demerarawaves, October 29, 2022**

President Irfaan Ali Friday issued a stirring appeal for broad-based national support to address deep-seated problems facing boys and men so that they could grasp education and job opportunities while staying away from trouble such as committing violence against women and children. "This is not the time for us to point fingers. This is the time for us to come together to believe in each other and to realise that we can only do this as a collective," he said. Except for national unity on border controversies with neighbouring Venezuela and Suriname, governing and opposition parties rarely agree on anything else. The President said the regional administrative systems in the areas of the Joint Services, health, education and religion would be "unleashed" to address a range of problems. He said MOM is aimed at creating a network of support for men to

resolve problems and close gaps in employment and education due to “our own inaction”, “neglect” and “selfish ways” of not being part of family and community development.



## **TEACHERS ARE HARD-WIRED TO GIVE GIRLS BETTER GRADES, STUDY SAYS**

**Forbes, October 17, 2022**

Teachers give higher grades to girls than to boys with the same academic ability, according to a [study](#) published today in the [British Journal of Sociology of Education](#). And the bias is evident across different types of schools and for different teacher characteristics, suggesting teachers are hard-wired to give girls higher marks. The size of the gap is considerable and could have significant long-term consequences, both on college admission and employment prospects, the researchers say. “There is a strong correlation between having higher grades and desirable educational outcomes, such as gaining admission to good colleges or having a lower probability of dropping out of school,” says researcher Ilaria Lievore, at Italy’s University of Trento. “Consequently, higher grades are also correlated with other outcomes, such as having higher earnings, a better job or even higher life satisfaction.” The gender gap is a common feature of education systems around the world. In standardized tests, girls tend to outperform boys in humanities, languages and reading skills, while boys tend to do better in math, but when grades are awarded by teachers, girls do better in all subjects. But today’s study is thought to be the first to demonstrate that the problem is systemic, rather than being dependent on types of school, the gender mix in the classroom or individual teachers.



## **COLLEGE CRISIS: MALE STUDENTS ARE STRUGGLING EMOTIONALLY. HERE'S HOW TO HELP | GUEST COMMENTARY**

Baltimore Sun, October 18, 2022

There's been a lot of discussion about the dearth of American males attending college, but little, if anything, has been said about another crisis among young males — their struggles to remain buoyant, let alone succeed, once they're *in* college. I've witnessed this firsthand. As happened last semester, and semesters before that, many of my male college students, especially Black males, are falling through the cracks. Male students are showing up to in-person — and even Zoom — class meetings less frequently, and they're struggling to complete assignments. This jibes with what little research exists: The [August 2022 report PDP Insights](#), sponsored by the National Student Clearinghouse, found that freshmen women in both community college and four-year institutions complete more courses attempted than male peers. It also found that male students of color attempt and earn the equivalent of "one course worth of credits less than their Asian and white and female peers in their first year alone." Here are more of the puzzle pieces: Yes, males still predominate in STEM majors, but [female classmates outperform them with grades and overall GPA](#). In fact, [the lower grade-point averages boys earn in high school stays with them throughout college](#). And from at least [fourth grade through high school, boys read at a 10 point deficit, minimally, from girls](#), which hounds them into college, where literacy is a defining factor in success. An uncomfortable truth is that some colleges and universities are not as male-friendly as they would like to believe. And they need help: [Recent research conducted by the American College Health Association](#) found that, among other things, nearly half of male college students surveyed felt that "things were hopeless"; 56% felt "very lonely"; 59% often felt sad; nearly 35% experienced depression that made it difficult to function; and nearly 50% experienced overwhelming anxiety. Forty-three percent of them confessed that academics was the most "traumatic" and "difficult" thing for them to navigate.



## WHY AMERICA NEEDS MORE MEN WORKING IN HEALTH CARE AND EDUCATION

**Time, October 19, 2022**

In recent decades, huge progress has been made in smashing the gender stereotypes associated with many traditionally male jobs, including science, medicine, engineering, law, and even the military. When the original Perry Mason series aired in 1966, just 4 percent of law students were female. By the time of HBO's new version in summer 2020, there were as many women in law school as men. Terms like "female lawyer" and "female doctor" already sound antiquated. Similar trends can be seen in other formerly male-dominated fields. In 1980, women accounted for just 13% of jobs in the STEM field (science, technology, engineering and math); the share has now more than doubled, to 27%. There's more work to do here for sure. Progress has been especially slow in the tech world. But in general, what Harvard's Claudia Goldin calls the "auras of gender" around most male-dominated professions have declined. But the same is not true in the other direction. Traditionally female occupations, especially in what I call the HEAL fields—in health, education, administration and literacy—have, if anything, become even more "pink collar." Just 26% of HEAL jobs are held by men, down from 35% in 1980. The gender desegregation of the labor market has so far been almost entirely one-way. Women are doing "men's jobs." Men are not doing "women's jobs." In some occupations, the decline in the male share has been dramatic. The proportion of men in psychology, for example, has dropped from 39% to 29% in the last decade. And the trend is set to continue. Among psychologists aged 30 or less, the male share is just 5%. Fewer than one in five social workers are men (18%), half the proportion in 1980. The only occupation where the share of nurses has risen, albeit painfully slowly, is nursing, which is now 13% male.

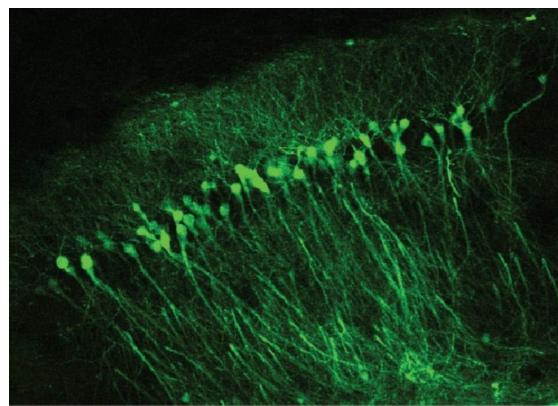


## MILITARY SUICIDE DROPS AS MENTAL HEALTH PROGRAMS ARE PUSHED BY LEADERS

*The suicide rate dropped 15% from 2020 to 2021, according to the Pentagon.*

**ABC News, October 21, 2022**

Despite a gradual upward trend in military suicides over the last decade, 2021 saw a more than 15% decrease for active duty service members, according to a new Defense Department report. "For the active component there was over a 15% decrease in the rate of suicides from 2020 to 2021," said Beth Foster, executive director for DOD's Office of Force Resiliency in a briefing Thursday. "Young enlisted male service members remain at greatest risk." Pentagon data counts 326 instances of suicide in the active duty force in 2021, down from 384 in 2020. The department took steps to lower suicide risk across the force in 2021, including awareness programs, boosts in quality of life, and efforts to reduce the stigma of seeking help. The improvement has been heartening, but Pentagon officials believe there's more to be done.



## UNDERSTANDING THE ROLE OF TESTOSTERONE IN HOW MALES AND FEMALES EXPERIENCE DEPRESSION

*MSU received a \$3M NIH grant to study the hormone's effects on brain circuitry*

**MSU Today, October 18, 2022**

Major depressive disorder affects women twice as often as men, but researchers are still trying to identify the reasons why. Researchers at Michigan State University have recently received a \$3 million grant from the National Institutes of Health to

continue their investigation of how male and female brains respond to stress differently and how testosterone could be the key to increasing resilience. The National Institute of Mental Health has begun to look at biological sex as a variable that could help explain some mental health disparities. Since 2016, [A.J. Robison](#), an associate professor in the [College of Natural Science](#) and director of [MSU's Neuroscience Program](#), and his team have been studying the effects of stress on the brain and discovered that sex and testosterone play a role. "Through earlier research, we found there is a specific brain circuit in the hippocampus that is more excitable in female mice than in males," Robison said. "That circuit is regulated by testosterone."



## [\*\*BOYS DO CRY: CHANGING THE WAY ADVERTISERS SPEAK TO MEN\*\*](#)

**Radio Today, October 21, 2022**

Being a man doesn't have to mean you have to 'man up' when the going gets tough. Advertisers and brands have had to shift their approach when talking to men, especially when it comes to mental health. And it's certainly struck a chord. There's been a huge response to a new campaign – which reworks 'Boys Don't Cry' by The Cure into 'Boys Do Cry,' demonstrating the potential for advertising to shine a light on the mental health issues facing so many Australians. Three years in the making, the campaign is the brainchild of Chief Creative Officer & Partner at The Hallway Simon Lee. Gotcha4Life founder and Triple M favourite Gus Worland was also heavily involved in the campaign, which highlights the struggles men face in defying masculine stereotypes. The campaign reinforces that opening up isn't just healthy ... it can be the difference between living and dying. Radio Today spoke to Simon and Gus about the campaign.



## **MOST TEENS CONTINUE GENDER-AFFIRMING HORMONES INTO ADULTHOOD**

*In a recent study, 98 percent continued with hormone treatment at follow-up*  
**Health Day, October 21, 2022**

Most adolescents who start gender-affirming hormone treatment continue treatment into adulthood, according to a Dutch study published online Oct. 20 in *The Lancet Child & Adolescent Health*. Maria Anna Theodora Catharina van der Loos, M.D., from Amsterdam UMC in the Netherlands, and colleagues used data from the Amsterdam Cohort of Gender dysphoria to examine the proportion of people who continued gender-affirming hormone treatment at follow-up after having started medical treatment in adolescence with a gonadotropin-releasing hormone agonist (GnRHa) for puberty suppression. Data were included for 720 people: 220 were assigned male at birth and 500 were assigned female at birth. The researchers found that 98 percent of the people who started gender-affirming medical treatment in adolescence continued to use gender-affirming hormone treatment at follow-up. No correlation was seen for age at first visit, year of first visit, age and puberty stage at the start of GnRHa treatment, age at the start of gender-affirming hormone treatment, year of the start of gender-affirming hormone treatment, or gonadectomy with discontinuation of gender-affirming hormones.



## **STATES OPT OUT OF A FEDERAL PROGRAM THAT TRACKS TEEN BEHAVIOR AS YOUTH MENTAL HEALTH WORSENS**

**Chalkbeat, October 20, 2022**

As the COVID-19 pandemic worsened a mental health crisis among America's young

people, a small group of states quietly withdrew from the nation's largest public effort to track concerning behaviors in high school students. Colorado, Florida, and Idaho will not participate in a key part of the Centers for Disease Control and Prevention's Youth Risk Behavior surveys that reach more than 80,000 students. Over the past 30 years, the state-level surveys, conducted anonymously during each odd-numbered year, have helped elucidate the mental health stressors and safety risks for high school students. Each state has its own rationale for opting out, but their withdrawal — when suicides and feelings of hopelessness are up — has caught the attention of school psychologists and federal and state health officials. Some questions on the state-level surveys — which can also ask students about their sexual orientation, gender identity, sexual activity, and drug use — clash with laws that have been passed in conservative states. ***The intense political attention on teachers and school curriculums has led to a reluctance among educators to have students participate in what were once considered routine mental and behavioral health assessments, some experts worry.*** The reduction in the number of states that participate in the state-level CDC survey will make it harder for those states to track the conditions and behaviors that signal poor mental health, like depression, drug and alcohol misuse, and suicidal ideation, experts said. The CDC developed the Youth Risk Behavior Surveillance System in 1990 to track the leading causes of death and injury among young people. It is made up of a nationally representative poll of students in grades nine through 12 and separate state and local school district-level questionnaires. The questions focus on behaviors that lead to unintentional injuries, violence, sexually transmitted infections, pregnancy, drug and alcohol misuse, physical inactivity, and more.



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**From PMY Partner**  
[\*\*Taylor Hooton Foundation\*\*](#)  
**- Brian Cuban podcast**

Taylor Hooton Foundation Board Director, Brian Cuban, who is a nationally recognized author, speaker and advocate gives us an inside look into his life and his personal struggles with eating disorders and addiction. The younger brother of Dallas Mavericks Owner, Mark Cuban is open about his struggles with his own body image. With a famous last name and a successful career as a lawyer, Brian was able to hide his bout with body dysmorphic disorder, his eating disorder and his addiction to anabolic androgenic steroids. Tune into the Taylor Hooton

Foundation's [\*\*ALL ME® podcast\*\*](#) to hear Brian's story about his struggles with body dysmorphic disorder.



**OP-ED: ANTHONY BOURDAIN'S DEATH HAS US ASKING THE  
WRONG QUESTIONS ABOUT SUICIDE**

Los Angeles Times, October 11, 2022

A new unauthorized biography has many people talking again about [\*\*the suicide of Anthony Bourdain\*\*](#) in June 2018. As is often the case with people who die by suicide, much of the chatter includes questions such as: How did they do it? Who was the last person they talked to? What was different about that day? What was the precipitating event? We want to understand, and sometimes, we look for someone to blame. These explanations are plausible. But one would have to know whether a friend of the desperate man had not that very day addressed him indifferently. He is the guilty one." But this way of thinking cheapens the death and struggles of anyone who has died by suicide or attempted it. Suicide, for most people, is a process. Sometimes that process starts at a very young age. We know that [\*\*after famous people kill themselves, suicide rates increase\*\*](#). But talking about suicide is the best medicine we know of for helping suicidal people. For every one person who dies by suicide, [\*\*about 280 people are presently considering it\*\*](#). Humans are complicated, contradictory creatures, full of irrationality and cognitive and emotional dissonance. We are allowed to be both enormously grateful for life and desperate to escape it. The last unknown part that Bourdain showed us was just this: It's OK to feel suicidal. It's nothing to be ashamed of. Talk to someone about it. Talk to a few friends. They'll remind you of what we wish we could have said to Anthony Bourdain that night. "Stick around, just for a day. We love you. Things may look much better in the morning."



## **21 READER VIEWS ON THE MASCULINITY CRISIS**

*"There's no reason to feel guilty about falling short of an ideal masculinity that has been repeatedly revealed to be less than ideal," one reader writes.*

**The Atlantic, October 11, 2022**

Last week I asked, "[\*\*Why are men and boys struggling? What should we do about it?\*\*](#)" No other question has elicited so many responses, and they were especially varied, so this is a long edition.



## **HOW WE RAISE OUR BOYS IS KEY TO A GENDER EQUAL FUTURE: THREE LEADING ADVOCATES WEIGH IN**

**Forbes, October 14, 2022**

We often focus on how narrow definitions of gender roles limit women and girls, but another opportunity to create change is with the next generation of men: our boys. Raising boys who don't feel confined to the traits that society typically considers "masculine," don't feel like they constantly have to prove their "manhood" in often destructive ways and who know how to embrace their full circle of human qualities would allow boys and men to lead more fulfilling, authentic lives. And with rising incidents of domestic and gender-based violence, gun violence, men's depression, and a higher mortality rate in men—among many other issues impacting men and boys and our society today—it seems crucial that we address these issues and instill the right messages in boys when they are young. To that end, Justin Baldoni—filmmaker, actor, author of [Man Enough: Undefining My Masculinity](#) and host of the [Man Enough](#) podcast—recently released a book for boys, [Boys Will Be Human: A Get-Real Gut-Check Guide to Becoming the Strongest, Kindest, Bravest Person You Can Be](#). The book, which has instantly

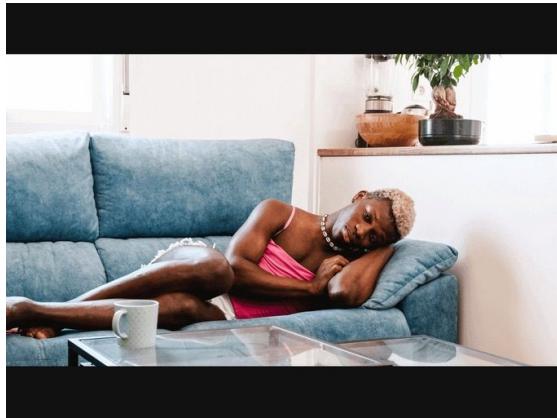
become a New York Times bestseller and is a helpful resource for parents and educators, raises questions about masculinity, encourages boys to embrace their feelings and fears instead of repress them, offers helpful activities and includes Baldoni's own candid coming-of-age stories. To explore the impact outdated gender roles and notions of masculinity are having on today's boys, I spoke with Baldoni and two other leading voices in this space, Ted Bunch and Don McPherson, who offered their insights, expertise and calls to action on what we can do to help boys navigate these issues.



### A DAD'S ADVICE TO NEIGHBORHOOD KIDS: DON'T USE GAY AS AN INSULT

CNN, October 14, 2022

*My three boys are being raised to benefit from the mistakes I made in my youth related to toxic male stereotypes. That means using "gay" as an insult, telling someone they "throw like a girl" and calling someone a "retard" is banned in our family. They know our gay friends, they have gay relatives they love, and we discuss on a routine basis why comments such as those are so hurtful. All those conversations can't control what other kids say, and I know a friend's comments can influence my young children. So, when my son heard older kids he looks up to using gay as an insult, a part of him wondered if his idol was right. My son was in tears, and I knew he needed to calm down before we spoke. Yet I also knew I needed to talk to someone else besides my son. That's why, despite my desire to let kids work it out themselves and not be "that dad," I headed outside to talk with the older boys. These are good kids, and so I led with that fact when talking to this older boy. I told him I know he's not a hateful person. But while he is free to say whatever he wants at home, I'm not going to allow slurs within my earshot. I also reminded him that many people around him might be gay or questioning their sexuality and asked him how he thinks they'd feel if everyone used gay as a pejorative. I ended with a high five and told him unequivocally I know he's better than that slur, and he promised to try harder. And in the couple of weeks since then, he really has made the effort. Were my actions called for? Would other parents think I overstepped?*



## **SEXUAL AND GENDER MINORITIES ASSIGNED MALE AT BIRTH HAVE HIGHER ODDS OF PARTNER VIOLENCE**

*Young bisexual, transgender and low-income individuals are most at risk of psychological and physical victimization, according to a Rutgers study*

**Newswise, October 14, 2022**

Intimate partner violence is chronic among young sexual and gender minorities assigned male at birth (YSGM-AMAB), with bisexual, transgender and lower-income people in this group having the highest likelihood of victimization, a Rutgers study has found. "Our findings demonstrate just how common and chronic intimate partner violence is for young gender and sexual minorities," said Marybec Griffin, an assistant professor in the Department of Health Behavior, Society and Policy at Rutgers School of Public Health and coauthor of [the study](#), which was published online ahead of print in the Journal of Interpersonal Violence September issue. "The common perception is that violence happens only once," Griffin said. "But victims stay a long time in relationships where there is violence occurring for a number of reasons, and those most vulnerable to this cycle are economic, social and sexual minority groups."



## **EMPATHY PRIMING UNEXPECTEDLY INCREASES RAPE MYTH ACCEPTANCE AMONG COLLEGE MEN WITH HEIGHTENED NARCISSISM**

**PsyPost, October 13, 2022**

Empathy priming has been explored as a potential strategy to reduce rape myth acceptance. But a study published in [Archives of Sexual Behavior](#) suggests that this approach can sometimes backfire. The researchers found that college-aged men with

high levels of narcissism actually condoned more problematic beliefs about rape after being encouraged to empathize with a fictional rape victim. Sexual assault and rape are major issues on college campuses, with women being the most common victims. Sexual violence against women is perpetuated by rape myth acceptance — a set of false beliefs about sexual assault that serve to downplay the experience of victims. Studies have found these beliefs to be higher in male college students compared to the typical population. In order to combat rape culture, psychology studies have evaluated prevention programs based on empathy priming. While the premise of these programs is that priming people to empathize with rape victims should reduce rape myth acceptance, the evidence of this effect is sparse. “Rates of rape and sexual assault on college campuses in the United States are staggeringly high; studies estimate that somewhere between 1 in 4 or 1 in 5 women will be raped while in college. And these are the cases that are reported — we also know that most incidents are never reported,” said study author [Alexandra D. Long](#), a PhD candidate at American University and member of the [Interpersonal Emotion Laboratory](#). “Much of the research literature has focused on victims and risk factors; this is very important work. However, I had questions about the characteristics of perpetrators and the individuals who are more likely to commit sexual assault or rape. We know from federal statistics that that 99% of people who commit rape are men (Rennison, 2002). Additionally, we know that perpetrators of sexual violence tend to be high in narcissistic traits.”



### **'BULKING AND CUTTING' LINKED TO SYMPTOMS OF MUSCLE DYSMORPHIA AND EATING DISORDERS**

SciTechDaily, October 15, 2022

According to the findings of a recent study, engagement in bulk and cut dietary cycles is associated with a larger desire to become more muscular among Canadian teenagers and young adults. In the last 12 months, over half of males and one in five women, transgender people, and gender non-conforming participants engaged in a “bulk and cut” cycle, according to recent research that was recently published in the journal *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity*. In order to maximize the development of lean muscle mass and minimize body fat, an increasing number of people are practicing “bulking and cutting,” a dietary method that involves alternating between times of consuming excess calories (bulking) and reducing calorie intake (cutting), a practice that is in line with contemporary body ideals. Teenagers and young adults are particularly prone to it, especially those who are involved in the fitness world and who want to build a muscular and toned body. “Bulking and cutting is a common practice within the fitness community, and is popularized by social media,” says lead author Kyle T. Ganson, Ph.D., MSW, assistant professor at the [University of Toronto's](#) Factor-Inwentash Faculty of Social Work. “Given body ideals that focus on bulk muscularity and leanness in boys and men, it is not surprising that this dietary method was highly common in our sample, but it should also be noted that girls, women, transgender, and gender non-confirming participants, also face unique pressures to

adhere to specific body types. For girls and women, this ideal is transitioning away from the thin ideal to a toned and fit ideal.”

**Comprehensive sexuality education for fraternity-affiliated undergraduates: a pilot program to improve sexual and reproductive health knowledge, attitudes, and communication**

Journal of American College Health, October 13, 2022

**Abstract**

**Objective:** Comprehensive sexuality education (CSE) allows for informed and healthy decisions. College students often lack understanding of sexual and reproductive health (SRH). Conversations and Pizza (CAP), an interactive curriculum, was designed to address gaps in CSE and improve SRH outcomes. **Participants:** 66 fraternity affiliated undergraduate students. **Methods:** A six-session intervention discussed gender norms, biology, consent, harassment, and bystander intervention. Pre- and post-quantitative surveys assessed attitudes and behaviors; plus-delta format was used for qualitative feedback. **Results:** Qualitative data reflected engagement. Post-intervention, multiple measures improved (McNemar  $p < 0.05$ ): perceived self-efficacy in consent and peer norms (4/8 measures), bystander intervention (5/6), and awareness of harassment (2/5). Participants reported more conversations with partners (pregnancy and STI prevention, 50% to 75%); human papillomavirus (HPV) vaccination receipt increased (60% to 93%, McNemar  $p < 0.001$ ). **Conclusion:** Reproductive health outcomes improved in this pilot, laying the groundwork for continued testing. CAP is a successful pilot program that can be evaluated for a variety of groups and formats.

**A Call to Action to Review the USPSTF's Recommendation for Testicular Self-Examination**

American Journal of Men's Health, October 10, 2022

**Abstract**

We urge the United States Preventive Services Task Force (USPSTF) to call for a formal review of the evidence regarding testicular self-examination (TSE). Twelve years have since passed since the evidence was last formally analyzed where normally re-reviews occur in 5-year cycles. If they would decide to move forward with this action, we ask for the USPSTF to review their methods for establishing recommendations to optimize their rating system operationalization process. Finally, emerging evidence demonstrates a net positive effect of TSE. This stands in contrast to the assertions of TSE's supposed harm that is prevalent in the literature as well as the rationale behind the USPSTF's “D” rating of TSE.



## WHY ARE MEN AND BOYS STRUGGLING? WHAT SHOULD WE DO ABOUT IT?

**The Atlantic, October 5, 2022**

Those questions are top of mind this week due to the Brookings scholar Richard Reeves and his just-released book, [Of Boys and Men](#), which proceeds from the proposition that “men at the top are still flourishing, but men in general are not.” Men are struggling in school, in the job market, and in family life; they are the gender most likely to end up in prison and most vulnerable to “deaths of despair.” Reeves grounds those characterizations of males as in trouble in lots of statistics. Here are a few:

- “In the U.S … the 2020 decline in college enrollment was seven times greater for male than for female students.”
- “Among men with only a high-school education, one in three is out of the labor force. For those who have a job, typical earnings are \$881 a week, down from \$1,017 in 1979.”
- “Mortality from drug overdoses, suicides, and alcohol-related illnesses … are almost three times higher among men than women.”
- 

In Reeves’s telling, the left and right both fail in their responses. The left tends “to pathologize naturally occurring aspects of masculine identity,” he writes, to see male struggles as individual failings rather than structural problems, to deny any biological basis for sex differences, and to proceed as if “gender inequality can only run one way, that is, to the disadvantage of women.” Though conservatives pay more attention “to the growing problems faced by boys and men,” he continues, their agenda is equally unhelpful. They “fuel male grievances for political gain, which simply creates more anger and discontent.” They “overweight the importance of biological differences for gender roles.” And they see solutions “as lying in the past rather than the future, in the form of a restoration of traditional economic relations between male providers and female careErs” rather than “helping men adapt to the new world.” (For those of you who like listening to podcasts, Reeves’s [interview with Andrew Sullivan](#) is a good introduction to the book and its arguments.) For more food for thought on this subject, see the *Atlantic* articles [“The War Against Boys”](#) (from 2000) by Christina Hoff Sommers and [“The End of Men”](#) (from 2010) by Hanna Rosin.



## SYMPOSIUM ON YOUNG MALES AND SUICIDE NOW AVAILABLE ONLINE

The [Symposium on Young Males and Suicide](#), part of the [2022 National Symposia on Adolescent and Young Adult \(AYA\) Male Health](#), is now available online. September was suicide prevention month. Suicide is the second leading cause of death among young males, who die from suicide at four times the rate of young females. As parents, how do we prepare young males for mental health challenges that they may face? Are there signs or symptoms that young males show if they are at risk of suicide? How does one hear those signs, and how does one listen to a young person at risk? How can friends be supportive of their friends who are experiencing depression or anxiety? In addition to other experts, we will hear from three fathers who lost their college age sons to suicide, their journey and what they are doing to address the issue.

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## TOP FLORIDA DOCTOR WARNS YOUNG MEN COVID VACCINES POSE 'HIGH RISK' OF DEATH

Newsweek, October 8, 2022

Florida's Surgeon General Joseph A. Ladapo warned on Friday against young men receiving COVID-19 vaccines, citing an analysis by the state health department that said they pose "high risk" of death. "Today, we released an analysis on COVID-19 mRNA vaccines the public needs to be aware of. This analysis showed an increased

risk of cardiac-related death among men 18-39. FL will not be silent on the truth," Ladapo tweeted. The state's health department released a statement on Friday stating that it carried out an analysis using a self-controlled case series technique to evaluate vaccine safety. The department said that the analysis showed that there is an 84 percent increase in "relative incidence of cardiac-related death among males 18-39 years old within 28 days" after vaccination that contains messenger RNA (mRNA), which is used in the PfizerBioNTech and the Moderna vaccines. In April, the Centers for Disease Control and Prevention ([CDC](#)) [released a report](#) that said cardiac complications, especially myocarditis and pericarditis, have been connected with COVID-19 infection and mRNA COVID-19 vaccination. "The incidence of cardiac outcomes after mRNA COVID-19 vaccination was highest for males aged 12-17 years after the second vaccine dose; however, within this demographic group, the risk for cardiac outcomes was 1.8-5.6 times as high after SARS-CoV-2 infection than after the second vaccine dose," the CDC said in the report.

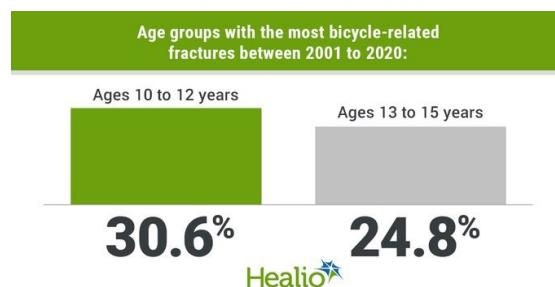


## [OPINION: CLARIFYING THE AMERICAN PSYCHOLOGICAL ASSOCIATION'S GUIDELINES FOR BOYS AND MEN](#)

Newsweek, October 6, 2022

To address the ongoing controversy about [American Psychological Association's Practice Guidelines for Boys and Men](#), we want to clarify what these guidelines are, and what they are not. The big picture is that the critics confuse "men" with "masculinity." The term men, like women, or intersex, usually refers to biological sex. However, when applied to transgender persons that term can also refer to gender identity. On the other hand, masculinity refers to a set of gender norms—that is, societal expectations for behavior appropriate to one's sex. Gender norms vary with culture and historical era. For example, one current masculine norm is to restrict the expression of affection between men, yet in Abraham Lincoln's time the norm was the exact opposite. Back then, men were expected to be verbally and physically affectionate with their close male friends, even going so far as to sleep in the same bed when they visited each other. Boys and men in the U. S. are not faring very well these days. Psychological research strongly suggests that a big part of all of these problems is that young boys, in elementary school and even earlier, are made to feel that conforming to masculine norms is obligatory, and that they should feel ashamed of themselves if they violate these norms. Many of the guidelines' critics offer no solutions to help men and boys manage the social pressures and consequences of gender role socialization. Instead, they attack our

methodology and our message. To be clear, psychologists did not create restrictive masculine norms, we simply observed and described them using psychological science over many decades to help men and boys live happier, healthier lives. In other words, the guidelines relayed a message that is clearly reflected in the data—the way we socialize young boys into men can lead to problems when men are not able to be flexible in what they believe it means to be a man. Rather than providing solutions to these issues, however, the critics would much rather wage war on the messengers.



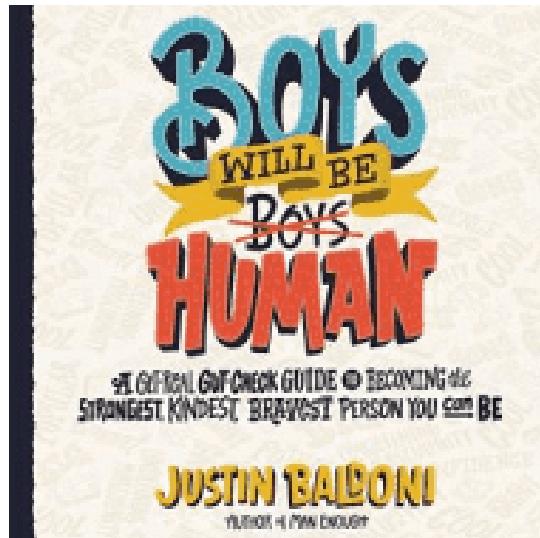
## FRACTURES FROM BICYCLE FALLS STILL COMMON, PARTICULARLY AMONG BOYS

**Heilio, October 8, 2022**

Boys aged 10 to 15 years are the most frequent demographic to experience fractures while riding a bicycle, a recent study found. Trends in bicycle-related fractures among children have not been previously researched in depth, according to William Huffman, an MD candidate at the University of Pennsylvania School of Medicine, and colleagues. To address this research gap, Huffman and colleagues used the National Electronic Injury Surveillance System database to identify patients aged 18 years and younger who, between 2001 and 2020, presented at a U.S. ED with fractures from a bicycle incident. Of the estimated 1,019,509 fractures that were identified during those 19 years — averaging 50,975 annually — the researchers found that 71.8% occurred in boys. In addition, 30.6% of patients were aged 10 to 12 years, while 24.8% were aged 13 to 15 years. The most common fracture locations included:

- the lower arm;
- wrist; and
- shoulder.

Among patients who suffered skull fractures, Huffman and colleagues reported that only 14.2% were wearing bicycle helmets at the time.



## NEW BOOK OF INTEREST

### **Boys Will Be Human**

**Justin Baldoni, author of "Man Enough"**

From filmmaker, actor, and author Justin Baldoni comes a real-talk, self-esteem-building guidebook that helps boys ages 11 and up embrace their feelings and fears instead of repressing them. Highly designed and filled with activities, sidebars, and inspirational quotes, this book is the perfect social-emotional learning tool for parents and educators to jump-start conversations about masculinity with the boys in their lives. Why can't you cry? Why can't you feel weak at times? What really makes you masculine? Baldoni's latest book, "Boys Will Be Human", is a guide to help them get a jump start on who they want to be... rather than what society has predicted them to be.

Available [here](#).



### **THE CRISIS OF MEN AND BOYS**

**The New York Times, September 29, 2022**

If you've been paying attention to the social trends, you probably have some inkling that boys and men are struggling, in the U.S. and across the globe. They are struggling in the classroom. American girls are 14 percentage points more likely to be "school ready" than boys at age 5, controlling for parental characteristics. By high

school, two-thirds of the students in the top 10 percent of the class, ranked by G.P.A., are girls, while roughly two-thirds of the students at the lowest decile are boys. In 2020, at the 16 top American law schools, [not a single one](#) of the flagship law reviews had a man as editor in chief. Men are struggling in the workplace. One in three American men with only a high school diploma — 10 million men — is now out of the labor force. The biggest drop in employment is among young men aged 25 to 34. Men who entered the work force in 1983 will earn about 10 percent less in real terms in their lifetimes than those who started a generation earlier. Over the same period, women's lifetime earnings have increased 33 percent. Pretty much all of the income gains that middle-class American families have enjoyed since 1970 are because of increases in women's earnings. Men are also struggling physically. Men account for close to three out of every four "deaths of despair" — suicide and drug overdoses. For every 100 middle-aged women who died of Covid up to mid-September 2021, there were 184 middle-aged men who died. Richard V. Reeves's new book, "Of Boys and Men," is a landmark, one of the most important books of the year, not only because it is a comprehensive look at the male crisis, but also because it searches for the roots of that crisis and offers solutions.

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#### New Book Review – Dennis Barbour

##### **Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do about It**

Richard V. Reeves

September 27, 2022

Reeves' book is an encyclopedic exploration of the plight of today's American boys and men, while giving due deference to the need to support the advancement of girls and women. Exhaustive in its examination of the problems boys and men face, it also includes innovative yet doable solutions to those problems. The author, a senior fellow at the Brookings Institution, heads the Boys and Men project. The work sheds new light on an issue that has plagued other writers in recent years, and is a must-read for anyone toiling that ground. Available on [Amazon](#).

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#### **SUICIDES ARE SPIKING AMONG YOUNG MEN**

Washington Post, September 30, 2022

The nation's suicide rate in 2021 increased for the first time in two years with the largest spike seen among males ages 15-24. Suicides rose 8 percent among males ages 15-24, the largest rate increase of 2021. The number of suicides for males was 38,025, compared with 9,621 for females. Suicides increased 35 percent from 1999 to 2018, and then declined 5 percent in total through 2020. The decrease in 2020 surprised some experts, who had originally predicted a rise amid the grief, isolation and fear of the pandemic's first year. But instead, suicides decreased that year, and then climbed 4 percent in 2021 when the country began returning closer to normal. The latest numbers could put further pressure on Congress and the administration to take up additional measures to respond to the country's mental health crisis. Meanwhile ... a new, easy-to-use help line shows promise. The 988 suicide hotline prevention number launched in mid-July, and there's been a 45 percent jump in overall volume this August compared with August 2021. Roughly 88 percent of calls, texts and chats were answered last month, which is 4 percent higher than in July despite an increase in total contacts.



### **LACK OF URGENCY IN TACKLING MALE SUICIDE, REPORT CLAIMS**

*MPs say the current political and public policy approach to the biggest killer of men under 50 is 'not working'.*

**Belfast Telegraph, September 28, 2020**

The Government has shown "a lack of urgency" in its approach to tackling male suicide, according to a cross-party report. The All-Party Parliamentary Group (APPG) on Issues Affecting Men and Boys has concluded the current political and public policy approach to the biggest killer of men under 50 is "not working". The group has called for an overarching Men's Health Strategy to be introduced, which includes a "clear" male suicide prevention strategy as a central foundation, to tackle the significant rate of suicide among men. More than 4,700 men in England, Wales and Scotland took their own lives in 2021, and male suicide claims on average 13 lives a day in the UK. On the findings of its report, published today, the APPG said: "Given the scale of male suicide, there is a lack of urgency and depth in terms of strategic political and public policy action because the current approach is not working." The report, based on the evidence of a range of national and international experts, found that male suicide should be viewed as a result of external factors such as employment, bereavement or relationship breakdown, rather than as a clinical and mental health outcome. The group has said that only

tackling these underlying issues “at the source” will reduce male suicide rates, and accused the current policy of exacerbating the problem by looking at the issue “through the wrong lens”.



## **MENTAL HEALTH IN BLACK BOYS AND MEN**

**Liberty Voice, September 27, 2022**

The mental health of Black boys is a national concern. According to the Centers for Disease Control and Prevention, one in seven Black males between ages 6 and 17 has experienced one or more traumatic stressors such as physical or sexual abuse, exposure to domestic violence, or the death of a parent. Depression, neglect, and toxic masculinity are key factors as well in this widespread issue of mental health. Society must address these issues now, or risk losing our future leaders. This article focuses on the mental health issue and educate people to understand the importance of ‘emotion’ in building resilience in young African American males in the United States. The effects of mental health issues among African American boys are being ignored by society. Boys are expected to be strong, independent, and powerful from a young age. They must be able to control their emotions. Unfortunately, mental health doesn’t always show. As a result, depression goes unnoticed as well as their hearts and many other mental illnesses. The negative effects of toxic masculinity can be destructive for black boys and men. Painting a persona that men should feel or be emotional is toxic.



## **SYMPOSIUM ON YOUNG MALES.**

## **BODY IMAGE AND EATING DISORDERS NOW AVAILABLE ONLINE**

The [Symposium on Young Males, Body Image and Eating Disorders](#), part of the [2022 National Symposia on Adolescent and Young Adult \(AYA\) Male Health](#), is now available online. Among the issues the symposium explored are body image and eating disorders that young males are prone to, the difference between a body image and an eating disorder, how many young men are affected by these disorders, some of the other disorders that are present at the same time, some of the risk factors, whether there is a genetic component, the role the media play, and some of the treatments for these disorders.

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## **LESS THAN ONE-QUARTER OF PrEP USERS VACCINATED AGAINST HPV**

**Physician's Weekly, September 27, 2022**

Pre-exposure prophylaxis (PrEP) for HIV prevention has been shown to be an effective strategy and is indicated for people at increased risk for infection from sexual contact or injection drug use. "Rates of HPV disease, specifically oropharyngeal and anal cancer, are higher among men who have sex with men (MSM)," says Paul B. Rotert, DO, MPH, AAHIVS. "However, rates of HPV vaccination and knowledge of vaccine benefits are lower among MSM than among other populations. Patients on PrEP show a strong desire to prevent HIV infection and could benefit from clinicians partnering HIV and HPV prevention efforts." For a study published in the [Journal of Primary Care Community Health](#), Dr. Rotert and colleagues performed a retrospective chart review of patients on PrEP to determine vaccine status and their history of HPV-related disease. The authors also reviewed the relationships between vaccination status and age, provider type, and insurance coverage. "The goal of our analysis was to better understand HPV vaccination and disease rates for patients on PrEP," Dr. Rotert says. "We wanted to highlight this opportunity to capitalize on the culture of prevention among patients on PrEP to help prevent HPV-associated disease." According to the study results, just 21.8% of the patients on PrEP identified in the study were vaccinated for HPV. "Only 28.8% of patients on PrEP who were younger than 45 were vaccinated against HPV," says Dr. Rotert. "In addition, people aged 9-26 were three times more likely to

be vaccinated against HPV than those aged 27-45 (56.3% vs 18.6%). This occurred despite ongoing risk of HPV infection among this patient population and frequent interactions with the healthcare system during PrEP appointments."



## PROGRESS ON HPV VACCINES IS TOO IMPORTANT TO LOSE

**The Washington Post, September 27, 2022**

HPV vaccination is now the norm for adolescents in many parts of the US. From 2016 to 2021, the percentage of teens receiving their first shot in the vaccine series leaped from roughly 60% to nearly 77%. And the gap between vaccination rates among girls, the initial targets of these shots in 2006, and boys, for whom it was recommended by Centers for Disease Control and Prevention in 2011, is finally starting to close. The pandemic has threatened to upend that progress. Disruptions to routine doctor visits and shifting priorities during appointments meant that about 1 million doses were missed in 2020. Data from CDC's annual survey of teen vaccinations suggests at least a partial recovery in 2021, but we won't have complete data until next year. The missed doses also coincide with an increasingly hostile climate for preventive health-care services that fall under the broad umbrella of reproductive or sexual health. That politicization of routine health care could erode access to — and acceptance of — HPV vaccines. Reproductive health experts worry that states with the most draconian laws around abortion might next try to limit access to FDA-approved medicines or vaccines that have long been viewed by conservative groups as controversial.



### **STUDY: NEW MOBILE INTERVENTION APPLICATION MAY REDUCE HIV RISK AMONG SAME-SEX ATTRACTED MALES**

*Research suggests that HIV risk-reduction interventions could help adolescent males who are attracted to the same sex—and part of a minority ethnic and racial group—decrease HIV-risk sexual behaviors in the short-term.*

**Pharmacy Times, September 29, 2022**

The MyPEEPS Mobile app reduced the short-term risk of contracting HIV among young, racially, and ethnically diverse men who have sex with other men (MSM). The MyPEEPS intervention was found to decrease condomless sex acts by 44% at 3 months among a population in which 52% of participants have had anal sex and 78% have had condomless sex. The primary outcome was a change in the number of condomless sex acts. Researchers identified secondary outcomes as changes in the number of sex partners, condomless anal sex partners, sex acts while under the influence of substances, preexposure prophylactic uptake, nonoccupational postexposure prophylaxis use, and HIV and sexually transmitted infection (STI) testing. The MSM population accounts for nearly 70% of annual HIV infections, but within this community, racial and ethnic minorities have higher rates of HIV infection. Young MSM in these diverse communities have even higher rates. For example, Black MSM 13 to 24 years of age accounted for 27% of new HIV cases in the United States.



### **AUSTRALIAN MALES DRINKING DURING ADOLESCENCE LINKED TO RISKIER DRINKING LATER ON, FINDS NEW REPORT**

## **The Good Men Project, October 2, 2022**

The latest Ten to Men: The Australian Longitudinal Study on Male Health report found alcohol use to be prevalent among adult males, with around nine in ten (88%) Australian men aged 18 and over having consumed alcohol in the past 12 months. National guidelines recommend that adolescents and children avoid alcohol until the age of 18 years. However, approximately four in 10 [41%] adolescent Australian males aged 15–17 years were estimated to have consumed alcohol in the past 12 months. Of that group, a further four in 10 [39%] usually engaged in ‘binge’ drinking, consuming more than four standard drinks in a single session, and around one in 10 consumed 10 or more standard drinks in a typical session. Of adolescent males aged 15–17 years who had drunk alcohol in the past year, 31 per cent drank on a monthly basis, and a further 17 per cent drank weekly or more often. The report, which investigated the drinking habits of Australian males aged 10 years and older, also found that drinking before the recommended age of 18 years was associated with more frequent alcohol use in early adulthood. Almost half of adolescent drinkers surveyed in 2013/14 had gone on to drink alcohol at moderate-to-high-risk levels in early adulthood – compared to just 20% who had not been drinking at all in adolescence.



## **BOYS AND MEN EXPERIENCE MORE SOCIAL ISOLATION THAN GIRLS AND WOMEN, STUDY FINDS**

**PsyPost, September 21, 2022**

A study published in the Journal of Health and Social Behavior has found that boys and men experience more social isolation than girls and women, with this difference disproportionately affecting the unmarried, or individuals with disrupted relationship histories. Further, levels of social isolation increase from adolescence through later life for both genders. Social isolation – the objective state of having limited social relationships or contact with others – is associated with poor mental and physical health outcomes, as well as increased risk of mortality. In this work, Debra Umberson and colleagues pursue two research questions. First, whether there are gender differences in social isolation and its trajectories from adolescence to older adulthood. Second, whether gender differences are dependent on marital or partnership histories. But social isolation patterns varied depending on partnership histories. Analyses revealed that men are more isolated than women in the younger Add sample, while women are more isolated than men in the older sample. At all ages, men reported higher levels of social isolation compared to women.



## PMY ANNOUNCES SYMPOSIUM ON YOUNG MALES AND SUICIDE

The Partnership is pleased to announce the *Symposium on Young Males and Suicide*, part of the 2022 National Symposia on Adolescent and Young Adult (AYA) Male Health. This symposium will be held on **September 28, 2022, between 10 AM to 12 PM - EST**. More detail on this and other symposia, and registration for the September 23 symposium, can be found [here](#).

September is suicide prevention month. Suicide is the second leading cause of death among young males, who die from suicide at four times the rate of young females. As parents, how do we prepare young males for mental health challenges that they may face? Are there signs or symptoms that young males show if they are at risk of suicide? How does one hear those signs, and how does one listen to a young person at risk? How can friends be supportive of their friends who are experiencing depression or anxiety? In addition to other experts, we will hear from two fathers who lost their college age sons to suicide, their journey and what they are doing to address the issue.

The virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. In addition to Young Males, Body Image and Eating Disorders, the Symposia include sessions on the following topics, some of which are covered in less detail as a part of PMY's recent [podcast series](#) -

- An overview of the State of AYA Male Health
- Young Males and ADHD – **June 23, 2022** – [video available here](#)
- Sexual Orientation and Gender Identity
- Young Males, Healing Partnerships and Promoting Resilience - **July 27, 2022** - [video available here](#)

- Young Males and Depression - **August 17, 2022** - [video available here](#)
- Young Males and Suicide - **September 28, 2022** - [register here](#)
- Young Males, Body Image and Eating Disorders
- Young Males and Reproductive Health
- Young Males, Relationships and Health

Each episode will include audience participation. Please send along any advance questions you may have to [dbarbour@partnershipformaleyouth.org](mailto:dbarbour@partnershipformaleyouth.org)

[REGISTER FOR SEPTEMBER 28](#)



## [IF I MENTION THE 'MODERN MALE STRUGGLE', DO YOU ROLL YOUR EYES? IT'S TIME TO STOP LOOKING AWAY](#)

**The Guardian, September 20, 2022**

Even if the thought of being asked to sympathise with the modern male struggle makes you roll your eyes or turn the page, it's worth examining that irritable kneejerk reaction more closely. Progressives should be able to acknowledge some real and serious problems – boys underachieving at school, high suicide rates among middle-aged men in particular, the online radicalisation of an angry fringe drawn to violent ideologies – without making women and girls feel guilty about their achievements or pretending that feminism has somehow gone too far. But that balance can be surprisingly hard to achieve in practice, as a thoughtful new book by the former Downing Street staffer Richard Reeves makes clear. Reeves is a card-carrying liberal feminist, a former chief of staff to Nick Clegg turned policy wonk and (as he writes) the parent the school was asked to call when the kids got sick, except that invariably they'd call his extremely busy and high-flying wife instead. He is very clear that the problem isn't female success, but some men's inability to adjust to a world where they can no longer dominate simply as a right. But Reeves is also a father of three sons now living in the US, where he has watched the Republican right capitalise all too successfully on the rage of the supposedly left-behind male. In *Of Boys and Men*, he puts his finger on something uncomfortable. Reeves focuses on something that may resonate with mothers of teenage sons, which is the tendency of boys to mature emotionally on average later than girls. The risk he identifies isn't just of young men ending up disproportionately clustered in

non-graduate jobs that don't pay so well, but of automation ultimately wiping out many of those jobs. If the most robot-proof careers involve skills that machines can't easily replicate, such as emotional intelligence or the ability to manage people sensitively, then boys who can't adapt are in trouble. What makes this shift in the job market so painful, Reeves suggests, is that male identity remains closely bound up with being a breadwinner.

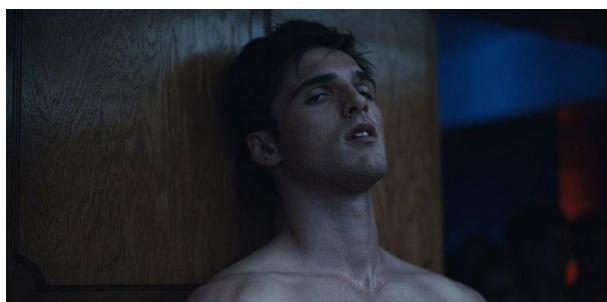


## A SHORT STORY OF MEN

*The crisis of masculinity is rooted in technology, but can be resolved through relationships.*

**The Dispatch, September 25, 2022**

Have you heard of a group called "F3"? I confess that I hadn't. At least not until Saturday morning, when I read this [outstanding Ruth Graham report](#) in the New York Times. The group's name is short for "fitness, fellowship, and faith." The goal is ambitious. John Lambert, the group's CEO, told Ruth that the aim is nothing less than solving "middle-age male loneliness." The concept is simple. Get a group of men together in the "predawn gloom," get them to push themselves and each other in a series of grueling workouts, and then join in fellowship to talk and sometimes pray. It seems to work. The group was founded in 2011, and there are now 3,400 chapters across the country, and many of its members credit the group with changing their lives. Ruth's story communicates a central theme: The workouts are important, but the relationships are transformative. Friendship matters, and here is a place where thousands of men are finding friends.



## 'TOXIC MASCULINITY': WHAT DOES IT MEAN, WHERE DID IT COME FROM – AND IS IT USEFUL OR HARMFUL?

The Conversation, September 21, 2022

The term “toxic masculinity” was obscure in the 1990s and early 2000s. But since around 2015, it has become pervasive in discussions of men and gender. Toxic masculinity is represented by qualities such as violence, dominance, emotional illiteracy, sexual entitlement, and hostility to femininity. This version of masculinity is seen as “toxic” for two reasons. First, it is bad for women. Second, toxic masculinity is bad for men and boys themselves. Narrow stereotypical norms constrain men’s physical and emotional health and their relations with women, other men, and children. “Toxic masculinity” was virtually non-existent in academic writing – including feminist scholarship – up until 2015 or so, other than in a handful of texts on men’s health and wellbeing. But as it spread in popular culture, feminist scholars and commentators adopted the term, typically as a shorthand for misogynist talk and actions. Though the term is now associated with a feminist critique of the sexist norms of manhood, that’s not where it started. By emphasising the harm done to both men and women, the term has the potential to prompt less defensiveness among men than more overtly political terms such as “patriarchal” or “sexist” masculinity. “Toxic masculinity” also carries some potential risks. It is too readily misheard as a suggestion that “all men are toxic”. It can make men feel blamed and attacked – the last thing we need if we want to invite men and boys to critically reflect on masculinity and gender. Persuasive public messaging aimed at men may be more effective if it avoids the language of “masculinity” altogether.



## YOUNG MALE DRIVERS ADMIT TO DRIVING UNDER THE INFLUENCE, MADD SURVEY REVEALS

Northern Ontario News, September 21, 2022

A Mothers Against Drunk Driving survey this spring of 3,000 motorists found that men aged 18-35 drive more often than other groups after consuming alcohol, cannabis or other drugs. Seventeen per cent of respondents said they drove at least once while impaired and had passengers with them in the last six months. Nearly half reported using cannabis within the last month and 16 per cent of those individuals admitted to driving high. “I mean we’re happy obviously that they’re answering them as honestly as they are,” said Amy Mulryan, president of the MADD

Timmings. "I think it really goes to show that there are certain demographics and age groups that really don't think that driving impaired --whether it be by alcohol or drugs -- is a big deal." MADD said it's not just young men who are driving drunk or high, but it is that age group that's consistently showing higher rates. "It really opens up an opportunity for us as a group to sit down and really focus on where our next awareness campaigns will be," said Mulryan. "How we can work with the community in targeting this particular age group."



## [\*\*FEW EMPLOYERS SUPPORT MEN'S UROLOGY HEALTH\*\*](#)

**thehrdirector, September 20, 2022**

The term urology covers the parts of the body that produce, store and remove urine, and in men, also those involved in sexual function. The company explains that it is a myth that urology problems are an issue solely for older men and those beyond working age. While cancer of the associated organs is often found in men over forty, many conditions including low testosterone can begin as early as the 20s with many others prevalent in men's 30s. Helen Lake, Director of Men's Health, Peppy said: "Urological problems can affect employees in a very personal way and affect inter-personal relationships too. They are often the types of conditions that men do not want to admit to themselves let alone share with their partner, and so rather than confront the problem, situations are avoided, especially intimate moments. When health matters are not dealt with, not only can the condition itself deteriorate but this, in turn, can affect mental health, which is when an employer may start to notice that an individual is not quite themselves."



## **OPINION: BLACK MEN TOO OFTEN RESIST THERAPY AND SHY AWAY FROM MENTAL HEALTH**

**The Hechinger Report, September 19, 2022**

We are in the midst of a mental health crisis; yet Black men are less likely than their white peers to seek out therapy. If we want Black men to get the help they need, we need to make it easier for them to do so, and we need more Black male therapists. We need to build a world where accessing a Black therapist is as natural as going to the gym or getting a flu shot. As a Black male therapist, I sometimes refer to myself as a “unicorn.” According to the latest [data](#) from the American Psychological Association, just 4 percent of psychologists in the country are Black. And given that the broader community of therapists is 71 percent female, the percentage of people like me in the profession is probably closer to one in 100. Because the problem facing Black men’s mental health is not just one of supply — it’s also one of demand. Black men aren’t just rare in mental health professions — we’re also among the least likely to get therapy at all. Research shows that Black men who experience feelings of anxiety or depression are [about half as likely](#) to seek counseling as their white peers. There are multiple reasons proposed for this gap, from structural racism and implicit bias to the geographic and economic reality that Black people are [less likely to have access](#) to high-quality care. I’ve developed a more straightforward explanation: For many Black men, therapy just seems unfamiliar territory. Many Black men simply turn off when someone mentions the word “therapy” to them.

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## **Faculty position in Gay and Bisexual Men's Health at Northwestern University**

The [Department of Urology](#) in the Feinberg School of Medicine and the [Institute for Sexual and Gender Minority Health and Wellbeing](#) (ISGMH) at Northwestern University seek a full-time tenure track Faculty member to develop a robust research program focused on Gay and Bisexual Men's Health. The start date is negotiable and the position will remain open until filled. More information about the position and how to apply can be found here: <https://isgmh.northwestern.edu/2022/06/15/gay-and-bisexual-mens-health-program-investigator-scientist-or-clinician-scientist-assistant->

[associate-professor/](#)



## [AMERICAN BOYS AND MEN ARE SUFFERING – AND OUR CULTURE DOESN'T KNOW HOW TO TALK ABOUT IT](#)

*Author Richard Reeves explains why he thinks terms like "toxic masculinity" are "profoundly unhelpful"*

**Salon, September 16, 2022**

Our men and boys are in trouble. In the U.S., nearly four times more likely than women [to die by suicide](#). They have more [emergency department visits and deaths](#) due to overdoses. They are [less likely to receive treatment](#) for mental health issues. They have a [lower rate of participation](#) in the workforce. They are more likely to be diagnosed with ADHD and autism. They are more likely than females [to drop out of high school](#), and the ones who do go on to college are [less likely than their female peers](#) to graduate. They are barraged with constant and conflicting messages about what it means to be a man, and the consequences of failing to live up to other people's ideas about modern masculinity can be severe. And all of this is difficult to talk about because the simultaneous culture of misogyny and the war on women's rights is so intense, it has created a zero sum game expectation around our basic humanity. But acknowledging the crisis in males takes nothing from the ground women are fighting to gain. And accepting that gender is only one element in a social strata that is also incredibly unbalanced around race and class is the only useful way forward for all of us. In his provocative new book "[Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do about It,](#)" Brookings Institution senior fellow [Richard V. Reeves](#) peels back the misconceptions that are holding back meaningful gender equity, shows how both liberals and conservatives have made existing divides even worse, and offers simple, practical solutions for a brighter, more balanced future for all of us and our kids.

### **SEE ALSO**

[New Newsletter: Why boys and men?](#)

Because the modern male is struggling and there is a lot we can do about it. The problems of boys and men are real and dangerously neglected. This newsletter is about those problems - and what to do about them.

*Richard Reeves, September 10, 2022*

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**PMY ANNOUNCES SYMPOSIUM ON  
YOUNG MALES.  
BODY IMAGE AND EATING DISORDERS**

The Partnership is pleased to announce the *Symposium on Young Males, Body Image and Eating Disorders*, part of the 2022 National Symposia on Adolescent and Young Adult (AYA) Male Health. This symposium will be held on **September 23, 2022, between 12 - 2 PM, EST**. More detail on this and other symposia, and registration for the September 23 symposium, can be found [here](#).

Among the issues the symposium will explore are body image and eating disorders that young males are prone to, the difference between a body image and an eating disorder, how many young men are affected by these disorders, some of the other disorders that are present at the same time, some of the risk factors, whether there is a genetic component, the role the media play, and some of the treatments for these disorders. Our guest experts will discuss these and other issues.

The virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. In addition to Young Males, Body Image and Eating Disorders, the Symposia include sessions on the following topics, some of which are covered in less detail as a part of PMY's recent [podcast series](#) -

- An overview of the State of AYA Male Health
- Young Males and ADHD – **June 23, 2022** – [video available here](#)
- Sexual Orientation and Gender Identity
- Young Males, Healing Partnerships and Promoting Resilience - **July 27, 2022** -[video available here](#)

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- Young Males, Relationships and Health

Each episode will include audience participation. Please send along any advance questions you may have to [dbarbour@partnershipformaleyouth.org](mailto:dbarbour@partnershipformaleyouth.org)

[\*\*REGISTER FOR SEPTEMBER 23\*\*](#)



#### **IRELAND: SUICIDE BIGGEST KILLER OF YOUNG MEN UNDER AGE OF 25**

Irish Examiner, September 12, 2022

*Suicide was the biggest killer of young men aged under 25 in the country, while the number of suicides in the capital jumped by an alarming 46% over a five-year period, latest figures show. The CSO analysed the number of suicides in the 2015-2019 period and found that male suicides rose by 4.6% from 390 in 2015 to 408 in 2019, while female suicides were 8.4% higher in 2019 at 116 compared with 107 such deaths recorded in 2015. According to the CSO: "Among young males, aged under 25 years, suicide was the number one cause of death in 2019. For females in the same age bracket, suicide was the third highest cause of death for the same period." For young men, suicide accounted for 22% of total deaths in that age category.*



### **AN INTERVIEW WITH MY SON WHO HAS ADHD**

A Personal Perspective: What it's like to have inattentive-type ADHD.

**Psychology Today, September 13, 2022**

*According to my son, one of the biggest positives of having ADHD is his creativity. His ability to think outside the box gives him an edge. Since his ADHD brain pays attention to everything all the time, my son can make connections between things that would appear unrelated to a neurotypical brain. And that makes my son an innovative thinker. My son also views his hyperfocus as an asset. Despite his struggle to focus on mundane tasks, my son can hyperfocus on something he is interested in, almost to the point of obsession. He is a self-taught expert in anything relating to space travel and technology. The combination of my son's innovative ADHD brain and his passion for learning about space technologies led him to be selected as a national finalist in a NASA-sponsored contest about traveling to Mars.*



### **TEXAS JUDGE RULES AGAINST OBAMACARE COVERAGE OF HIV PREVENTION DRUGS ON RELIGIOUS GROUNDS**

**British Medical Journal, September 12, 2022**

The future of preventive medical services under the Affordable Care Act (ACA), often referred to as Obamacare, is in doubt following a 7 September decision by federal judge Reed O'Connor in Fort Worth, Texas. O'Connor struck down a key provision of the ACA that requires insurers and employers to cover HIV prevention drugs, on the grounds that the requirement violates the religious freedom of a Christian owned company. When Congress passed the ACA in 2010 it required that all health insurance automatically cover basic prevention services such as screening for disease and vaccinations, and prohibited additional co-payments by patients who use those services.



## MALE CONTRACEPTION OFFERS PROMISE IN POST-ROE V. WADE ERA

Cornell Chronicle, September 15, 2022

One of the most common forms of birth control is the oral contraceptive pill. Yet for all its popularity, the pill has not changed much since it was first introduced in the 1950s, according to [Paula Cohen](#), professor of genetics at the College of Veterinary Medicine. It is still hormone-driven. It can still induce a host of physiological problems, from blood clots and cardiovascular issues to increased breast cancer rates. And it also still places the responsibility of family planning solely on women. That's why Cohen is pioneering an innovative alternative: a form of male contraception that targets a mechanism in the early stage of sperm cell production. Paula Cohen and postdoctoral researcher Jelena Lujic work in their lab in the Cornell Veterinary Research Tower. "Male contraception is not an area that's been investigated much," said Cohen, the director of the Cornell Reproductive Sciences Center and associate vice provost for life sciences at Cornell. "We just passed the 70th anniversary of the contraceptive pill. And the pill is dangerous for women. There's no prettying that up. It probably wouldn't have been approved in today's world, but 70 years ago, it was the liberation that women needed. And in 70 years, we've had no innovation in the pill. So I get my lab really riled up about the idea of non-hormonal contraception."



## A PHILADELPHIA HIGH SCHOOL FIRST: BLACK MEN TEACHING ALL FRESHMAN CORE SUBJECTS

WHYY, September 16, 2022

Ninth graders at Philadelphia's Martin Luther King High School are beginning their high school careers with a set of teachers who look like them. That's something Principal Keisha Wilkins thinks will give the students a boost as they prepare for the future. In fact, Martin Luther King, where last year the student body was 92% Black and 62% male, has become the first high school in the district to have a class that has Black male teachers for the four core subjects — math, English, science, and history — according to the district. The four teachers' journeys to careers in education speak to the

challenges the profession faces in recruiting and retaining Black men, who make up [only 2% of all teachers nationwide](#). In the Philadelphia school district, roughly 24% of teachers are Black, and of those, just 4% are men, while [just over half the district's students are Black](#).



### [MEASURING CHANGES TO THE MALE BRAIN AFTER FATHERING A CHILD](#)

Medical Express, September 13, 2022

Many studies have looked at changes to the female brain after a woman gives birth and begins to raise a child, but little research has been done on changes to the male brain. To rectify that situation, the researchers carried out a study that involved conducting MRI scans of two groups of men taken before the birth of their child and after. The researchers found little to no change in the limbic system, which is where women tend to have the biggest changes after giving birth. But there were changes in the men's cortical gray matter, which prior research has shown plays a role in social skills. The loss of volume in this region was found in what is known as the default mode network, which prior research has suggested plays a role in parental acceptance and warmth. A loss of volume, the researchers note, suggests the brain region is becoming more dense, which makes it more efficient. The team also found that men tend to experience reductions in volume of the part of their brains that processes visual information. The researchers suggest this indicates that the male brain changes to assist in recognizing their new child and responding to it.



## NEW RESOURCE

### [Gender Dysphoria: What It Is, Symptoms, Treatment, and More](#)

Everyday Health, September 14, 2022

Not everyone who identifies as transgender has gender dysphoria. "Many folks who are of transgender experience don't have dysphoria around their bodies and feel supported in their gender identity and expression of their gender," says [Max Lichtenstein, MD](#), the director of psychiatry at the Institute for Advanced Medicine and Center for Transgender Medicine and Surgery at the Icahn School of Medicine at Mount Sinai in New York City. "Good feelings around one's gender are called 'gender euphoria.'" What's more, people who experience gender dysphoria may find it comes and goes. It may also lessen or even disappear when they change their behaviors, dress differently, or undergo therapy or medical or surgical procedures with a goal of transitioning to the gender they identify with.



### [TESTOSTERONE SUPPLEMENTS INCREASE SEXUAL IMPULSIVITY IN](#)

[MEN](#)

Medical Life Sciences, September 8, 2022

A recent [Psychoneuroendocrinology](#) journal study provides more evidence that male sexual behavior is driven, in part, by testosterone levels. These findings could help understand how hormones and neural functions affect sexual motivation in human beings. Recent research suggests that testosterone plays a role in decision-making and reward processing in humans. For example, higher testosterone levels appear to increase risky behaviors in men. Furthermore, men have exhibited more significant changes in serum testosterone levels after winning or losing money. Impulsive decisions and sexual compulsivity have also been associated with higher serum testosterone levels and testosterone supplementation. One major area in which testosterone levels change rapidly over time in response to environmental cues is reflected in sexual behaviors. The current study aimed to explore how testosterone levels affect sexual impulsivity, which is sensitive to sexual rewards. To this end, a sexual delay discounting task (SDDT) led participants to choose whether to watch a sex picture after one second for a shorter duration of one second ("smaller-sooner") or watch the image for a more extended period of three seconds after waiting three to 15 seconds ("larger-later"). Impulsive individuals typically choose the first scenario, a behavior known as steeper discounting. Study

participants received one 150 mg dose of testosterone gel, whereas controls received a placebo gel. Serum levels were measured three hours after topical administration, which is also when specified tasks involving the viewing of erotic pictures were conducted. Despite both groups being identical in baseline trait impulsivity and their motivation to view the offered picture, participants who received testosterone exhibited increased sexual impulsivity.



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[\*\*REGISTER FOR SEPTEMBER 23\*\*](#)



The  
Guardian

### [MOST BOYS WHO COMMIT SEXUAL ASSAULTS HAVE BEEN EXPOSED TO VIOLENCE AT HOME, QUEENSLAND STUDY SHOWS](#)

The Guardian, September 6, 2022

More than 58% of boys referred to a [Queensland](#) forensic service for sexual assaults were exposed to domestic or family violence before their crimes, a study has found, as researchers call for an overhaul of youth justice programs. [New research](#) undertaken by Griffith University, and funded by Australia's National Research Organisation for Women's Safety, shows males aged 10-17 who committed the most serious offences had experienced the highest level of "adverse" events in their home life. The report's authors, James Ogilvie and Lisa Thomsen, said these offenders often had extremely dysfunctional family environments, leading to "very disordered ways" of engaging with others. "From a social learning perspective, boys being exposed to their fathers being violent towards their mothers gives them a template for how they might solve problems within their own relationships," Ogilvie said. "Rather than be able to solve problems in a healthy way, they typically resort to violence and sometimes sexual violence to get what they need."



## **'CONTROVERSIAL' PROPOSAL WOULD SEE YOUNG NSW MEN BANNED FROM DRIVING UNTIL THEY TURN 21**

*Road safety experts say more needs to be done to reduce fatalities by focusing on young men*

**The Guardian, September 8, 2022**

Men would be banned from getting a driving licence until they are 21 under a "controversial" proposal being made to the [New South Wales](#) government. The proposal is one of several being made by road safety experts, who say more needs to be done to reduce road fatalities by focusing on young drivers – and particularly young men. This comes after five teenagers died in a horror crash in Buxton, southwest of Sydney, on Tuesday night. So far this year there have been 155 male and 48 female road fatalities across the state, according to [Transport](#) for NSW. Between 2011 and 2021, almost three times the number of men died in road accidents when compared with women. The Australasian College of Road Safety's president, emeritus professor Ann Williamson, said drivers under the age of 25 account for almost 25% of crashes in NSW, despite only representing about 15% of all drivers in the state. "The first six months of licensing, in particular, people are very vulnerable to crashes," Williamson said. "It's not that the road authorities and the policy decision-makers aren't aware and there are a number of restrictions on inexperienced and novice young drivers ... but it's not enough. It clearly isn't enough."



## **MEN'S MENTAL HEALTH CRISIS: HOW TO HELP PREVENT SUICIDE IN THE WORKPLACE**

**Spring Health, September 7, 2022**

Our nation is witnessing an alarming level of suicides among working men. Researchers at The National Institute of Mental Health (NIMH) estimate that at least 6 million men suffer from depressive disorders—including suicidal thoughts—each year. Despite the fact that depression and suicide are a [leading cause of death](#) in working-age males, many suffer in silence, muted by a resistance to speaking about the mental health challenges they face:

- In 2020, men took their own lives [3.88](#) times more often than women
- 90% of those had a diagnosable mental health condition
- [Approximately 80%](#) of all people who die by suicide are of working age (18-65)

Yet, what has been even more shocking is that these deaths, at such a young age, have failed to generate any meaningful conversation among any of us on the topic of depression or the mental health struggles they faced. Because the American worker spends anywhere from 50-70% of their waking hours at work, this crisis is ever-present in the workplace. From the factory floor to the corporate office, mental health remains a taboo subject for men to bring up. [Data suggest](#) that anywhere from 25-40% of men choose to hide any sign of mental health challenges or the resulting issues from their managers or co-workers, fearing that their career could be negatively affected by doing so. Amid the startling statistics that illuminate the depth of the mental health challenges men face in the workplace, there is reason for hope. Unlike in the not-so-distant past, many mental health experts are aligned on what a sustainable solution to this could look like.



## [CHILDREN EXPOSED TO 'VAST AMOUNTS' OF INAPPROPRIATE CONTENT ONLINE - STUDY](#)

rte.ie news, September 6, 2022

Almost a third of pre-teen boys are playing over-18s online games and are more likely to be exposed to violent imagery and harmful content, according to new research. The figures are contained in the annual report of the internet safety charity CyberSafeKids. According to the data, 95% of children aged 8-12 own their own smart device, while 87% have their own social media or instant messaging account, despite minimum age restrictions of 13 on all of the most popular apps. Over a third of children reported that they can go online "whenever they want", and 15% reported having "no rules" in place at home for going online. Over a quarter of children surveyed said they had been bothered by content they had encountered online, and 29% of them kept it to themselves rather than report it to their parents or someone else. 28% of children said they had experienced bullying online, while 64% of children said that they had been contacted by a stranger in an online game. A quarter of children on social media reported that they have friends and followers that they do not know offline, and a fifth of children said that they have seen something online that they would not want their parents to know about.



## YOUNG MEN'S GLOBAL MENTAL HEALTH AND MASCULINITY CRISIS: AUSTRALIAN START-UP'S INNOVATIVE SOLUTION

**Ein News, September 6, 2022**

"Dauntless Code is an online Australian startup, launched in August 2022" said Josh Wyder, Dauntless Code's twenty-two year old founder. "My own story is what inspired this whole thing...over the past couple of years I reflected on what changed my life when I was struggling with mental health issues and it all fell into place when I realised I'm in a position now to help others, help the person I used to be" Dauntless Code is leading the way in supporting and educating young men on developing & 'upgrading' their minds, building & looking after their physical bodies and taking back control of their lives, overcoming depression and embracing their masculinity to transform into honourable, confident and capable leaders, treating each other, their elders and women alike with respect" "I think that right now, we are in the middle of a mental health & masculinity crisis" Josh continues, "even talking about masculinity now is 'controversial', because our society has been brainwashed to fear it! - masculinity isn't toxic, it's absolutely essential for men to embrace it to be able to lead happy and fulfilling lives." Dauntless Code rejects the idea of 'toxic masculinity' quoting that "it isn't toxic; there are men who are toxic, just as there are women who are toxic, it's really nothing to do with an entire gender, there are just toxic people." Instead, it educates young men on 'genuine masculinity', encouraging and providing an example of quality values and beliefs such as being humble, noble and honourable, creative and compassionate and instilling strong worth ethic as the basis for building the mind, the body and taking responsibility for actions and situations in life.



## MEN HAVE FEWER FRIENDS THAN EVER, AND IT'S HARMING THEIR HEALTH

**Vox, August 27, 2022**

The US is experiencing a "friendship recession," and American men have been hit the hardest. According to the American Survey Center and Gallup, the percentage of men with at least 6 close friends fell by half between 1990 and 2021. One inn five single men say they have no close friendships. Research shows that social isolation can weaken the

immune system and make someone more likely to suffer from a variety of ailments. Some mental health experts, like psychology professor Niobe Way, think the growing isolation of men is also contributing to societal violence. So why are men having so much trouble creating and maintaining friendships? Young American men are living with their parents longer, and those that do often forgo making other friendships and bonds outside of the home. Changes in the workplace might be contributing as well. Americans are working longer hours, switching jobs more often, and going to the office than we were in the past. But we also tend to socialize young boys in particular to hide their vulnerabilities and value toughness and stoicism over emotional sensitivity and connection. The very qualities that we socialize men to value are the same ones that make it hard for them to form lasting connections.



### LESS THAN A THIRD OF NYC'S YOUNG MEN WORK FULL TIME, STUDY SHOWS

*The employment rate of men aged between 18 and 24 stands at 30 percent, according to a new analysis.*

**Patch.com, August 23, 2022**

Less than a third of New York City's young men have full time work, according to a new study. The employment rate for men aged 18 to 24 stood at 31 percent in the first three months of 2022 according to [the analysis](#) from the New School's Center for New York City Affairs released Thursday. "Our [recent economic update](#) revealed that young adults have nearly three times the rate of unemployment as the city's workforce overall," the analysis states. "Employment rates for young males are uniformly low." Employment numbers among young men were low across various racial and ethnic groups with young Latinx men coming in at 34 percent employment for the high and young Asian men at 25 percent for the lowest, data show. Young Black men's employment rate stood at 31 percent and young white men's was 30, the analysis found. These numbers contrast significantly with those of young women workers, who have a 14 percent unemployment rate that's roughly half of young men's 27 percent unemployment rate.



## PMY SYMPOSIUM ON YOUNG MALES AND DEPRESSION NOW AVAILABLE ONLINE

The Partnership is pleased to announce that the August 17, 2022 [Symposium on Young Males and Depression](#), part of the 2022 National Symposia on Adolescent and Young Adult (AYA) Male Health, can now be viewed online [here](#) on our website and [here](#) on You Tube.

The entire virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. The symposia will take place over the course of five months. There is no charge. Register for upcoming episodes [here](#).

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## [HOW GENDER NORMS INFLUENCE WHAT YOUNG PEOPLE CHOOSE TO STUDY AT SCHOOL](#)

**Phys.org, August 25, 2022**

There is a gender divide in the subjects teenagers choose to study. In 2022, 63% of UK GCSE candidates taking full-course Physical Education (PE) for GCSE were male. For Art and Design subjects, though, boys made up only 35% of the students [taking the subject](#). The subjects students choose to study carry gender meanings. [Research on boys and education has shown that](#) Stem subjects (science, technology, engineering and mathematics) [and PE](#) are understood as masculine. Research has shown that children associate science with males and [masculine traits](#) from an early age. One study found that boys were [more likely](#) to

express gender stereotypes about scientists. On the other hand, subjects like English may be considered less masculine because of their perceived irrelevance to traditional "men's work", lack of set answers, and emphasis on emotions. These stereotypes impact on secondary school students' career aspirations and higher education choices, when self image and the image of an academic subject as masculine or feminine do not match. Research has shown that when young people rigidly conform to traditional gender roles, they are less likely to fulfill their academic potential because these gender roles affect the subjects they go on to study.



## GEORGETOWN UNIVERSITY: STUDYING STRATEGIES TO ACHIEVE MEN'S HEALTH EQUITY

**India Education Diary, August 22, 2022**

As founder and director of the Center for Men's Health Equity, Derek Griffith, PhD, strives to solve a mystery: Why do men, on average, live shorter lives than women, and what can be done to reduce that disparity? "When you look at sex differences and gender differences in the incidence and prevalence of premature mortality and life expectancy, those who identify as men tend to do worse," said Griffith, founding co-director of the Racial Justice Institute where the Center is based. "I think the interesting thing is, we've just accepted that," he added. "It's a problem that's hidden in plain sight." To address the problem, researchers must challenge existing stereotypes and recognize that men are not a homogenous population. "We have to complicate the narrative and look beyond the simplest explanation," Griffith said. The disparity in life expectancy between men and women is a relatively new phenomenon, emerging in the 20th century due to an increase in deaths linked to chronic disease. It persists throughout the lifespan from infancy through older age, and exists in all but a handful of countries around the world. "No matter what data set you're looking at, men have higher rates of premature mortality," Griffith said. "It's a weird conundrum that the group that is more socially advantaged is disadvantaged in terms of health." Some of the disparity can be attributed to behavioral causes. Compared to women, men are more physically active, but they also have higher rates of substance use, including tobacco and alcohol, consume more meat, high fat foods and sugar-sweetened beverages, and are more likely to engage in risky sexual behavior. "Pretty much anything that negatively affects health, men are doing at higher rates than women," Griffith said. Yet behavioral differences between men and women don't completely explain the disparity in life expectancy. Moreover, it's critical to understand the reasons behind that behavior, such as why men are less likely to go to the doctor than women.



## **COPING WITH YOUR TEENAGE SON'S MENTAL DIAGNOSIS**

**Psychology Today, August 25, 2022**

It is one thing to recognize our own mental health, but acknowledging the mental health of our teenage sons can be difficult, given communication difficulties and the normal adolescent experience of separating from parents. Across the world, it is estimated that approximately 14% of youth ages 10-19 experience a mental disorder. With the increase in awareness, more individuals are pursuing explanations for symptoms or dysfunction in their lives. What happens, though, when your teenage son receives a mental health diagnosis? Here are five questions to answer.



## **ADHD SYMPTOMS ARE MORE PREVALENT IN MALE WEIGHTLIFTERS**

**WHO USE STEROIDS, STUDY FINDS**

**Psy Post, August 26, 2022**

The use of anabolic androgenic steroids (AAS) can have negative health effects and the factors that predispose people toward AAS use are not well understood. New research published in *Scientific Reports* found that ADHD symptoms are more prevalent in male weightlifters who use or have used AAS in the past compared to those who have never used them. AAS use can have serious negative health consequences such as mood syndromes, cardiovascular disease, and disruptions to cognitive and behavioral processes. Studies have linked AAS use to aggressiveness, hostility, and mood swings. Despite these findings, AAS are still used by some professional and recreational athletes. "The factors that predispose to AAS use are poorly understood. However, attention deficit/hyperactivity disorder (ADHD) occurs among athletes at different levels, from any organized sport to the elite, with a prevalence between 7 and 11%, higher than in the general population," explained study author Emilie Kildal and colleagues. "Persons with ADHD have increased risk

of substance use, which, theoretically, could include AAS use."



### [\*\*A GRANDMOTHER ON THE LOSS OF HER BLACK GRANDSON\*\*](#)

**Psychology Today, August 22, 2022**

As a social worker who has practiced for more than 30 years, I have helped many individuals and families who have experienced a tragedy. However, despite my skills, training, and experience, I was not prepared when a tragedy landed in my own backyard. That phrase carries both figurative and literal meaning for me. On January 4, 2015, my 22-year-old grandson Dante (not his real name) was shot. Shortly after, he was found deceased in a nearby backyard. He was a young Black male and he was murdered at the hands of another young Black male. After a period of turning inward to process the deep pain that I was experiencing, I had a desire to turn outward and use my experience to help others in some way. I thought that by sharing my story I could enlighten the understanding of others... both those with and without a similar experience.



### [\*\*SOUTH AFRICA: SEXUAL VIOLENCE IN SOUTH AFRICA – WHERE ARE THE MALE VICTIMS?\*\*](#)

**The Conversation, August 24, 2022**

Men and boys count among the victims of sexual violence. Estimates and contexts vary, but it seems that worldwide, they make up around 10% of victims of sexual violence. According to Rees Mann, the founder of South African Male Survivors of

Sexual Abuse, one in six adult males in the country have been victims of sexual offences in their lifetimes and, in 2012, 19.4% of all sexual abuse victims were male. But men are up to 10 times less likely than women to report sexual violence against them. In a 2017 news report, an anonymous victim says he tried to tell his closest male friends about being raped. They laughed and said, "What, are you gay now?" and he responded with, "I am not gay. I was raped." He then withdrew from them. Some feminist activists are reluctant to focus on the male victims because they think it will undermine long-fought-for attention for female victims. My argument is that activists and scholars must rethink their neglect of male victims. Men and boys as actual or potential victims (not only as perpetrators) must be explicitly integrated into our understanding of and resistance to sexual violence. At the same time, we must resist creating victim hierarchies or ranks.



## MALE SEXUAL BASICS

### [Testes: Anatomy, Function, and Associated Conditions](#)

*The testes are the organs that make sperm and testosterone*

**Very Well Health, August 24, 2022**

The testes, or testicles, are two egg-shaped sex organs that play an important role in the male reproductive system. They are where sperm cells are produced and are also responsible for the production of the sex hormone testosterone. The testes, commonly referred to as "balls," are housed in a pouch of skin beneath the penis called the scrotum. Their location outside the abdomen ensures that the testes remain cooler than body temperature and create the optimal environment for sperm cells to develop. This article takes look at the anatomy of testes, including their function and medical conditions that can harm them or lead to infertility.



## **COLLEGE MEN SAY THEY WANT TO HELP PREVENT CAMPUS SEXUAL ASSAULT, BUT DON'T FEEL PREPARED TO INTERVENE**

**The Hill, August 16, 2022**

Most male college students want to do more to prevent sexual violence and harassment on their campuses, but a majority feel ill-equipped to do so, new research suggests, demonstrating a need for more innovative assault prevention trainings and interventions. In a first-of-its kind [report published Tuesday](#) by the group It's On Us, researchers explored how to best engage college men in meaningful discussions about campus sexual assault prevention and reduction through nearly two dozen in-depth interviews with male students across the country. "Young men want to get involved, but they don't feel prepared or empowered to intervene," Tracey Vitchers, the executive director of It's On Us, an Obama-era initiative designed to combat campus sexual assault, said Tuesday. But while motivation among college men is reportedly high, engagement in training programs intended to expand their assault prevention toolkit is low — a key hurdle to adequately addressing the issue. Most male students interviewed by It's On Us said mandated training programs for college and university students are largely viewed as obligatory and part of their enrollment. Several reported spacing out during in-person trainings or while completing online modules, either because they felt they were "good guys" who didn't need it, or because the trainings were cheesy and not engaging.



## **TATE, TIKTOK AND TOXIC TRENDS: 'ALPHA MALES' ARE ON THE RISE – BUT WHY AREN'T WE MORE WORRIED?**

**Metro.co.uk, August 14, 2022**

Holding a fat cigar between his fingers and taking a deep, ostentatious puff of smoke, Andrew Tate tells the camera: 'Females are barely sentient.' In his slow Estuary American drawl, and with light glinting off the top of his shaved head, Tate continues: 'Females don't have independent thought. They don't come up with anything. They're just empty vessels, waiting for someone to install the programming.' The misogyny he displays is so patently flagrant it is almost laughable. This must be a joke, surely? Alarmingly, it is not. Tate's ramblings have become increasingly popular on social media platforms, the oxygen for many of today's impressionable young minds. Clips from Tate have proliferated on TikTok's For You page in the last month, with videos featuring his highly inflammatory opinions racking up a cumulative 11.4 billion views on the mostly Gen Z populated platform. Now so insidiously influential, Tate – a former kickboxer and Big Brother contestant who has been questioned on human trafficking and rape allegations (which he has denied) – is more searched online than Donald Trump and Kim Kardashian. Tate has become somewhat of a poster boy of a new breed of influencer that has wormed out of the internet's darker fringes and into mainstream consciousness – the so-called 'Alpha males'. These men are fairly easy to spot in the wild West of the internet. They are a compilation of different facets of the toxic masculinity that has lingered in society for a long time; brash, loud and arrogant, alpha men are the type to believe the brotherhood shouldn't cry and showing any sort of emotion is a cardinal sin.



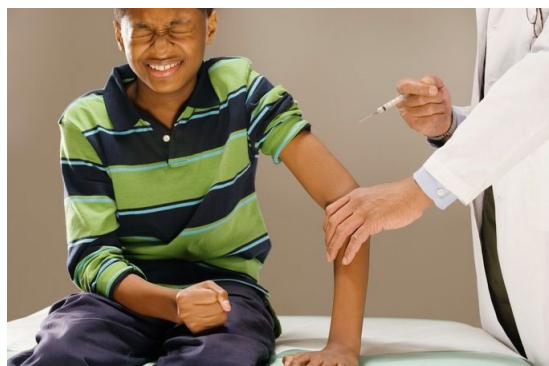
## [HILINSKI'S HOPE VISITS TO ENCOURAGE MENTAL HEALTH IN COLLEGE STUDENT-ATHLETES](#)

*After Tyler Hilinski's death, Mark and Kym Hilinski have been traveling around the country to break student-athlete stigma.*

**KREM.com, August 18, 2022**

Tyler Hilinski took his own life in January of 2018 at Washington State University. Now his parents are traveling to colleges to spread the message that getting help for mental health issues is okay. Tyler Hilinski's parents, Mark and Kym are the founders of [Hilinski's Hope](#), a non-profit that focuses on caring for mental health issues in college athletes. Hilinski's Hope is currently on a west coast college tour speaking to student-athletes about breaking the stigma and talking about the importance of mental health. "We like to spread our message of hope with student-

athletes across the country to let them know they shouldn't be afraid to reach out for help," said Kym Hilinski. "If they are struggling with their mental health, it's actually a strength and not a weakness." They use these talks to share Tyler's story and to bring attention to the mental health issues that are often not spoken about in college athletics. "We always think there's a Tyler in the audience in one of these teams. We want to make sure that we are able to take action on the things we learned after Tyler passed," said Mark Hilinski. "We want to knock down the stigma, bring awareness and create resources, for our student-athletes." Whitworth football players hope to take the lessons they've learned and practice it in their lives. "It was a good reminder that even though it might seem like someone's going through something hard, just reach out and be aware. If they're afraid to ask, make sure to look out for your brothers and see if they're okay," said fifth-year cornerback at Whitworth Colten Chelin. Rod Sandberg, who's heading into his ninth season as head football coach for the Pirates, says that his players' well-being is always the priority. "They know we truly care about them as people more than as players," said Sandberg. "I told those guys yesterday that I love them and that everybody wants to know that they're valued and important. So I think that's the biggest thing. We have a vision and it's life-changing."



## [HPV VACCINE GARDASIL 9 FOR BOYS: WHAT YOU NEED TO KNOW](#)

**Very Well Health, August 18, 2022**

Gardasil 9 is a vaccine (immunization) that protects against human papillomavirus (HPV). HPV is a virus spread through sexual contact and consists of multiple strains or types. While some strains of HPV come and go without symptoms, some can cause cancer while others can cause genital warts. HPV vaccination prevents nine high-risk types of HPV linked to cancer, predominately cervical cancer but also cancer of the anus, vagina, vulva, penis, mouth, tonsils, and throat.<sup>1</sup> This article reviews why the vaccine is recommended for males and the vaccine schedule. It also covers the risks, safety, and effectiveness of the vaccine.

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## [REGISTER FOR AUGUST 17](#)

The Partnership has announced the [2022 National Symposia on Adolescent and Young Adult \(AYA\) Male Health](#). The virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. The symposia will take place over the course of five months and began in June with the symposium on Young Males and ADHD. There is no charge. The webcasts will also be available for viewing after. [The next symposium, on Young Males and Depression, will be held August 17 from 6-8 PM EST](#). Information for other symposia will be forthcoming

The full list of topics is -

- An overview of the State of AYA Male Health
- Young Males and Reproductive Health
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- Young Males, Healing Partnerships and Promoting Resilience
- Young Males, Relationships and Health

Each episode will run approximately two hours and will include audience participation. Nationally known experts have been chosen to co-chair each episode.

[REGISTER FOR AUGUST 17](#)

## [AVAILABLE NOW](#)

The symposium on [Young Males, Healing Partnerships and Promoting Resilience](#), aired July 27, is now available for viewing or download [here](#).



## **MORE TIME AT HOME MEANT MORE KIDS DIED OF GUN VIOLENCE DURING THE EARLY PANDEMIC**

*Gun Violence Disproportionately Harms Children, Especially Boys and Kids of Color*  
**Everyday Health, August 9, 2022**

Child deaths due to gun violence increased during the pandemic by more than one death every day, compared with previous years, according to new research. From the start of the pandemic until the end of 2021, there were more than 700 additional child deaths from gun violence than typically would have occurred. "That number is on par with the number of childhood deaths from COVID-19 itself," says Anupam B. Jena, MD, PhD, who works as professor of healthcare policy at Harvard Medical School and is one of the study authors. The psychological strain of the pandemic on families, combined with school closures, meant adolescents were spending more time at home, where guns are more likely to be present. "This is just one more feather in the argument that the pandemic has had effects on kids that we don't really fully appreciate," he says. The study, recently published in JAMA Network Open, analyzed data from 2014 through 2022, focusing on March 2020 until the end of 2021. The researchers used publicly available data from the Gun Violence Archive, a nonprofit that compiles data from 7,500 sources across law enforcement, media, government, and more.



## **LIKE WITH DRUG ADDICTION AND VIOLENT CRIME, YOUNG MEN FUEL TRAFFIC DEATHS**

**New York Post, August 13, 2022**

Since the arrival of COVID in March 2020, traffic deaths in New York City have skyrocketed. And not just in New York. Much like with spiraling homicides and drug overdoses, traffic deaths have surged across the nation. In the first five months of 2022, 93 people died in traffic crashes in New York City — down slightly from last year, but 12 percent above pre-Covid levels. Yet the bad raw numbers hide some successes. Crucial upgrades such as dedicated lanes for pedestrians and cyclists as well as speed controls for cars and trucks drivers have reduced pedestrian fatalities

over the past decade. Who, then, is perishing now in greater numbers? The victims fit the profile of those killed in the car crashes noted above: Young men, both drivers and passengers — often speeding and often late at night. New York's increase in traffic deaths mirrors its (and the nation's) broader public-safety problem: the self-destructive and dangerous behavior of a young-male demographic. As with the recent explosion in violent crime, young adult and older teen males are taking advantage of a law-enforcement vacuum that lets them get away with ever more antisocial behavior—until it kills them or someone else.



## WHY MEN FACE A HIGHER RISK OF MOST CANCERS THAN WOMEN

Healthline, August 12, 2022

Men and women are indeed different. And when it comes to cancer, the rates are in most cases higher for men than for women. There has been some research focused on why cancer affects men and women differently. But a new [study](#) Trusted Source is getting us closer to a real understanding. And experts say the reasons are somewhat surprising. The study was published in the journal Cancer, a peer-reviewed journal of the American Cancer Society. In it, researchers report that the cause may be underlying biological sex differences rather than behavioral differences related to smoking, alcohol use, diet, and other factors. [Sarah S.](#)

[Jackson](#), PhD, a research scholar with the National Cancer Institute, and her colleagues set out to assess differences in cancer risk for men and women in 21 cancer sites. The study included 171,274 male and 122,826 female adults aged 50 to 71 years who were participating in the [NIH-AARP Diet and Health Study](#) Trusted Source from 1995 to 2011. During that time, 17,951 new cancers arose in men and 8,742 in women. The researchers say the findings suggest that biological differences between sexes — such as physiological, immunological, and genetic factors — play a major role in the cancer susceptibility of men versus women.



## AGING NEUTRALIZES SEX DIFFERENCES IN THE BRAIN

Neuroscience News, August 11, 2022

Gene expression in male and female brains becomes more similar due to age, and both sexes contribute to the pattern. If the expression of a gene is higher in younger female brains it tends to be lower in younger male brains. Due to age, the gene expression reduces in females and increases in males, and vice versa.



## ADOLESCENT AND YOUNG ADULT HEALTH

World Health Organization  
August 10, 2022

### **Key Facts:**

- Over 1.5 million adolescents and young adults aged 10–24 years died in 2020, nearly 5000 every day.
- Young adolescents aged 10–14 years have the lowest risk of death of all age groups.
- Injuries (including road traffic injuries and drowning), violence, self-harm and maternal conditions are the leading causes of death among adolescents and young adults
- Half of all mental health disorders in adulthood start by age 14, but most cases are undetected and untreated.
- Early onset of substance use is associated with higher risks of developing dependence and other problems during adult life, and

- people of younger ages are disproportionately affected by substance use compared with people of older ages.
- Globally, there were 41 births per 1000 to girls aged 15–19 years in 2020.

## OPEN POSITION

Senior Strategic Initiatives Officer  
Equimundo, Washington, D.C.  
August 2022

Overview: Equimundo, an international non-governmental organization (NGO) working to promote gender equality and prevent violence, seeks a full-time Senior Strategic Initiatives Officer. The position will be based in Washington D.C. (with a hybrid work-from-home/office model.) [APPLY HERE](#)



## STUDY: SUICIDE PREVENTION FOR BOYS AND MEN

**Health.gov Australia, August 1, 2022**

Boys and men are three times as likely to die by suicide in Australia than girls and women. The Buoy Project is testing seven different suicide prevention programs that target boys and men. The aim is to find out which programs might be most effective in reducing male suicide. The team will then model what would happen if the effective programs were scaled up across Australia. The Buoy Project is funded by \$5.6 million from the Medical Research Future Fund. The researchers want to find out if programs reduce the male suicide rate if they encourage boys and men to seek help, and tailor interventions to their specific needs. The team is answering this question by conducting randomised controlled trials of seven programs aimed at male suicide prevention.



## **HOW MEN CAN SAVE RELATIONSHIPS BY LEARNING TO BE VULNERABLE AT AN EARLY AGE**

**Washington Post, August 2, 2022**

Neglecting to examine and tend to emotional needs is common to many men, it turns out. For a number of reasons — many rooted in socialized norms about masculinity — men are often taught very young to diminish, or even ignore, their emotions in relationships. They do this, however, at the expense of their relationships' health and their own well-being. When men learn to better understand their emotional needs, the payoff can be profound. The common myth about men and emotions goes something like this: Men are wired differently than women, and, as a result, they don't have the same emotional needs. But Israeli researchers who pored over scans of more than 1,400 brains discovered that [human brain structures and features are a "mosaic,"](#) resistant to easy binary expectations about gender or sex. Another [study](#) published last year in Nature reported that men's and women's emotions are, [as one of the researchers put it](#), "clearly, consistently and unmistakably more similar than they are different." Instead, psychologists say these perceived differences often arise from social constructs, which starts early. "We don't train boys to have vocabulary around their emotions beyond anger," said Fredric Rabinowitz, chair of the psychology department at the University of Redlands in California, whose research and private practice focus on men's mental health. This occurs, Rabinowitz said, because many boys are raised to believe that deeper emotions are separate to their being, which morphs into "unprocessed trauma." And when men lack emotional language, they cannot explain what they are feeling.



The 2022 National Symposia on  
Adolescent and Young Adult Male Health  
June - October 2022

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[\*\*REGISTER FOR AUGUST 17\*\*](#)

**AVAILABLE NOW**

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### [\*\*TEACHING BOYS ABOUT SELF-CARE ONCE PUBERTY HITS\*\*](#)

*It is important that your son knows what is going on with his body, and what he has to do to care for it.*

**Moms.com, August 4, 2022**

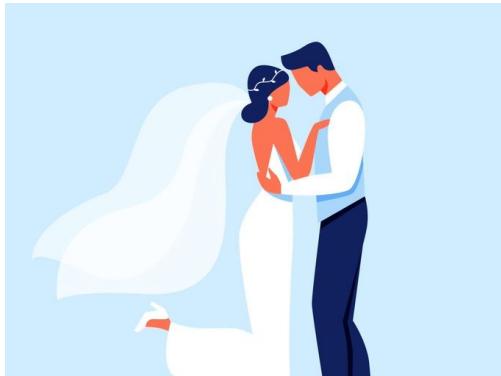
As a child goes through [development](#), mom knows that there are going to be periods when she has to have some conversations with her child. Some of these [conversations](#) can be relatively easy, but more often than not, they are [a bit difficult](#). Some of the hardest conversations to have with children are about sex, sexual activity, and puberty. The physical and emotional changes [that are happening](#) in her child can be hard for everyone to deal with, and this may be made more difficult if mom is dealing with her son. When mom has to talk to her son about puberty, it [can be uncomfortable](#). However, they are conversations that have to happen. It is important that your son knows what is going on with his body, and what he has to do to care for it. Difficult or not, we now know that it has to happen, but how can mom go about doing that? We have put together a guide that mom could use when having this conversation with her son to make sure they are taking care of their body and their mind.



## [RESEARCHERS EXAMINE HOW AGE, SEX, WEIGHT AND PUBERTY WERE LINKED TO DISORDERED EATING IN CHILDREN](#)

News Medical Life Sciences, August 1, 2022

Eating disorders, which affect more than 28 million people nationwide, exact a high toll. In addition to the individual suffering they cause; eating disorders cost the U.S. nearly \$65 billion each year. Early intervention is essential for minimizing harm, but researchers know very little about how disordered eating begins and evolves prior to adolescence. A new study of nearly 12,000 9- and 10-year-olds, published this week in JAMA Pediatrics, provides key insights that help fill that gap. Researchers examined how age, sex, weight and puberty stage were related to behaviors such as binge eating and vomiting to control weight. "The first major takeaway is that these behaviors are more common than we've seen before, with a prevalence of up to 5% in some cases," said the study's lead author, Stuart Murray, DClinPsych, PhD, Della Martin associate professor of [psychiatry](#) and the behavioral sciences and director of the Eating Disorders Program in the Department of Psychiatry and the Behavioral Sciences at the Keck School of Medicine of USC. Contrary to cultural assumptions, the researchers found that boys and girls were equally likely to engage in disordered eating. The analysis also revealed that children with higher body mass indexes (BMIs), as well as those further along in puberty, faced an elevated risk.



## MEN MORE LIKELY TO OUTLIVE WOMEN IF THEY MARRY AND GO TO UNIVERSITY, STUDY FINDS

**Yahoo News, August 3, 2022**

Married men or men who have a university degree are more likely to outlive women who are single and have not completed higher education, a new study suggests. Historically, research has found that women have longer survival and lower [death rates](#) than men. As of 2019, the average difference in [life expectancy](#) between the sexes was 4.4 years worldwide. But experts at the University of Southern Denmark believe these findings have led to a "blind interpretation" of life expectancy differences. Researchers analysed data on people from 199 countries spanning 200 years and found that men have a "substantial chance" of outliving women. "Not all females outlive males, even if a majority do. But the minority that do not is not small," the study, published in the *British Medical Journal*, said. Researchers found that lifespans were impacted by a "complex combination" of biological, environmental and behavioral factors, including marital status, income, and education. Men who have a lower education level or who are unmarried have a particularly low chance of outliving a woman, experts said. However, a man who is both married and has a university degree has a higher chance of outliving a woman, in particular a woman who is single and has not completed higher education.



## IS BEING GENDER-ATYPICAL EASIER FOR GIRLS OR BOYS?

*Girls have more options than boys when it comes to gender expression.*

**Psychology Today, August 2, 2022**

Boys are more gender-binary than girls, reporting higher levels of coercion to

conform to gender norms and expectations according to one study. Pressure to conform to gender expectations comes more from oneself than parents or peers. Given today's society, some boys' drive to conform to gender expectations may reflect a higher investment in the benefits of being a boy. Research by Matthew Nielsen and colleagues raised a provocative question: Are there costs for youths who are gender-typical as they conform to gender expectations? They asked nearly 500 sixth graders, ages 10 to 13, to assess their gender typicality relative to peers and whether they felt pressure from self, parents, and peers to conform to gender norms. For example, girls were asked [reversed for boys], "I would be upset if I saw myself acting like a boy;" "My parents would be upset if I liked boys' toys and activities;" and "Other kids would be upset if I acted like a boy." Nearly half of the youths described themselves as typical of adolescents of their gender. A quarter attributed to themselves being typical of both genders, and the rest were either low on gender characteristics of both sexes or they were gender atypical (cross-sex) for their biological sex. Overall, by contrast to early adolescent girls, boys reported higher levels of coercion to conform to gender norms and expectations, primarily due to pressure they inflicted on themselves and, secondarily, the pressure they felt from parents and peers. In sum, it was far easier for a girl to be a tomboy than for a boy to be a sissy.



## [BARBERS PROVIDE SPACE FOR YOUNG BLACK MEN AND BOYS TO TALK](#)

WBUR, August 4, 2022

Talking about mental health often isn't prioritized in the Black community. But one organization is working to help Black men and boys open up — not in an office or clinic, but at the barbershop. [The Confess Project](#) partners with barber shops to help Black men and boys talk out the issues they're dealing with. And it's needed: [Suicide was the second leading cause of death for Black Americans](#) between 15 and 24 years old, according to a 2019 survey by the Department of Health and Human Services. [Craig Charles](#) is a barber ambassador for the organization. The owner of [Crown Cutz Academy](#) in Johnson City, Tennessee, Charles says barbers bring a sense of comfort to their clients. "Over time, you build relationships with your clients and that adds a sense of comfort," he says. "You're able to express yourself in certain manners." When his clients come to him from traumatic backgrounds, Charles says he helps them by just giving them space to have conversations.



## IN US, ONE IN 15 MALE, ONE IN 50 FEMALE HIGH SCHOOL STUDENTS CARRY GUNS

Medical Express, July 29, 2022

One in 15 male and one in 50 female high school students aged younger than 18 years report gun carrying during the past year, according to research published in the July 29 issue of the U.S. Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*. Thomas R. Simon, Ph.D., from the CDC in Atlanta, and colleagues describe the national prevalence of gun carrying for reasons other than hunting or sport among **high school students** aged younger than 18 years using the updated measure of gun carrying in the 2017 and 2019 administrations of the CDC Youth Risk Behavior Survey. The researchers found that one in 15 boys and one in 50 girls reported gun carrying during the past 12 months. Youths with violence-related experience, suicidal ideation or attempts, or substance use were significantly more likely to carry guns (adjusted prevalence ratio ranges, 1.5 to 10.1, 1.8 to 3.5, and 4.2 to 5.6, respectively). "The higher prevalence of gun carrying among those who have experienced **suicidal ideation** or attempts or other forms of violence highlights the potential for lethal consequences if firearms are used against oneself or others," the authors write. "The association between youth gun carrying and **substance use** further suggests an increased risk for impaired, impulsive, situational, or escalating actions."



The Telegraph

## THE SCIENCE BEHIND WHY TEENAGE BOYS ARE SUCH TERRIBLE RISK-TAKERS

*All youngsters can indulge in dangerous behaviour, but studies show males do it the most – and they can't help it*

**The Telegraph, July 22, 2022**

All teenagers indulge in risky behaviour, but studies have shown male adolescents do it more than girls. A recent investigation by University College London's Institute of Education showed that in every case of risky behaviour – from graffiti to drug taking, shoplifting to assault – boys indulged in it in higher numbers. It's why teenage male drivers are deemed a higher risk than females – with one study showing 9.2 young male drivers die in traffic accidents per hundred million miles, nearly double the death rate of 5.3 for young female drivers. The reason is complicated; a mixture of the way our brains work and the differences in how men and women evolved. External influences – friends especially – play their part, as do romances and showboating. One of the interesting things about teenage male behaviour is that, according to several studies, their risky behaviour calms down if they are with a girlfriend. "The part of their brains which isn't developed is the prefrontal lobe which helps you consider things like risk, decision making, empathy, judgment. So they are dealing with a social brain but without the adult executive function which would help them think, 'That's a really bad idea.' "And what we do know from measuring brain development and the connections to the prefrontal lobe is that boys are on average about two years behind girls. You see it in the classroom; by 18 the girls are all organised. So this stage, where the social element of the brain is really developed and the decision-making bit isn't, is prolonged for boys and often comes at the time when they are starting to drive cars and drink alcohol which makes it even harder for them to make sensible decisions."



**'A HUGE WIN': CAN SEXUAL CONSENT PROGRAMS IN SCHOOLS MAKE THE CHANGE WE NEED?**

**The Guardian, July 31, 2020**

A survey of 500 boys, undertaken by the Man Cave, a school program promoting boys emotional wellbeing and healthy relationships, showed students understood respect and consent and were eager for more education, the charity's CEO Hunter Johnson says. But Johnson says a new challenge has arisen during the pandemic. "Due to the last two-and-a-half years, the young men are more socially and emotionally behind than their female counterparts. There's more disrespect in the classroom, particularly towards female and non-binary classmates." Ojasvi Jyoti, co-head of curriculum at Consent Labs, an organisation that gives consent education in schools and universities, says he's observed fear among some young men about being wrongly accused of sexual assault. "There is a lot of rhetoric around, I think

from social media or media in general, that they could get falsely accused," he says. "Even though statistics show that only 5% of assault allegations are false." However, Contos says she has seen more young men standing up against toxic behaviour by their peers. "I think in the past a lot of young men felt uncomfortable with these sorts of things, or didn't really know how to be active or anti that behaviour." Attitudes are changing, Full Stop Australia's CEO Hayley Foster says, "but it is slow" and the toxic signals men and boys receive over time from pop culture and the media can act as "counter forces" to change.



### **BOYS TWICE AS LIKELY TO ATTEND HOSPITAL FOR SELF-HARM DURING STRICTEST LOCKDOWNS**

**Medical Express, July 29, 2022**

Stricter COVID-19 lockdown measures coincided with an increase in serious self-harm triggered by social isolation in children and young people, according to a new study published in *BJ Psych Open*. New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London has found that emergency hospital visits for self-harm were twice as likely for boys, and three times as likely for looked-after children, compared to pre-pandemic levels. Girls continue to be over-represented in self-harm figures but during the strictest lockdowns, the proportion of boys needing urgent support from [emergency services](#) doubled and then tripled for looked-after children. While self-harm related to [social isolation](#) increased during stricter measures, school pressure and rows with friends became less common triggers. However, these closures may have led to greater urges to self-harm, related to increased overthinking and negative coping strategies at home.



The 2022 National Symposia on  
Adolescent and Young Adult Male Health  
June - October 2022

The Partnership has announced the [\*\*2022 National Symposia on Adolescent and Young Adult \(AYA\) Male Health\*\*](#). The virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. The symposia will take place over the course of five months and began in June with the symposium on Young Males and ADHD. There is no charge. The webcasts will also be available for viewing after. [\*\*The next symposium, on Young Males and Depression, will be held August 17 from 6-8 PM EST\*\*](#). Information for other symposia will be forthcoming

The full list of topics is -

- An overview of the State of AYA Male Health
- Young Males and Reproductive Health
- Young Males, Sexual Orientation and Gender Identity
- Young Males and Depression
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- Young Males, Healing Partnerships and Promoting Resilience
- Young Males, Relationships and Health

Each episode will run approximately two hours and will include audience participation. Nationally known experts have been chosen to co-chair each episode.

[\*\*REGISTER FOR AUGUST 17\*\*](#)



### [\*\*HOW TO TALK TO YOUNG BOYS ABOUT ABORTION RIGHTS: 'PERHAPS THIS TIME IN OUR COUNTRY WILL BE A TEACHING OPPORTUNITY'\*\*](#)

**Yahoo, July 25, 2022**

Since the overturning of Roe v. Wade, there's been talk across the nation and globe about how this removal of rights will impact people who can get pregnant ...

especially young women and teen girls. However, these new laws will impact more than just young girls, making it more important than ever to talk to young men and teen boys on sexual health — and [what abortion may mean to them](#).

"Contraception, safe sex, consensual sex and all things sex must absolutely be talked about with our teen girls — and boys — more now than ever," says author, teacher and authority on the subject of sexual abuse prevention, [Kimberly](#)

[King](#). "Perhaps it's a really good time to take this situation as an opportunity," King tells Yahoo Life. "It's way past time to teach boys about the female body, sexuality, sex, pregnancy, love, respect, chemistry and communication. I don't know any teens who actually intend to get pregnant or have an abortion — or who understand what an abortion really is either. Many young women and men are unfamiliar with the entire process, especially for late-term abortion."



## [A SEX WORKER GAVE MY AUTISTIC SON THE GIFT OF CONFIDENCE – AND I ORGANISED THE ENCOUNTER](#)

*Until he finds the right girl and a loving relationship, how better to channel his sexuality in a healthy way?*

**The Guardian, July 29, 2022**

Parenting takes you on some interesting twists and turns, but as I lay in the maternity ward gazing into my newborn's eyes, never in my wildest dreams could I ever have imagined that 21 years later I'd be trawling the websites of sex workers looking for a suitable young lady to take his virginity. Yet that's exactly where I found myself earlier this year. Teenage boys now have unfettered access to internet pornography, but – unlike my son – don't confide their viewing habits to their mother, giving her the opportunity to correct misperceptions. There's a danger in socially isolated autistic males, with their obsessive tendencies, being exposed to misogynistic porn. Already they are overrepresented among "incels" (involuntary celibates), who are [known for their anti-women views](#). So, when my son alluded to certain "activities" he'd obviously come across online, I was able to explain that, in real life, not all girls like that sort of thing. That good sex was about mutual caring and respect. I'd suggested the idea of a sex worker to him a couple of years ago when he had trouble getting past his first rejection, his first broken heart. Unfortunately, the pandemic intervened. Then, late last year, I attended a webinar on disability and sexuality.



### **TIPS FOR BLACK MALE SELF CARE - BEATING THE ODDS OF PREMATURE DEATH IN AMERICA**

Afro.com, July 28, 2022

Self-reported suicide attempts by Black adolescent boys rose greater than 50 percent between 1991 and 2017. In 2014, 80 percent of suicide deaths in the Black community were men. The premature death of Black men is a public health issue. Austin Frakt, an associate professor at Boston University's School of Public Health, notes, "Black men experience the worst health outcomes of any other demographic group, and at age 45, Black men have a life expectancy that is three years less than non-Hispanic White men." A Black man's health inequities are worsened by persistent microaggressions Black men experience, which pushes them to often resort to violence. Violence erupting in communities of color often pushes angry and volatile young Black men to carry out acts of retribution, a contributing factor in the unfortunate deaths of Black men. "Violence-Related Disparities Experienced by Black Youth and Young Adults," a 2018 research article, reports that Black adolescents are at "higher risk of violence," including homicide. According to the CDC, Black men and boys ages 15 to 34 make up two percent of the population but account for 37 percent of the nation's homicides. Beyond the devastation suffered by violence, specifically gun violence, men's immovable resolve to live by an "I'm a'ight" paradigm presents an equally contributing component to loss of life. According to Roland Thorpe, Jr., Ph.D., MS, Health Behavior and Society professor, and founding director of the Program for Research on Men's Health, Black men distrust the medical system.



### **PHYSICAL ACTIVITY AFFECTS BOYS AND GIRLS DIFFERENTLY**

Medical Express, July 28, 2022

Being physically active has major health benefits. But physical activity affects boys and girls differently. New research has examined the relationship between body fat and physical activity in children. "We looked at the connection between objectively measured physical activity and the proportion of body fat in girls and boys," says Silje Steinsbekk, a professor at NTNU's Department of Psychology. "In girls, we found no connection between their physical activity and amount of body fat. Increased physical activity didn't lead to less body fat in the girls, and body fat had no effect on changes in their physical activity," says Tonje Zahl-Thanem, a former research fellow and first author. But for boys, it's different. The amount of body fat influences their physical activity. "Increased body fat in boys led to less physical activity two years later, when they were 8, 10 and 12 years old," says Zahl-Thanem. With one exception, increased physical activity had no effect on changes in body fat. "We found that boys who are more physically active when they're 12 years old have a lower proportion of body fat when they're 14. This wasn't the case at an earlier developmental stage," Steinsbekk says. The study did not investigate the reasons for these differences, but the researchers point out that large bodies are heavier and require more exertion when exercising, which may explain why boys whose body fat increases become less active over time.



## SHOULD PEOPLE OF ALL GENDERS BE TAUGHT SEX EDUCATION TOGETHER? EDUCATORS WEIGH IN

*Some educators say many students can benefit from all-gender sex ed courses.*

**ABC News, July 19, 2022**

Students in Fairfax County, Virginia, are protesting to combine genders for their sex education courses. It's a move some health and education experts advocate for, saying it takes the shame out of reproductive and sexual health. "Having all-gender sex education classes is one way we can model open, shame-free and unbiased communication about puberty, bodies, relationships and sexual behaviors with young people," said Wendy Sellers, a health educator and creator of "Puberty: The Wonder Years" adolescent curriculum. She continued, "When we divide students into separate classes based on perceived gender, we perpetuate the stigma that sex education must be discussed behind closed doors and that only certain information can be shared with boys and other information shared with girls."



## [BOYS WILL GET LESSONS ABOUT PERIODS AND MENOPAUSE ALONGSIDE GIRLS AS TEACHERS WILL BE TOLD TO STOP SPLITTING CLASSES FOR SEX EDUCATION](#)

Daily Mail, July 20, 2022

Schools will be told to stop splitting up pupils for sex education classes so boys grow up with a better understanding of female health issues. Doctors will also receive additional training on contraception and the menopause as part of a ten-year Women's Health Strategy for England launched today. Ministers want to tackle a culture of 'medical misogyny' which leaves women struggling to access the same quality of care as men. Schools will be told to stop splitting up pupils for sex education classes so boys grow up with a better understanding of female health issues. Doctors will also receive additional training on contraception and the menopause as part of a ten-year Women's Health Strategy for England launched today. Ministers want to tackle a culture of 'medical misogyny' which leaves women struggling to access the same quality of care as men.



## [HOW THE MALE MIND BATTLES DEPRESSION AND OTHER MENTAL HEALTH CONDITIONS](#)

ABC News, July 21, 2022

While people of every gender experience mental illness, fewer men are diagnosed, according to the [National Institute of Mental Health](#). And men are less likely to receive treatment. However, more than three-quarters of people who die by suicide

are male, according to the [National Alliance on Mental Illness](#). It is vital for men who are experiencing suicidal thoughts, depression, or other mental health challenges to recognize what they are going through and to seek help. But that may be difficult "Men are afraid that if they were to seek help for mental health issues that they would be weak or that they would be a failure or that they wouldn't be in control of their lives," said Dustin Ho-Gland, a nurse with [Northwest Texas Healthcare System](#). "Also, there is a social stigma in it that really kind of starts when they're kids." Fortunately, there are ways to break through the stigma that stops men from asking for help. "One of the best ways is to start with our children," Ho-Gland said. "Young men and boys need to be told that, 'You know what, you're going to have bad days. You're going to have days where you're depressed. You're going to have days when you're sad. Admit those feelings, take ownership of those feelings, and then seek help for those feelings if they persist.'"



## [\*\*HOW TO HELP YOUR TEENAGE SON COMBAT LONELINESS\*\*](#)

*Is he lonely or is he ok?*

**Psychology Today, July 21, 2022**

During [adolescence](#), there is a normal separation between teenage boys and their parents. Your once attached little boy is now off in his room, doing who knows what, and not telling you anything about his day. When he was younger, you tried to organize playdates and invited children your son's age to tag along to fun activities. Parents frequently associate adolescence with our boys spending time away from us with friends, a loaded calendar with sports and social events, and carpooling him here and there when he needs a ride to meet up with buddies. Even before the pandemic, concerns about [loneliness](#) and mental health were becoming apparent. In a study published in 2021, Twenge et al found that between 2012 and 2018, loneliness among adolescents across the world tended to increase, which they attributed, in part, to the increase in smartphone use and potential social media exposure. Research on loneliness continues to grow as part of the public health and psychological literature, but how, in reality, can a parent determine if their son is lonely and, if so, what can they do about it? Here are five questions parents can answer about their sons when they are concerned about loneliness.



## HOW TO OVERCOME 6 BARRIERS TO SELF-CARE FOR MEN

*Prioritizing health is the way of the mature modern man.*

**Psychology Today, July 20, 2022**

Men have a higher risk of disease, injury, and death compared to women. They commit suicide at more than three times the rate of women (Hedegaard, Curtin, Warner, 2021) and are more likely to abuse alcohol (Bilsker, Fogarty, & Wakefield, 2018). Young men, especially those from minority communities, are the least likely of all demographics to seek help for health issues (Lynch, Long, Moorhead, 2018). These health ills are not necessarily inherent to being male but rather a product of traditional Western norms of masculinity intersecting with structural racism, socioeconomic inequities, and an unhealthy environment. Men are losing the battle to stay well, and telling them to take better care of themselves is not the solution. It's not a lack of desire to be healthy but rather a lack of agency that prevents men from acting upon what they know deep in their hearts. Many men want to take better care of themselves, but doing so would require becoming something society does not afford them to be—less manly. To support men in taking control of their health and developing a more sophisticated relationship with their bodies, we need to increase males' agency by simultaneously updating and dismantling "Man Box Mindsets" that get in the way of self-care.



## MEN AND ABORTION: HOW REPRODUCTIVE ACCESS AFFECTS ALL OF OUR LIVES

**Teen Vogue, July 19, 2022**

In the weeks since the Supreme Court overturned Roe v. Wade, women and nonbinary people have been grieving. They've exchanged teary voice memos, frantic text messages, and Instagram posts full of rage. But, in many corners of the world and on the internet, the voices of men are missing. And when they do speak, too often it's minimizing. "We knew this was coming," they say. "Are you really surprised?" As though it were the surprise that hurts and not the loss of bodily autonomy. It's not that men should be taking center stage in the fight for reproductive access, but they should be lining up next to us. Abortion is not just a women's issue. It is a health care issue that touches people across all ages, genders,

geographic locations, religions, and more — whether or not they're aware of it, whether or not they can get pregnant. In an effort to illuminate the far-reaching impacts of reproductive health access, *Teen Vogue* talks with five men about how abortion has shaped their lives and how they're joining the fight. We withheld last names to allow them to speak candidly about their experiences.

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[REGISTER FOR JULY 27](#)

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## ILLEGAL FENTANYL DEATHS SPIKE ESPECIALLY AMONG TEENS AND YOUNG MEN

KXL.com, July 20, 2022

Overdose deaths are increasing sharply according to a new report from the Centers for Disease Control. KXL talked to researchers about which groups are at special risk. As we've been reporting for months, illegally manufactured fentanyl is a major factor in overdose deaths in Oregon. The new C.D.C. report confirms this is a national trend. Dr. Mbabazi Karissa is a health scientist with the CDC's Division of Overdose Prevention. She describes it as "Quite staggering." She says the worst impact so far has been on Black males, ages 15-24. They've suffered 86% more overdose deaths. There's also been a 47% increase in young Hispanic men, and among young White men, it's 34%. CDC Deputy Director Dr. Debra Houry says parents and young people need to know about this and schools need to do more to educate people about the dangers. She says they're seeing cases of taking just one pill, one time, becoming fatal.



## 'MALE COLLEGE CRISIS': MALE HIGH SCHOOL GRADUATES GOING TO COLLEGE AT MUCH LOWER RATES THAN WOMEN

Yahoo News, July 23, 2022

Nationally, it's being described as a "male college crisis," and Indiana is not immune to the trend. Male high school graduates are going to college at much lower rates than women, and that gap continues to widen. Indiana higher education officials describe it as "a concerning gap ...This is the first time in recent history the male college-going rate has dropped to below half (46%)," in reference to the high school graduating class of 2020. In contrast, the college going rate for Hoosier women in 2020 was 61%. The report focused on the overall decline in college attendance, with

just 53% of Indiana high school graduates going to college in 2020, a one-year decline described as "alarming" by Chris Lowery, Indiana's new commissioner for higher education.



### **WORRYING NUMBER OF SLIM BOYS DIETING**

BBC News, July 19, 2022

More than one in every four children in England are dieting, including some who are a healthy weight and as young as eight, research suggests. Dieting can be risky and harmful. But a survey of more than 34,000 children and teenagers, published in [Archives of Disease in Childhood](#), shows the proportion trying to slim rose from 21% in 1997 to nearly 27% in 2016. Child obesity has also been increasing but at a slower rate - and one in seven slim children is also now dieting. Older teens are more likely to diet than younger children - and girls more than boys, although the gender gap appears to be closing. Study author and dietician Melissa Little, from Oxford University, said: "We have been seeing a rise in boys dieting - it's not just girls doing it. "While some of the teenagers and children who are dieting are overweight, some are not.



### **GARDASIL VACCINE MAKER MERCK APPEALS TO PARENTS OF 9-YEAR-OLDS IN LATEST HPV AWARENESS AD**

Fierce Pharma, May 17, 2022

It's unlikely parents of 9-year-olds are thinking much about their child contracting HPV. But a new unbranded TV ad from Merck reminds them that this is precisely the age when they can start immunizing their children against the human papilloma virus to prevent future cancers. While the Gardasil vaccine maker's past HPV awareness ads targeted parents of adolescents, this one aims slightly younger, appealing to moms and dads of the older elementary school set. It opens with a mother stealing a hug from her

somewhat indifferent 9-year-old son. "It's started. Somewhere between a cuddle and a struggle: It's the side hug," she says in a voice-over. This "tween milestone" may start at age 9, she adds, and so can HPV vaccination.



## [\*\*AT WHAT AGE DOES PENIS GROWTH START AND END?\*\*](#)

Verywell Health, July 22, 2022

**Penis** growth does not have one set age limit. However, the growth of the penis is influenced by the hormones of puberty. A person's penis will start to grow more rapidly between ages 10 and 14 but can keep growing until they are between the ages 16 and 21.<sup>1</sup> Many young people feel concerned or self-conscious about their **penis size** during adolescence, but most will reach their full penis size by their late teens. This article discusses when most penis growth occurs, what penis size is considered "normal," and how penis size is measured. It also debunks several myths about penis size.

## [\*\*At-School Victimization and Alcohol Use Among Minoritized U.S. Youth, 2009–2017\*\*](#)

American Journal of Preventive Medicine, July 20, 2022

### ***Introduction***

Sexual minority and/or racial/ethnic minority youth may use alcohol at school as a form of minority stress-based coping. Polyvictimization is particularly prevalent among sexual minority and/or racial/ethnic minority youth and may be a useful proxy measure for minority stressors.

### ***Conclusions***

Sexual minority and/or racial/ethnic minority youth were more likely than White heterosexual peers to use alcohol at school, with the greatest odds among multiply marginalized and polyvictimized youth. Interventions should consider addressing more than school-based victimization alone because disparities persisted, although at a lower magnitude, after accounting for polyvictimization. Future longitudinal studies are warranted to further explore the associations between multiply marginalized identities, school-based polyvictimization, and alcohol use at school.



## **WHAT ABOUT THE BOYS? THE SEX TRAFFICKING OF YOUNG MALES**

**Neiman Reports, July 14, 2022**

We have reported on the dangerous and troubling world of sex trafficking for nearly two decades, writing about the domestic sex trafficking of minors and the commercial sexual exploitation of foreign workers in this country's nail salons and massage parlors — two angles that focused on female victims. But neither of us before had focused deeply on the plight of boys and young men in the dark and dangerous world of sex trafficking. Until now. The problem is that there's little data to show what's really happening. But a source who had followed our work reached out to ask, repeatedly: What about the boys?

We decided to look into it. We continued our inquiry for more than a year, talking to advocates, government officials, and researchers. We brought in Jenifer's investigative journalism clinic at Boston University to increase our reach. We talked to researchers who found that more than a third of young people involved in the U.S. sex trade were boys and young men. Most importantly, we talked to more than a dozen survivors who trusted us to tell their stories. They told us about selling their bodies to avoid homelessness and pay bills, their bodies seemingly their only currency in a world that abandoned them. We focused on how Black, brown, and LGBTQ youth are disproportionately affected. In the end we published a six-part series titled, "Unseen: The Boy Victims of the Sex Trade."



## **RECOGNIZING AND TREATING “BIGOREXIA” IN CLINICAL PRACTICE**

## **Psychiatry Advisor, July 15, 2022**

Body dysmorphic disorder (BDD) "consists of a distressing or impairing preoccupation with imagined or slight defects in appearance."<sup>1</sup> Muscle dysmorphia (MD) is "a condition underpinned by people's beliefs that they have insufficient muscularity."<sup>2</sup> The condition has been increasing in both public and professional awareness, beginning with the late 1980s and early 1990s, when several studies and books drew attention not only to the disorder but to its potential deleterious impact on the health and lives of those who suffer from it.<sup>2</sup> In particular, the work of Pope et al has spurred research and placed the disorder on the map.<sup>3,4</sup> MD (sometimes referred to as "reverse" or "big" anorexia, colloquially called "bigorexia") is on the rise, according to Jason Nagata, MD, MSc, assistant professor of pediatrics in the division of Adolescent and Young Adult Medicine at the University of California, San Francisco. Dr Nagata is also the editor of the recently published book *Eating Disorders in Boys and Men*. "During the COVID-19 pandemic, we've seen an explosion of eating disorders and body dysmorphia, with more awareness being brought to these issues," Dr Nagata said. An Australian study of 3618 adolescents (aged 11-19 years) found an MD prevalence of 2.2% in boys and 1.4% in girls.<sup>5</sup> Boys with MD were more likely than girls with MD to report severe preoccupation with muscularity and engage in weight-lifting regimens that interfered with their lives, while girls were more likely to report discomfort with body exposure.<sup>5</sup> According to a report by the British Broadcasting Corporation, as much as 10% of male gym members in the UK (roughly 427,000 individuals) may have MD.<sup>6</sup> A study of 1320 service members in the military found a prevalence rate of BDD of 13% in males and 21.7% in females; however, the prevalence of MD was 12.7% in males and only 4.2% in females.<sup>7</sup> And a study of close to 15,000 adolescents found that 22% reported engaging in muscle-enhancing behavior, such as excess exercise, taking supplements or steroids, and engaging in muscularity-disordered eating behaviors.<sup>8</sup>



## **BIG RISE IN US TEENS IDENTIFYING AS GAY, BISEXUAL**

Health Day, July 15, 2022

More teens in the United States are reporting their sexual identity as gay, lesbian or bisexual, nationwide surveys show. Between 2015 and 2019, the percentage of 15- to 17-year-olds who said they identified as "non-heterosexual"

rose from 8.3% to 11.7%, according to nationwide surveys by the U.S. Centers for Disease Control and Prevention. "Although our analyses demonstrated that there has been a significant increase in the proportion of girls and boys that self-identified as gay, lesbian or bisexual, we cannot be certain if this represents a true increase of this magnitude, or if it reflects at least in part, greater comfort by teens with acknowledging a non-heterosexual identity on an anonymous questionnaire," said Dr. Andrew Adesman, who led an analysis of the findings.



## [WHAT AGE DO BOYS STOP GROWING?](#)

Medical News Today, July 15, 2022

### ***Fast facts on when boys stop growing:***

- How long puberty lasts and general development depends on a range of factors.
- For boys, there is some evidence that being overweight or obese means that puberty is likely to begin at an older age.
- Puberty lasts 2 to 5 years for both boys and girls.
- Boys tend to start puberty around a year later than girls. This means that boys may be shorter than girls of a similar age for 1 to 2 years.



## [NEW STUDY UPDATES EVIDENCE ON RARE HEART CONDITION AFTER COVID VACCINATION](#)

## Medical Express, July 13, 2022

A study published by *The BMJ* today provides an up-to-date summary of evidence on the risk of heart inflammation (myocarditis and pericarditis) after mRNA vaccination against the COVID-19 virus. The review of more than 8,000 reported cases from 46 studies by researchers in Canada confirms previous reports that myocarditis is rare, but cases are highest among young males shortly after a second dose, and are probably higher after Moderna's mRNA vaccine than after Pfizer's vaccine. It also shows that while cases are predominantly mild, the risk of myocarditis or pericarditis might be lower when the second dose is given more than 30 days after the first dose. However, the researchers warn that in general, the evidence is of low certainty and say these findings must be considered alongside the overall benefits of vaccination.



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[REGISTER FOR JULY 27](#)

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### [US MEN SICKER THAN THOSE ABROAD, STUDY SAYS](#)

*The study shows that income disparities also play a factor in men's health.*

**ABC News, July 14, 2022**

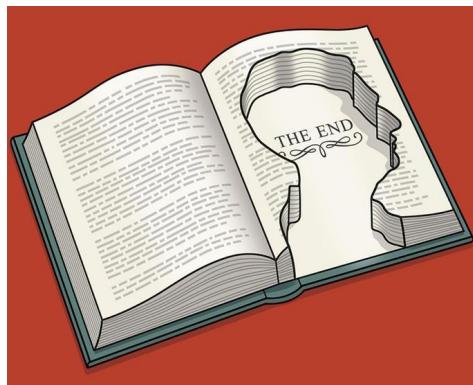
American men are sicker and die earlier than men living in other developed nations, according to a [new report](#) from The Commonwealth Fund, a non-profit organization focusing on public health issues. The study looked at men from the U.S., Switzerland, Norway, New Zealand, Germany, Australia, the U.K., France, the Netherlands, Canada and Sweden and found that rates of avoidable deaths, chronic conditions and mental health needs are among the highest with American men. Around 29% of American men reported they have multiple chronic illnesses, followed closely by Australian men at 25%, according to the study. Men living in France and Norway were the lowest at 17%. "Whether it's stubbornness, an aversion to appearing weak or vulnerable, or other reasons, men go to the doctor far less than women do," the study's authors wrote. Men in the U.S. also die from avoidable deaths, classified as deaths before 75 years old, at a higher rate than men from the 10 other countries listed in the report. The U.S. remains an outlier being the only industrialized nation without universal healthcare and has led to men avoiding getting the care they need because costs are too high, researchers noted.



## [UVA RESEARCH MIGHT EXPLAIN WHY MEN DIE SOONER](#)

**University of Virginia Today, July 15, 2022**

The loss of the male sex chromosome as many men age causes the heart muscle to scar and can lead to deadly heart failure, new research from the University of Virginia School of Medicine shows. The finding may help explain why men die, on average, several years younger than women. UVA researcher Kenneth Walsh says the new discovery suggests that men who suffer Y chromosome loss – estimated to include 40% of 70-year-olds – may particularly benefit from an existing drug that targets dangerous tissue scarring. The drug, he suspects, may help counteract the harmful effects of the chromosome loss – effects that may manifest not just in the heart, but in other parts of the body as well.



## [THE RISE AND FALL OF SAD WHITE MEN](#)

*Novels about middle class male malaise are now considered passé but they were once both groundbreaking and shocking*

**The Critic, July 2022**

Last year, The Observer reported that male writers are increasingly absent from literary prize shortlists and fiction catalogues, while one publisher acknowledged that “if a really good novel by a male writer lands on my desk, I do genuinely say to myself, ‘This will be more difficult to publish.’” Others narrow the issue further. In 2020 The Times reported one publisher as saying it was “young white men” that were “really, really hard” to publish because “the culture doesn’t want to hear from them.” Earlier this year, Private Eye noted that white men were entirely absent not only from some major prize shortlists but also from the latest catalogues of several high-end literary fiction imprints. Men are not, of course, over — the last two Booker winners were white men, and they continue to recklessly publish new novels — but they are sharing the limelight now more than ever. In a world where fiction is as likely to be marketed on its author’s story as its characters’, we want to hear from other people. And maybe it’s not just readers, but literature itself, which has become exhausted by the same stories.



## ARE YOU UNDER 40? EVEN SMALL AMOUNTS OF ALCOHOL MAY NOT BE GOOD FOR YOU, STUDY SUGGESTS

**USA Today, July 15, 2022**

Past research has suggested that at low levels of consumption, alcohol lowers the risk of death from all causes. However, the Global Burden of Diseases project, which tracks epidemiological levels and trends worldwide, previously found that any level of alcohol consumption increased the risk of death. That led the researchers to continue the study of alcohol's effects on health. They found that for people ages 15–39, there is no health benefit to drinking booze, only health risks, according to the study released Thursday. Males aged 15–39 risked health loss by drinking a little more than one-tenth of a standard drink, while women increased health risks by drinking about 1/4 of a standard drink, researchers said. About 6 in 10 (59%) people who consumed unsafe amounts of alcohol in 2020 were between the ages of 15 and 39 years. Nearly 77% of them were male.



## HPV-RELATED THROAT CANCER OUTCOMES IN MEN VARY BY RACE, ETHNICITY

**Magic Valley, July 15, 2022**

Non-Hispanic White men are disproportionately affected by late-stage human papillomavirus (HPV)-related oropharyngeal cancer (OPC), but cancer-specific mortality (CSM) is elevated among Hispanic and non-Hispanic Black men, according to a study published online July 1 in the Annals of Cancer Epidemiology. The researchers found that 84.2 percent of the 162,183 HPV-related OPCs were in non-Hispanic White men; from 2005 to 2016, there was a 50 percent increase in late-stage cancer incidence among White men. Hispanic and non-Hispanic Black men had similar odds of late-stage diagnosis as White men, but they had higher CSM (adjusted hazard ratios, 1.17 and 1.79, respectively). The higher mortality among

Hispanic and Black men was attenuated, but not eliminated, after adjustment for treatment.



## CORCORAN EXHIBIT DELIVERS INTIMATE PHOTO COLLECTION HIGHLIGHTING BLACK MANHOOD

GW Hatchet, July 15, 2022

Black masculinity, fatherhood and joy are on full display at the Corcoran Gallery of Art, where still images capture the deeply personal and often misperceived themes of their manhood as seen through the lens of Black photographers. *Framing Fatherhood* launched at the gallery last month, featuring 75 shots from 14 of the most renowned Black photographers in the country to chronicle intimate moments between fathers and their sons in settings like the pews of a church or the seats of the dinner table. Dr. Imani Cheers, an associate professor of media and public affairs who curated the exhibit, drew on the intersection of race, gender, and family structures to illuminate Black males in a light that a more white-washed mainstream media often neglects. “The basics of boyhood and messages for manhood is an interdisciplinary project that explores the ways in which Black masculinity is celebrated, is represented on, not only through social media but in particular in mass media all around us, the images, names, the things that we see.” Cheers said in a recorded interview played at the exhibit.



## TO DRAMATICALLY REDUCE URBAN GUN VIOLENCE, THE US NEEDS A MARSHALL PLAN FOR IMPOVERISHED COMMUNITIES

Daily Kos, July 9, 2022

The number of Blacks and Browns shot to death or wounded is disproportionate to their percentage of the population. Recently the CDC released a report with

significant findings that bolster this reality. A 2022 Johns Hopkins Bloomberg School of Public Health [article noted](#) from the findings that, "New Report Highlights U.S. 2020 Gun-Related Deaths: Highest Number Ever Recorded by CDC, Gun Homicides Increase by More Than One-Third." Notably, "In 2020, gun-related homicides disproportionately impacted Black people more than their white counterparts, especially Black males. Young Black males represent two percent of the total U.S. population but accounted for approximately 38 percent of all gun homicide deaths in 2020. Black children and teens face alarmingly high rates of gun victimization. More than half of all Black teens (15-19) who died in 2020—52 percent—were killed by gun violence. Black males ages 15 to 34 were over 20 times more likely to die by gun homicide than their white counterparts. There was a 49-percent increase in the number of gun homicides among Black females compared to 2019." Admittedly, there are aggressive efforts to fund and implement violence intervention services and some efforts to supply support networks in gritty minority neighborhoods, but without massive federal funding, the scope of "positive results" is limited. That is because the gun problem in disenfranchised minority neighborhoods is complicated, particularly related to two of many factors—destitute areas and a virtually unlimited availability of legal and mostly illegal guns.



## **BLACK, HISPANIC MEN MORE OFTEN DIE FROM HPV THROAT CANCER**

*The number of new male HPV-related throat cancer now exceeds cases of HPV-related cervical cancer in the US*  
**Futurity, July 7, 2022**

Hispanic and Black men are dying from HPV-associated throat cancer at a higher rate than are white men, research finds. And most new cases are being diagnosed in white men at late-stage when it's more difficult to treat, according to the findings published in the [Annals of Cancer Epidemiology](#). "Since these oropharyngeal cancers are all potentially preventable through the administration of the HPV vaccine, public health campaigns are needed to increase awareness of HPV's link to throat cancer, its signs and symptoms, and to promote uptake of [HPV vaccinations](#) in all adolescent and young adult [males](#)," says Jeanne Ferrante, the study's senior author and professor in the department of family medicine and community health at Rutgers Robert Wood Johnson Medical School. "In addition, clinicians need to be aware of who is at risk and the common clinical presentations." While the rates of new cases of HPV-associated cancers affecting the throat have been stable in minority groups since 2005, Black and Hispanic men are dying at higher rates compared with white men, regardless of the stage at which diagnosis occurs or the type of treatment they receive. In addition, the

incidence of late-stage diagnosis increased by over 50% among non-Hispanic white men over the period spanning from 2005 to 2016.



The Partnership has announced the [\*\*2022 National Symposia on Adolescent and Young Adult \(AYA\) Male Health\*\*](#). The virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. The symposia will take place over the course of five months and began in June with the symposium on Young Males and ADHD. There is no charge. The webcasts will also be available for viewing after.

**The Next symposium, on Young Males, Healing Partnerships and Promoting Resilience, will be held July 27 from 1-3 PM EST.** Registration information for that and other symposia will be forthcoming

The full list of topics is -

- An overview of the State of AYA Male Health
- Young Males and Reproductive Health
- Young Males, Sexual Orientation and Gender Identity
- Young Males and Depression
- Young Males and ADHD
- Young Males, Body Image and Eating Disorders
- Young Males and Suicide
- Young Males, Healing Partnerships and Promoting Resilience
- Young Males, Relationships and Health

Each episode will run approximately two hours and will include audience participation. Nationally known experts have been chosen to co-chair each episode. Faculty details and precise dates of each episode and registration information will follow.

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## **TIPS FROM THE EXPERTS ON PARENTING YOUNG BLACK MALES IN TODAY'S WORLD**

bck online, July 8, 2022

Parenting children in today's society is extremely hard. Parenting young Black males, at times, seems like it is next to impossible. For the first time in the history of the Essence Festival, the Essence Festival of Culture "[held] thought provoking conversations about [Black boys and men]," where the experts shared tips on parenting young Black males on today's world. Based on the compelling conversations during the expert Essence panel, here are nine verbatim tips from the event to help parents raise and share some #blackboyjoy.

1. Start early with positive affirmations. It builds self-esteem in what can be a competitive society.
2. Celebrate their accomplishments and successes with them. This helps their motivation and strength to go further in being an asset to the community.
3. Also celebrate their efforts and attempts at reaching goals. Positively reinforcement goes a long way in applauding their efforts to reach a goal.
4. **Reject negative labels that may be placed on your child.** Take the time to address areas where they need guidance. If a school leader labels your child as being inattentive, guide them on what attentiveness looks like.
5. **Understand developmental differences.** Young boys typically develop behind the pace of young girls, which is usually okay.
6. **Be attentive to their unique experiences.** Listen and show creativity in addressing the real and complex needs of your individual child.
7. **Embrace a multi-faceted toolkit, which may include therapy.** Children/teens often open up to professionals in ways they won't open up to their parents. It's easier to be vulnerable when you perceive there are no consequences.
8. **Toss out old myths regarding Black boys and their emotions.** Let go of "boys don't cry." Allow your child a safe space to express their emotions and teach them how to perceive what is a safe space.
9. **Meet them where they are.** This is especially important in relation to the social climate of today.



## **FIVE MYTHS ABOUT VASECTOMIES**

**Washingtonian, July 7, 2022**

Even among young men who want children, urologists say conversations around vasectomies have been changing for the past few years. Men without kids are starting to see vasectomies—which are reversible—as long-term contraception or a way to lift the burden of birth control off of their partners, rather than the finale to family planning after having kids. Unlike most forms of birth control usually taken by women, vasectomies do not involve hormones, which can cause negative side effects. Women get their tubes tied far more often than men get vasectomies, despite how much more invasive and expensive tubal ligation is, says Dr. [Paul Shin](#), a DC reproductive urologist at [Shady Grove Fertility](#). Vasectomy, Shin says, is “the most effective long-term, cost-effective birth control.”

Many misconceptions and taboos persist about the procedure. Here are the most common myths urologists hear:

### ***Myth #1: Vasectomies are like getting neutered***

“I’m worried I’m going to lose my testicles” is a common thing Shin hears. Men take their dogs to get neutered and assume that’s what happens during a vasectomy. “I mean, that *is* an effective form of birth control, but that’s not what we do,” says Shin, who performs a few hundred vasectomies a year.

### ***Myth #2: Vasectomies aren’t reversible after 10 years***

False! Shin says that many of his clients are told by other physicians that it’s pointless to reverse their vasectomies after ten years because their sperm will no longer be viable, but men don’t stop generating sperm due to a vasectomy. “After the vasectomy, inside the testicle, the testicle is none the wiser,” Shin says. “It will continue to make sperm—the sperm just doesn’t have anywhere to go.”

### ***Myth #3: Vasectomies hurt—a lot***

Shin says men think it’s going to be the same pain as getting kicked in the nuts, but for days on end. In reality, all patients usually need is an over-the-counter pain medication. He actually sees a spike in vasectomies around sporting events, because men use the procedure as a convenient excuse to sit on the couch and watch television. “Vasectomy madness around March Madness is a thing,” Shin says. Austin Bradshaw, one of Shin’s patients, says that despite extensive research, he was still surprised how quickly vasectomies heal—the 31-year-old

Fredericksburg resident assumed he'd have to keep his lower half out of water for at least a couple of weeks, but he only has to wait 48 hours before taking a dip.

***Myth #4: Vasectomies have terrible side effects***

Side effects from a vasectomy are rare. The most common concern is a higher risk of prostate cancer. While some studies do show a relationship between vasectomies and prostate cancer, the urologists Washingtonian spoke to say that those studies are flawed. Tajkarimi said people who get vasectomies tend to go to the doctor more often and are more responsible, so prostate cancer is simply detected more often in people who get vasectomies.

***Myth #5: Getting a vasectomy means losing your manliness***

Tajkarimi and Shin say some men think they'll have a "loss of machismo" after having a vasectomy, even though there's no medical basis for that, since testosterone levels and erectile function should remain the same after the snip.



**'IT COMPLETELY DESTROYS YOUR LIFE:' THE YOUNG MEN GETTING HOOKED ON STEROIDS**

Metro UK, July 2, 2022

Anabolic steroids are class C drugs, which are legal to use, but illegal to sell. They increase muscle mass and improve athletic performance and they come with a catalogue of health risks. According to the UK Anti-Doping Agency there are around one million regular UK steroid users and the most common demographic for the onset of Image and Performance Enhancing Drugs (IPED) use is 20-24 year-old males. So worried about the rise in usage among Gen Z, in 2020 the organisation launched a digital campaign across social media to highlight the side effects and risks. IPEDs are sometimes used in patterns called 'cycling', which involves taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again. The idea is that this wards off some of the side effects, which can include shrunken testicles, erectile dysfunction, gynaecomastia (swollen breast tissue) and hair loss, among others. Alongside 'roid rage', steroids can cause other distressing psychological effects, including manic behaviour, paranoia, hallucinations and delusions. While the short term effects can be bad enough, the long term health risks are more frightening, according to Dr Monika Wassermann who has worked with patients who have used IPEDs. 'Prolonged use of steroids poisons your liver. The result? Liver damage,' she explains. 'Pairing steroids with resistance exercise will boost your muscle size. But it also heightens the risk of heart disease. 'Additionally, steroids reduce the production and release of the

testosterone hormone. The consequences of this include low testosterone hormone levels and sperm count, with a good chance that you will be infertile.' Users also risk infections or cysts in the injection site, as well as an increased risk of prostate cancer, heart attack and kidney failure. In the most extreme cases, steroids can be lethal. Teenage bodybuilder [Andrej Gajdos died in 2015](#) when his heart burst.



## [THE END OF ROE V. WADE HAS HUGE ECONOMIC IMPLICATIONS FOR MALE PARTNERS, TOO](#)

NPR, June 27, 2022

There's a mounting body of evidence on how having or being denied an abortion affects pregnant people, including impacts on their mental health and the finances of them and their children. The effects on their male partners have received less attention. In the wake of the Supreme Court overturning Roe v. Wade, experts say that no longer should be the case. "It's really naïve to think that the repeal of Roe is only going to impact women and pregnant people," said Dr. Bethany Everett, a professor of sociology at the University of Utah. Research on the impact of abortions on male partners has been limited, but that doesn't mean the issue isn't relevant to men. Using existing data from the National Survey of Family Growth, a recent study estimates that [one in five men](#) have impregnated someone who's had an abortion. That's likely an undercount, according to Dr. Brian Nguyen, a professor of obstetrics and gynecology at the University of Southern California, who helped oversee the project. In her [study](#) published in the Journal of Adolescent Health, Dr. Everett and her team found that young men who were involved with a pregnancy and whose partners had an abortion were nearly four times more likely to graduate from college than those whose partners gave birth.



## **YOUNG MEN SLIPPING THROUGH CRACKS IN ECONOMY**

*While more young women find work, there is an increase in males without jobs*

**Irish Times, June 29, 2022**

The proportion of young men who are inactive (neither working nor looking for work) has climbed steadily from 5 per cent in 2000 to 9 per cent last year. The UK isn't the only country to see men drop out of the labour market: in the US, economists have mooted a number of explanations including the allure of video games. But Louise Murphy of the Resolution Foundation says the UK data suggests a major reason for rising inactivity among young men is ill-health, particularly mental health. Helping these young people to recover will require mental health support and treatment to be more widely available. Local authorities and charities might need more resources to find and support them. They might also need more specialised help to find their way into the labour market. But many of these young people are not "in the system" because they are not claiming benefits: only 44 per cent of workless young women and 32 per cent of workless young men were on income-related benefits in 2019. While that saves the taxpayer money in the short term, it also means they are harder to reach.



## **IT'S RAINING MEN – BUT THAT'S NO CAUSE FOR CELEBRATION**

**CapX, July 1, 2022**

Are there too many men in Britain? One of the less-discussed patterns of the first tranche of 2021 census data is a pronounced imbalance between the sexes in younger age groups. Put simply, every year there are more baby boys than girls born in England and Wales.

The explanation for that is fascinating in itself. As [this BBC report explains](#), from an evolutionary point of view it makes sense for more males to be born because, to be blunt, men are more likely to die early than their female peers. A combination of accidents, risk-taking, suicide and health problems all combine to make male life expectancy lower than female – although the gap is much wider in some countries than others. What's interesting is the census shows that for the population aged 15-24 years, there are significantly more males than females – 3,550,300 to 3,446,400 (a difference of 103,900 and a ratio of 1.03 males per one female). Deep into teenage years and early-stage adulthood, there are more males than females in modern-day Britain. That matters because in a highly competitive society, men have started to fall behind. The problem is particularly pronounced in schools. When it comes to average 'Attainment 8' scores (pupils' results across eight GCSE-level qualifications and scored out of 90), girls average 53.9 and boys just 48.1. In terms of the labour market, the Financial Times' Sarah O'Connor argues that young men are 'slipping quietly through the economy's cracks' – with a positive employment trend for young women masking a rising proportion of inactive young men. Britain is in the process of creating a surplus of frustrated young men with limited economic and social prospects. This runs the risk of fostering a society which is less stable and secure – including for those young women making significant and hugely welcome strides in education and employment.



## WHY SUPPORT SHOULD BE ADDED TO TRADITIONAL MALE GENDER ROLES

*Men may not think they need social support, but it literally helps their hearts.*

**Psychology Today, July 1, 2022**

At a time when many Americans celebrate independence and machismo in men, we need to think carefully about the health effects of toxic masculinity. [Research shows](#) that men need social support in order to achieve optimal health, despite the cultural stereotype of stoic, self-sufficient males. Although men may think that being stoic keeps them strong, and some may feel that showing extreme masculinity is ideal, the truth is that men need support. A life of isolation is truly toxic. Early research studies on social support demonstrate that men, maybe even more than women, benefit physiologically from social support and social connectedness. Men may not feel comfortable asking for support, and yet they need to socialize with others and receive encouragement from others if they are going to stave off loneliness and decrease certain illnesses, especially cardiovascular diseases. More recent studies confirm that social support can prevent illness in men, particularly cardiovascular disease. In the U.S., providers

often screen for [anxiety and depression](#) in cardiovascular patients but don't always ask about social support. Clinical practice guidelines (which are provider standards) should be updated to account for the effect of psychosocial factors, such as support. When men are lonely or have less support, they have a greater risk of heart disease, as shown by their [Framingham Risk Score](#) and other metrics. Poor social health is a risk factor for high blood pressure and cardiac disease, possibly as important as cigarette smoking, diabetes, and obesity.



## [A ROLE FOR SPORTS IN MEN'S MENTAL HEALTH](#)

Medical Xpress, June 27, 2022

Sports can play a crucial role in challenging stereotypes and promoting positive mental health for boys and young men, new research has concluded. "Suicide is the leading cause of death for people aged 15–25 and the majority are male, so it's vital we find a way to support young men's mental health especially during the transition period between adolescence and adulthood," says lead author Professor Murray Drummond, Director of the Flinders University's SHAPE Research Center and a member of the Flinders Institute for Mental Health and Wellbeing (Órama). "For many boys, sports is a significant part of their life and often the only 'safe space' where they can receive positive socialization and engagement, so it's logical it can play a substantial role in protective mental health. "Our research set out to provide insights into how we can create safe spaces for males and influence positive forms of masculinities that can enhance mental health promotion." The study, published in the journal *BMC Public Health*, surveyed [young males](#) playing either cricket or Australian Rules Football. The participants were then interviewed to gain a deeper understanding of the responses received in the survey and to examine the role of sports in their lives and their mental well-being. The results showed that players, parents and key stakeholders within the sporting club viewed the environment as being an important place to shape young men's positive mental health attitudes.



## **ADOLESCENT MENTAL HEALTH IS WORSENING WITH VARIED IMPACTS BY RACE, SEX, SEXUAL ORIENTATION**

*A recent issue brief from the Kaiser Family Foundation says anxiety and depression, drug overdose deaths, self-harm and eating disorders have increased in adolescents as access and utilization of mental health care has declined.*

**Managed Healthcare Executive, June 29, 2022**

Adolescent mental health has worsened over recent years, with increases in drug overdose deaths, self-harm and eating disorders, according to an issue [\*\*brief published by the Kaiser Family Foundation \(KFF\)\*\*](#). The impact varied by race, sex, sexual orientation and other demographic factors. Drug overdose deaths among adolescents nearly doubled from 282 deaths in 2019 to 546 deaths in 2020. In adolescent men, drug deaths more than doubled, and from 2019 to 2020, the gap between male and female adolescent drug deaths grew. The primary driver in the growth of these deaths is likely the rise in fentanyl-laced substances, according to KFF. Suicide rates remained higher among male adolescents (8.7 per 100,000) compared with female adolescents (3.9 per 100,000) in 2020. Leading up to the pandemic, male adolescents, adolescents in rural areas and children of color were less likely to access care than their peers. Only one in five children and adolescents with mental, emotional or behavioral disorders received mental health care from a specialized provider. During the pandemic, access and utilization of mental health care appeared to have worsened. Utilization of mental health services declined by 23% and substance use disorder services declined by 24% during the pandemic. Although many children began accessing mental health and substance use care through telemedicine during the pandemic, outpatient care through telemedicine began to decline in 2021, according to the brief.

## **Expressions of masculinity and associations with suicidal ideation among young males**

**Australian Institute of Family Studies, June 2022**

***Background***

Adolescent boys and young men are at particular risk of suicide. Suicidal ideation is an important risk factor for suicide, but is poorly understood among adolescent males. Some masculine behaviors have been associated with deleterious effects on health, yet there has been little quantitative examination of associations between masculinity and suicide or suicidal ideation, particularly among boys/young men. This study aimed to examine associations between conformity to masculine norms and suicidal ideation in a sample of adolescents.

## Discussion

This study contributes new understandings of the associations between masculinity and suicidal ideation among adolescent males. Specifically, we found evidence that some dimensions of masculinity were associated with suicidal ideation: notably high conformity to violence and self-reliance among adolescents at 15–18 years was associated with higher odds of reporting suicidal ideation at 17–20 years, and higher conformity to norms related to heterosexuality was associated with lower odds of reporting suicidal ideation. To our knowledge, this is one of the first studies to quantitatively examine the associations between masculinity and suicidal ideation among young males.



## THE VOICES OF MEN AFFECTED BY ABORTION

*In light of the Supreme Court's decision to overturn Roe v. Wade, advocates from all sides of the issue have called for men to be part of the conversation. The Times heard from hundreds who wanted to share their stories.*

**New York Times, June 25, 2022**

The fact that reproductive health policies have been largely dictated by men in positions of power has created a perception that men are speaking out — and that men and women have diametrically opposed views on abortion. In reality, public opinion on abortion is more likely [split along party lines than gender](#). An estimated one in five men in the United States have been involved in an abortion (meaning their partner's pregnancy ended in an abortion), according to a recent [analysis](#) of data between 2015 and 2017 from the National Survey of Family Growth. "Men really need to consider what losing access to safe and legal abortion means for them," said Joe Colon-Uvalles, an organizer at the abortion rights group Planned Parenthood. Some men said they viewed abortion as an abstract philosophical concept until they came face to face with a woman who was thinking

about having one. For men whose partners had abortions, there is often a sadness about what life could have been like for them as fathers, said Jennifer Reich, a sociology professor at the University of Colorado Denver who has studied [the male discourse on abortion](#). For some men, the emotional complexity of an abortion — feelings of loss, relief or guilt — is further compounded by broader societal expectations of them, experts said. They may feel compelled to remain stoic in the face of adversity, acting as pillars of support for their partners. Another recurring theme in the responses from men who wrote to The Times was the belief that they would not be where they are today without abortion.



## [SCOTUS' CONCEAL CARRY DECISION WILL ENDANGER BLACK MEN AND BOYS MOST OF ALL/OPTION](#)

Newsweek, June 23, 2022

The [Supreme Court](#) struck down a New York state law that limits who can conceal and carry a handgun. The decision in [New York State Rifle and Pistol Association Inc. v. Bruen](#) was handed down Thursday, and it ruled that a 100-year-old New York state law that requires gun owners to show "proper cause" to carry a handgun is unconstitutional. At a time when gun violence is on the rise, this ruling will increase the amount of untrained vigilantes on crowded New York streets, making the area less safe for everyone. But it will endanger Black men and boys most of all. The vigilantism that could result from the New York State Rifle and Pistol v. Bruen will put Black men and boys in the most danger. When we allow people with no real threat to their lives to carry weapons, we allow those with imagined threats to carry them. And many of those imagined threats involve young Black men; studies have shown that people perceive Black males to be "[larger, more threatening, and potentially more harmful](#)" than people of other races.



## **GENDER-ROLE BELIEFS AND SEXUALITY STEREOTYPES PREDICT MEN'S ENGAGEMENT IN CONSENSUAL YET UNDESIRED SEXUAL ACTIVITY**

**PsyPost, June 23, 2022**

A new study provides evidence that men who more strongly endorse male sexuality stereotypes and traditional gender-role beliefs are more likely to consent to unwanted sexual activities. The findings have been published in the journal *Psychology & Sexuality*. Previous research has indicated that engaging in unwanted but consensual sexual activities is relatively common. But most research has focused on the experiences of women. The authors of the new study sought to better understand the predictors of engaging in sexually compliant behaviors among heterosexual men. "Men are stereotypically painted as hypersexual beings with insatiable sex drives; always ready to initiate and engage in sexual activity – whenever and wherever. However, research has suggested similar prevalence rates of sexual compliance (i.e., consensual yet undesired sexual activity) in both men and women, providing conflicting research evidence for these hypersexual stereotypes."



## **PRESSURE TO ADHERE TO MASCULINE NORMS MAY INFLUENCE PROSOCIAL BEHAVIOR IN ADOLESCENT BOYS**

**PsyPost, June 19, 2022**

Masculinity norms in the U.S. emphasize the importance of boys and men looking tough and cool while avoiding emotional expression or sensitivity. New research published in the *Journal of Social and Personal Relationships* found that pressure to adhere to these norms may influence boys' beliefs about prosocial behavior and helping others. "It seems likely that early adolescent boys experience

an uptick in pressure to adhere to masculine norms which matters because adherence to masculine norms seems to negatively impact boys' relationships with other boys as well as their desires to help others," wrote study author Matthew G. Nielson and colleagues. Research has shown that attitudes about prosocial behavior (i.e., behavior that benefits others) differ throughout adolescence. For example, older boys (ages 14-15) have been shown to prioritize being prosocial compared to younger boys (ages 12-13), who prioritize being masculine. Social profiles marked by desires for authentic peer interaction and high self-efficacy report more prosocial behavior than those who are motivated primarily by the approval of their peers or who have low relational self- efficacy," explained the researchers. The researchers were also interested in the different contexts in which these attitudes become socialized (e.g., parents, peers, and the self). Parents may socialize masculine norms to protect their sons from being teased. Peers may socialize these norms to reaffirm gender norms and boys may cultivate these norms internally as well.



## **SECURITY, SHAME, AND GETTING HELP: MEN AND EATING DISORDERS IN IRELAND**

The Journal.ie June 25, 2022

The common perception might be that eating disorders tend to mostly be overwhelmingly experienced by women – but that's not the case. According to the [Health Research Board's \(HRB\) 2020 hospital admissions report](#), 13% of adult admissions due to an eating disorder were males. And studies [have shown](#) that men may account for 25% of those suffering from anorexia or bulimia nervosa. And a report published by the [Irish Medical Journal](#) showed that between March and September 2020, 40% of patient hospital admissions suffering from an eating disorder were male, "considerably higher than any other year". So why the gap, and why are men under-presenting? Dr Ciara Mahon, a postdoctoral researcher in the Youth Mental Health Lab at University College Dublin, told The Journal that she has found the secretive nature of eating disorders paired with the stigma surrounding male eating disorders has left men showing low levels of "help-seeking tendencies". "There are men in our society living with disordered eating patterns, but they're not presenting clinically and think that seeking help for a seemingly 'effeminate' disorder conflicts with their masculinity. So they may feel that they have it under control or that they can manage it without

clinical intervention, which is nearly never the case," she said. [In a 2016 report](#) using a sample of adolescent boys with eating disorders, 52% of those surveyed showed vital physical signs that met the criteria for urgent medical admission.



## MANY MEN PRIORITIZE PLAYING VIDEO GAMES, DRINKING OVER GOOD SLEEP

Healthline, June 20, 2022

June is [Men's Health Month](#), a time when health organizations across the nation focus on encouraging healthy behaviors in men and boys. Educational efforts often focus on how men can improve their health outcomes through things like diet, exercise, and preventative care. However, according to the [American Academy of Sleep Medicine](#), one area that often gets neglected is sleep. The organization's Sleep Prioritization Survey 2022 — which included 1,00 adult men — found that they often put other activities ahead of getting a good night's sleep. In fact, [75 percent](#) of the men surveyed reported losing sleep in order to play video games. Additionally, [62 percent](#) of them said they had stayed up past their bedtime to drink alcohol.



## US HPV VACCINATION RATES RISING, EVEN AMONG BOYS

Medical Express, June 22, 2022

A year after [the vaccine](#) was [recommended](#) for each, only about 25% of girls and 21% of boys received it, due in part to some parents' concerns about offering their kids a vaccine tied to diseases linked to sexual activity. Still, those numbers did improve over time. By 2015, for example, about 63% of girls had gotten at least one of the recommended vaccine doses. And CDC surveys of teens between 2015 and 2020 show that the upward trend has continued. By 2020, about 77% of girls and 74% of boys had gotten at least one dose. The 2020 numbers suggest "there were larger increases among males than females in HPV vaccination rates," Lu noted. In the end, the gender gap in vaccine uptake shrank from 13% in 2015 to just 3% by 2020.



## ALL ABOUT ADHD IN MEN

Psychcentral, June 23, 2022

ADHD (attention deficit hyperactivity disorder) is more commonly *diagnosed* in men and boys than in women and girls, but this difference doesn't stem from any sex-based risk factors. Rather, the difference appears to arise from a combination of factors surrounding:

- diagnostic standards
- personal expression of ADHD symptoms
- underdiagnosis in women

Folks with ADHD will experience individual symptoms and exhibit different ADHD-related behaviors. Increasingly, [researchers](#) are coming to understand ADHD through its internal workings: How it affects folks' thought processes and cognition. These internal symptoms, though experienced between sexes, will often result in gendered differences in external behaviors.



## **THE PROBLEM NOBODY'S TALKING ABOUT**

*Men have trailed women in degree completion for decades. Why aren't colleges doing anything?*

**The Chronicle of Higher Education, June 14, 2022**

For decades now, men have trailed women in college completion. Barely 40 percent of men earn a bachelor's degree in four years, compared with just over half of women, federal data show. Even fewer Black and Hispanic men graduate on time — 21 percent and 32 percent, respectively. But the pandemic, which has led to a disproportionate enrollment decline among male students, is expected to deepen the divide. Nationwide, male enrollment has fallen 8.6 percent over the past two years, while female enrollment has dropped by 6.5 percent, according to the National Student Clearinghouse. There were nearly three million more women enrolled in college this spring than men. If this trend continues, it will have enormous consequences for the economy and society at large, affecting everything from unemployment rates to marriage patterns. Yet it remains to be seen if colleges will respond to the growing gap in degree completion with the same urgency with which they've responded to recent enrollment losses. Historically, efforts to elevate men as an endangered class have met with resistance from both the right and the left, with conservatives accusing colleges of trying to "fix" men, and liberals arguing that men don't need saving. "People believe that men are already in positions of privilege, so why would we invest time and money in trying to help them?" said Charles Robbins, who created a male-student-success team at Stony Brook University a decade ago this month. "While that basic premise is true," Robbins continued, "the reality is that if there was any other cohort of students that was not doing well, everybody would be up in arms, asking, 'Why aren't we doing anything?'"



**The 2022 National Symposia on  
Adolescent and Young Adult Male Health**

**June - October 2022**

## REGISTER NOW FOR THIS THURSDAY

June 23, 2022

Registration is now open for the **Symposium on Young Males and ADHD**, part of the 2022 National Symposia on Adolescent and Young Adult (AYA) Male Health. The ADHD symposium will be held on June 23, between 1-3 PM, EST. More detail on this and other symposia, and registration for the ADHD symposium, can be found [here](#).

The virtual series will consist of nine episodes covering a range of topics of interest to those who know or serve young males between the ages of 10 and 25. The symposia will take place over the course of five months, beginning in June. There is no charge. In addition to ADHD, topics, some of which are covered in less detail as a part of PMY's recent [podcast series](#), include –

- An overview of the State of AYA Male Health
- Young Males and Reproductive Health
- Sexual Orientation and Gender Identity
- Young Males and Depression
- Young Males and Body Image and Eating Disorders
- Young Males and Suicide
- Young Males and Healing from Hardships
- Young Male Relationships and Health

Each episode will include audience participation. Please send along any advance questions you may have to [dbarbour@partnershipformaleyouth.org](mailto:dbarbour@partnershipformaleyouth.org)

[\*\*REGISTER\*\*](#)



## MOST MALE SUICIDES IN US SHOW NO LINK TO MENTAL HEALTH ISSUES, STUDY FINDS

*Use of firearms, alcohol consumption are common factors in these deaths, say UCLA and CDC researchers*

UCLA Newsroom, June 14, 2022

A majority of American men who die by suicide don't have any known history of mental health problems, according to new research by UCLA professor [Mark Kaplan](#) and

colleagues. "What's striking about our study is the conspicuous absence of standard psychiatric markers of suicidality among a large number of males of all ages who die by suicide," said Kaplan, a professor of social welfare at the [UCLA Luskin School of Public Affairs](#). For the study, [published online](#) in the American Journal of Preventive Medicine, Kaplan and his co-authors from the Centers for Disease Control and Prevention tracked recent suicide deaths among U.S. males aged 10 and older. They found that 60% of victims had no documented mental health conditions. Further, males without a history of mental health issues died more frequently by firearms than those with known mental health issues, and many were found to have alcohol in their systems, the researchers noted. The report highlights the major public health challenge of addressing suicide among males, who are far more likely to die by suicide and less likely to have known mental health conditions than females. In 2019, for instance, males accounted for 80% of all suicide deaths in the U.S., the authors said, and suicide is the eighth-leading cause of death among males 10 and older.



## [\*\*ADOLESCENT BOYS WITH AUTISM SPECTRUM DISORDER AT A NEARLY 3-FOLD HIGHER RISK FOR SELF-HARM\*\*](#)

**Psychiatric Advisor, June 10, 2022**

Adolescent boys with autism spectrum disorder (ASD) may be at higher risk for self-harm, according to results of a study, published in BMC Medicine. Self-harm among adolescents is 1 of the strongest predictors for future suicide. Approximately 18% of adolescents report self-harming with gender, depression, anxiety, low self-esteem, and impulsivity contributing to risk. A recent study found that a majority of adults (66%) with newly diagnosed ASD endorsed contemplating suicide and 35% had planned to or had attempted suicide. As self-harm in adolescence predicts future suicide and suicide appears to be more common among adults with ASD, this study investigated whether ASD in adolescence is associated with self-harm. This was the first longitudinal study to evaluate the intersection between self-harm in adolescents and ASD. The investigators observed that boys with ASD were at an almost 3-fold higher risk for self-harm than boys without ASD. No relationship between self-harm and ASD was observed among girls.



## MAINTAINING RELATIONSHIPS CHALLENGING FOR YOUNG MEN WITH SICKLE CELL

HCP Live, June 17, 2022

New research suggests many challenges for men with sickle cell disease in maintaining romantic relationships. Patients with sickle cell disease often have short and long-term physical and mental health impacts, as well as challenges with stigma and health inequalities. These challenges also can have a profound impact on relationships. "Individuals with SCD may also experience stigma from close family and friends due to limited understanding of the condition and cultural-specific misconceptions," the authors wrote. "[Investigators] found that family and friends of individuals with SCD, perceived families as flawed if a family member had SCD." However there is not much known on the link between sickle cell disease and romantic relationships, particularly from the male perspective. "Despite its prevalence, there is a notable lack of awareness and understanding about the condition within the general population, which contributes to the stigma and health inequalities faced by individuals with SCD," the authors wrote. "An important source of support for these individuals are the people within their close networks; however, research into the psychosocial impact of SCD, including its effects on relationships, is scarce."



## LOSING GRANDMOTHER HAS SIGNIFICANT IMPACT ON MENTAL HEALTH OF ADOLESCENT BOYS, STUDY REVEALS

*The study revealed that adolescent boys who lost their grandmother experienced a significant increase in their depression symptoms over the next seven years*

Financial Express, June 17, 2022

Losing a loved one is emotionally taxing for every individual no matter at which stage of life they are and but the impact of this loss can be more far-fetched in kids. A new study conducted on the topic revealed that the loss of a grandmother, in particular, can have a significant impact on a kid's mind making him/her depressed. The study was recently published in the journal SSM – Mental Health. The study revealed that adolescent boys who lost their grandmother experienced a significant increase in their depression symptoms over the next seven years. It also showed that mothers of these kids were more prone to experiencing depression. According to the study's author, Dr. Ashton Verdery, a sociology professor at Penn State, the findings suggest that identifying the risk factors for depression could help prevent teens from experiencing additional detrimental events. These include dropping out of school, substance abuse, and involvement in the criminal justice system. Dr. Verdery has been studying how loss during the COVID-19 pandemic has affected people's health. Through the study, the researchers were able to identify the various factors that could affect the development and severity of depression among teens who lost their grandmother during their teenage years and found that it affected those who live with single parents, are lower-income, or are from Black and Hispanic populations where co-residing with grandparents and other forms of frequent interactions with grandparents.



## MASCULINITY OVERDUE FOR A RECKONING AFTER MASS SHOOTINGS, CHILD ADVOCATES SAY

*Programs around the country are trying to reduce violence in boys and young men by changing the perspective of what it means to be a man.*

**ABC News, June 18, 2022**

Days after the school shooting in Uvalde, Texas, staffers at [Men as Peacemakers](#), a Minnesota group that works with students to break down gender stereotypes and reduce violence, checked in with participants to see how they were feeling. The students, who were mostly white, mirroring the state's demographics, talked about lockdown drills they had practiced in school, but their responses were not very emotional, said Serrano Robinson, the group's youth restorative program coordinator. The mass shooting at Robb Elementary School on May 24 that left 19 children and two teachers dead "sadly seemed kind of normal" to them, he said. As civic leaders and politicians look for ways to stop mass shootings, advocates across the country from organizations like Men as Peacemakers say their work is vital to overcoming the toxic masculinity that research has found to be at the root of many mass shootings and other acts of violence perpetrated by men. Research suggests such programs can be key to encouraging healthier emotional expression in young people, breaking down gender stereotypes and ultimately reducing violence. "We're not saying something like [our program] can always prevent violence, because there are so many multifaceted reasons why violence happens," said Sarah Curtiss,

co-executive director of Men as Peacemakers. "But what might happen if all children were able to be seen, heard, to have a broad emotional vocabulary?"



## PODCAST: BEING A GOOD FATHER MEANS RETHINKING MASCULINITY

Vox, June 18, 2022

As Father's Day approaches, I've been thinking a lot about my experiences as a dad and how rewarding — and confounding — they can be. Which is why a recent book by Michael Ian Black, called [A Better Man: A \(Mostly Serious\) Letter to My Son](#), captured my attention. Black is a comedian, writer, and actor who you likely know from his roles in Wet Hot American Summer, The State, and Stella. His book — published in 2020 and now out in paperback — is a revealing piece of writing, one that walks the line between funny and serious and never strays too far from its core purpose: Black's attempt to talk to his college-age son about what it means to be a good man in a culture that seems very confused about masculinity. A month ago, I invited Black onto [Vox Conversations](#) to talk about his book and many other things. But then a few days before we recorded, 19 children and two teachers were gunned down in yet another mass shooting by a young man in [Uvalde, Texas](#). Michael's son was a student at an elementary school right by Sandy Hook when that massacre happened in 2012. After the Parkland shooting in 2018, Black decided to write this book and explore why boys — and it's almost entirely boys — are committing these acts of mass violence. For obvious reasons, the tragedy in Texas loomed over the entire conversation. But we also tried to step back and reflect on a bigger question: What the hell is going on with young men in America? We discuss our own struggles to define masculinity, why so many American men have such a hard time asking for help, and how we, as fathers of boys, can be better examples for our sons.



## **MALE ATHLETES WITH INADEQUATE NUTRITION LEVELS ARE AT A HIGHER RISK OF FRACTURES: STUDY**

*The Endocrine Society recognizes that there are a number of risk factors for poor bone strength in young men, including low body weight or losing too much weight, diets low in calcium, low vitamin D and testosterone levels*

**mid-day.com, June 13, 2022**

Male runners who do not receive enough energy from their [diet](#) may be at risk for stress fractures, reveals a new study to be presented at the Endocrine Society's annual meeting in Atlanta, Ga. "Our findings indicate that male runners, including recreational runners, should be counselled on the importance of adequate nutrition and caloric intake to optimize hormones, body composition, and bone health and to prevent stress fractures," said lead researcher Melanie S. Haines, M.D., of Massachusetts General Hospital in Boston, Mass.

## **Use of Protein Powders and Muscle-Building Supplements by Young Men in their Drive for Muscularity**

**American Academy of Pediatrics, June 2022 (paywall)**

Research has shown that body dissatisfaction and muscle dysmorphia are rising among adolescent males, and nearly 60% of boys in the United States report altering their diet in pursuit of muscularity. When faced with the overwhelming pressure to conform to a strong, lean physique, many young men turn to muscle-building supplements and protein powders readily available at their local grocery stores, pharmacies, gyms, and online. Many of these supplements contain excessive stimulants, are illegally adulterated with anabolic-androgenic steroids (AAS), and are weakly regulated by the Food and Drug Administration (FDA), leaving millions of young men vulnerable to these potentially dangerous products. Clinicians should be aware of their male patients' use of protein powders and muscle-building supplements because the consumption of these products poses acute and long-term physical and psychological consequences.

## **Pregnancy Risk Assessment Monitoring System for Dads: A piloted randomized trial of public health surveillance of recent fathers' behaviors before and after infant birth**

**Plos One, January 21, 2022**

Becoming a father impacts men's health and wellbeing, while also contributing to the health and wellbeing of mothers and children. There is no large-scale, public health surveillance system aimed at understanding the health and behaviors of men transitioning into fatherhood. The purpose of this study was to describe piloted randomized approaches of a state-based surveillance system examining paternal behaviors before and after their infant's birth to better understand the health needs of men and their families during the transition to parenthood.



## CAN OUR YOUNG MEN BE SAVED? AFTER 18-YEAR OLDS MURDERED 31 PEOPLE IN BUFFALO AND UVALDE, TEXAS WE MUST ASK THE QUESTION

**Daily News, May 29, 2022**

We can no longer act surprised every time a mass shooting happens. We can no longer treat them as isolated incidents, by lone, troubled, "evil" individuals. And we can no longer ignore the fact that the perpetrators of mass shootings and individual homicides alike are nearly always men and often young men. Of 126 mass killings carried out since 1982, [123 were carried out by men](#). In the past two weeks alone, we have seen two 18-year-old men carry out horrific and tragic shootings. Unless we are fine with this happening over and over again, we must ask: Why is our country so good at turning men into killers, including mass murderers? And what if anything does American manhood have to do with it? The list of young men's troubles goes far beyond mass shootings. Globally and in the U.S., boys are falling behind in school. In the past two months, both UNESCO and the World Bank [recently issued reports](#) finding that in 140 countries boys are faring worse than girls in years of school completion. In the U.S., there is a [six percentage point gap](#) in high school graduation of girls over boys, and an even higher gap for boys of color. As of 2020, [young men were only 41%](#) of American university students. COVID has taken a toll on the mental health and school outcomes of all young people, but for boys, the problems started long before. As early as 1999, [researchers have written about disconnected youth](#) who have few ambitions or connections to their communities — a group overwhelmingly male, and often young men of color. Young men are three times more likely than young women to die from injuries due to accidents and risk-taking, or as a result of spinal cord and traumatic brain injuries, and [three times as likely to die from suicide](#) than young women. Add to that the disproportionate rate of young men in the juvenile justice system, particularly young men of color. Most of these sex-related tendencies are epigenetic, meaning they are manifested based on how

we're raised. The idea, for example, that testosterone drives male violence is belied by the fact that testosterone is a reactive hormone: being in violent, aggressive or competitive settings causes testosterone levels to increase. Being born male implies some tendencies for being more aggressive, but it is how we raise boys that overwhelmingly determines whether they use violence, engage in self-harm or in risk-taking behaviors. It is the consequence of boys raised on a steady diet of violence, bullying, sexism and misogyny and pulled into the angry internet and violent online gaming, where virtual killing becomes sport.

# THE ATLANTA VOICE

## BLACK BOYS AND MEN DESERVE MENTAL HEALTH SUPPORT TOO

Atlanta Voice, June 9, 2022

Black men are just as human as everyone else. They feel a range of emotions, dream of living a good life, and experience ups and downs — yet, they're not always supported in expressing their feelings. Because society enforces the idea that men must neglect their emotional and mental well-being to be considered "manly," many Black men suffer in silence. Or worse, with Black men being [four times more likely](#) to commit suicide than Black women, they die without receiving the care they deserve. "What ends up happening for most Black males is that we start to internalize that pain," says [Brandon Jones](#), a psychotherapist who specializes in [intergenerational trauma](#) and adverse childhood experiences. Jones says Black males learn to internalize their pain at a young age, "And that pain starts to manifest itself in anger or a drinking habit or drug habit or abusiveness towards other people because we haven't figured out how to — in a healthy way or therapeutic way — address some of that pain," he says. For Black boys, in particular, Jones says sports often become an outlet for anger when there are no healthy systems in place.



## **TALKING TO MY COLLEGE-BOUND SON ABOUT SUICIDE**

*A Personal Perspective: To be heard, we have to say the words out loud.*

**Psychology Today, June 8, 2022**

In graduate school, we were taught to never put off asking about suicide in the first session, and supervision helped alleviate concerns that a new therapist might have. And while I am more comfortable asking those questions during **therapy** and assessment, there always seems to be a difference in talking about suicide when it comes to your own kids. We have had difficult conversations with our teenage sons over the years, openly talking about suicide, mental health, mood, and behavior. But being faced with impending college, I wanted to be sure I covered enough before he left, even if they were tough conversations. So what did I want to tell my teenage son about suicide before he went off into the world on his own?

- It's OK to not be OK.
  - *It's OK to ask for help. And sometimes you have to.*
  - *There are always other options.*
  - *I will always be here.*



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### VAPING: HEART RISKS FOR TEEN BOYS

**We Are Green Bay, June 9, 2022**

According to The Centers for Disease Control, more than two million American teens used vape products last year. Twenty-five percent of those teens reported vaping every day. Now, new research shows what happens to the cardiovascular system of adolescents, especially boys, when they vape. For years, experts have warned about the dangers of smoking. Scientists know much less about vaping. Now, researchers at The Ohio State University College of Medicine are testing the impacts of the vaping by using teenage mice. Professor of medicine and nursing at The Ohio State University College of Nursing, Loren Wold, Ph.D., says, "We study mice that are three weeks old, so equivalent to 12 to 15 years old." "When we exposed adolescent males, we had significant cardiovascular effects," Professor Wold further explains. But researchers say the heart function was not impacted at all in the female mice. One theory is the female mice had much higher levels of an enzyme called CYP 2A5. Professor Wold says, "The theory is that this enzyme being much higher, was able to break the nicotine down much faster."



## [\*\*MALE INFERTILITY: NEW STUDY FINDS A CLUE FROM CHILDHOOD\*\*](#)

**Revyuh, June 11, 2022**

New research indicates that more careful weight management during childhood and adolescence may help avoid male infertility in adulthood. The findings were presented today at ENDO 2022, the Endocrine Society's annual meeting in Atlanta, Georgia. The study discovered that children and adolescents who are overweight or obese, or who have high levels of insulin or insulin resistance, had smaller testicles than their counterparts who are normal weight and insulin levels. "More careful control of body weight in childhood and adolescence may help to maintain testicular function later in life," noted Rossella Cannarella, lead researcher. Sperm count and testicular volume (a measure of testicle size) are inextricably linked. This means that smaller testicles produce less sperm. Low testicular volume, or smaller-than-normal testicles, affects up to a quarter of young males aged 18-19. According to Cannarella, this puts their future fertility at jeopardy. At the same time, childhood obesity has become more common. She stated, "This evidence suggests a possible link between childhood obesity and the high prevalence of low testicular volume in youngsters."



## [\*\*ONE IN 500 MEN CARRY EXTRA SEX CHROMOSOME, RESEARCH SUGGESTS\*\*](#)

*Prevalence in UK study twice as high as thought, putting them at higher risk of health issues*

**The Guardian, June 10, 2022**

Twice as many men carry an extra sex chromosome as previously thought, according to researchers who called for more genetic testing to identify people at greater risk of related medical problems. Research on more than 200,000 men enrolled with the UK Biobank suggests that about one in 500 in the general population has an extra X or Y chromosome, [double the number found in earlier work](#), though only a fraction are likely to be aware of it. While most men have one X and one Y chromosome, some are born XXY or XYY, putting them at increased risk of health issues ranging from type 2 diabetes, blocked blood vessels and chronic obstructive pulmonary disease (COPD), a lung condition, the study found. "We were surprised at how common this is," said Prof Ken Ong, a paediatric endocrinologist at the MRC epidemiology unit at Cambridge and a senior author on the study. "It had been thought to be pretty rare."

## [Suicide Among Males Across the Lifespan: An Analysis of Differences by Known Mental Health Status](#)

American Journal of Preventive Medicine, June 9 2022

### **ABSTRACT**

Suicide among males is a major public health challenge. In 2019, males accounted for nearly 80% of the suicide deaths in the U.S., and suicide was the eighth leading cause of death for males aged  $\geq 10$  years. Males who die by suicide are less likely to have known mental health conditions than females; therefore, it is important to identify prevention points outside of mental health systems. The purpose of this analysis was to compare suicide characteristics among males with and without known mental health conditions by age group to inform prevention.

### **Results**

Most male suicide decedents had no known mental health conditions. More frequently, those without known mental health conditions died by firearm, and many tested positive for alcohol. Adolescents, young adults, and middle-aged males without known mental health conditions more often had relationship problems, arguments, and/or a crisis as a precipitating circumstance than those with known mental health conditions.

### **Conclusions**

Acute stressors more often precipitated suicides of males without known mental health conditions, and they more often involved firearms. These findings underscore the importance of mitigating acute situational stressors that could contribute to emotionally reactive/impulsive suicides. Suicide prevention initiatives targeting males might focus on age-specific precipitating circumstances in addition to standard psychiatric markers.



## [\*\*YOUNG MEN, GUNS AND THE PREFRONTAL CORTEX\*\*](#)

**Washington Post, June 3, 2022**

When Vanderbilt University psychiatrist Jonathan Metzl learned that the perpetrator of the [Uvalde, Tex., school massacre](#) was a young man barely out of adolescence, it was hard not to think about the peculiarities of the maturing male brain. Salvador Rolando Ramos had just turned 18, eerily close in age to Nikolas Cruz, who had been 19 when he shot up a school in Parkland, Fla. And to Adam Lanza, 20, when he did the same in Newtown, Conn. To Seung-Hui Cho, 23, at Virginia Tech. And to Eric Harris, 18, and Dylan Klebold, 17, in Columbine, Colo. Teen and young adult males have long stood out from other subgroups for their impulsive behavior. They are far more reckless and prone to violence than their counterparts in other age groups, and their leading causes of death include fights, accidents, driving too fast, or, as Metzl put it, “other impulsive kinds of acts.” “There’s a lot of research about how their brains are not fully developed in terms of regulation,” he said. Perhaps most significantly, studies show, the [prefrontal cortex](#), which is critical to understanding the consequences of one’s actions and controlling impulses, does not fully develop until about age 25. In that context, Metzl said, a shooting “certainly feels like another kind of performance of young masculinity.” Workplace attacks have been mostly carried out by men in middle age. School shootings, on the other hand, involve perpetrators mostly in their late teens or early 20s. Men in these same two age groups, Peterson points out, also have higher rates of suicide largely using firearms. A Washington Post analysis of 196 mass public shootings in which four or more people were killed since 1966 shows that nearly 98 percent, or all but five, of the perpetrators were men. Forty percent of the shooters were between the ages of 18 and 29 and another third were between 30 and 45.



## **A DISTURBING NEW PATTERN IN MASS SHOOTINGS: YOUNG ASSAILANTS**

*Six of the nine deadliest mass shootings in the United States since 2018 were by people who were 21 or younger, a shift from earlier decades.*

**New York Times, June 2, 2022**

The critical age range of roughly 15 to 25 is one that law enforcement officials, researchers and policy experts consider a hazardous crossroads for young men, a period when they are in the throes of developmental changes and societal pressures that can turn them toward violence in general, and, in the rarest cases, mass shootings. Six of the nine deadliest mass shootings in the United States since 2018 were by people who were 21 or younger, representing a shift for mass casualty shootings, which before 2000 were most often initiated by men in their mid-20s, 30s and 40s. "We see two clusters when it comes to mass shooters, people in their 40s who commit workplace type shootings, and a very big cluster of young people — 18, 19, 20, 21 — who seem to get caught up in the social contagion of killing," said Jillian Peterson, a criminal justice professor who helped found [the Violence Project](#), which maintains a comprehensive national database of mass shootings. The shootings come against a backdrop of [a worsening adolescent mental health crisis](#), one that predicated the pandemic but has been intensified by it. Much of the despair among teenagers and young adults has been inwardly directed, with [soaring rates](#) of self-harm and suicide. In that sense, the perpetrators of mass shootings represent an extreme minority of young people, but one that nonetheless exemplifies broader trends of loneliness, hopelessness and the darker side of a culture saturated by social media and violent content. "These are young guys who feel like losers, and they have an overwhelming drive to show everybody they are not on the bottom," Frank T. McAndrew, a Knox College psychology professor who studies mass shootings, said.



## **GUN SUICIDE SOARS AS A CAUSE OF DEATH AMONG YOUTH: REPORT**

*Nearly half of all suicide attempts among young people involve a gun.*

**ABC News, June 2, 2022**

The rate of young people taking their own lives with [\*\*firearms in the U.S.\*\*](#) has increased faster than for any other age group, and the youth suicide rate is at its highest point in more than 20 years, according to a new gun violence prevention [\*\*report\*\*](#) by Everytown For Gun Safety and first obtained by ABC News. While firearm suicide overall increased about 2% during the pandemic, the rate among young people increased 15% and nearly half of all suicide attempts by young people involve a gun, researchers with Everytown For Gun Safety found. Boys and young men are disproportionately afflicted by firearm suicide and are seven times more likely to kill themselves with a gun compared to their female peers, according to the Centers for Disease Control and Prevention. Experts have not pinned down exactly what is causing more young people to turn to suicide with guns, the report notes. But increased anxiety and depression, likely exacerbated by the pandemic, along with the impacts of social media and cyberbullying are among the theorized drivers. The firearm-related increases documented in the new report track with overall increases in teen and young adult suicide in recent years.

Between 2007 and 2018 the suicide rate among those age 10 to 24 increased nearly 60%, according to the [\*\*CDC\*\*](#).



**THE BUSINESS STANDARD**

**B**

## **LONELINESS AMONG TEENS HAS INCREASED OVER THE YEARS**

**Psychology Today, May 30, 2022**

- *Worldwide there have been increases in adolescent loneliness.*

- *Nearly twice as many adolescents in 2018 vs. 2012 had elevated levels of school loneliness.*
- *Research has found school loneliness to be high as cultural shifts occurred to greater smartphone access and higher internet use.*

The relevant behaviors that teens may opt to engage in may differ cross-culturally, but their underlying feelings point to the same emotion. It is also important to note that the results about increased school loneliness were based on the responses of girls and boys, yet rarely do we see the same patterns of mass shooting and radicalization in female-identified persons. Again, we must look at the interplay of culture, socialization, neurochemicals, and the brain.



### [LONGITUDINAL STUDY EXPLORES HOW SOCIALIZATION FROM MALE PEERS AND THE MEDIA AFFECTS YOUNG MEN'S SEXUAL BELIEFS AND BEHAVIORS](#)

**PsyPost, June 2, 2022**

A longitudinal study published in the [Journal of Sex Research](#) explores how socialization impacts young men's adherence to masculine norms and how these norms influence their sexual relationships. Pressure from male peers, magazines, and music videos was associated with stronger adherence to traditional masculine norms one year later, and in turn, greater use of alcohol in sexual encounters.

Study authors [Matthew G. Nielson](#) and his team aimed to explore the connection between masculine norm adherence and sexual behavior while considering the socialization that occurs during emerging adulthood. Specifically, they considered how various social agents (e.g., peers, parents, media) might uniquely impact young men's masculine norm adherence and their ability to form healthy romantic or sexual relationships. Overall, the finding suggested that each male norm was moderately endorsed by the young men. While the norms of winning and violence were endorsed significantly more than the other masculine norms, the norm of power over women was endorsed significantly less than the others. Participants who reported greater pressure to conform to masculine stereotypes from male peers also reported higher adherence to masculine norms in general. Further, they

uniquely reported greater adherence to the specific norms of being a playboy, winning, power over women, and risk-taking. Participants who listened to more music videos also reported greater adherence to masculine norms in general, and uniquely, power over women and self-reliance. Interestingly, stronger pressure from fathers to conform to stereotypes did not predict adherence to masculine norms.



## [STUDY FINDS EARLY EXPOSURE TO TESTOSTERONE PREDICTS GENDER-ROLE BEHAVIORS IN BOYS](#)

**PsyPost, June 2, 2022**

Low exposure to gonadal hormones during early gestation and infancy predicts higher recalled childhood gender nonconformity in men, according to new research published in [Psychological Science](#). The findings provide evidence androgens such as testosterone play a role in the development of male-typical gender role behaviors in childhood. “Biological sex is probably the most important factor explaining variability among people, and many diseases — including mental disorders such as depression, anxiety, Alzheimer’s disease, substance abuse, schizophrenia, autism spectrum disorder, and attention deficit hyperactivity disorder — differ by sex in prevalence and/or severity. Understanding the development of psychological sex differences is therefore critical to understanding individual differences in mental health,” said study author David A. Puts, an associate professor and principal investigator of the [Behavioral Endocrinology and Evolution Lab](#) at the Pennsylvania State University. “Research in laboratory animals shows that behavioral sex differences depend heavily on the effects of testosterone on gene expression in the developing brain. However, in people, it is also likely that many behavioral sex differences depend on socialization as boys or girls. We wanted to test whether gender socialization is the only cause of human behavioral sex differences, or whether testosterone might influence the development of the brain more directly, as it does in other mammals.” The average person should see this not as evidence against a role of gender socialization but as evidence for the additional influence of sex hormones such as testosterone acting directly on the developing brain,” Puts explained. “People who were exposed to different levels of testosterone during their early development are likely to differ in their psychology and behavior even if they are socialized in the same way.”



## MULTI-DECADE RESEARCH LINKS FATHERS' TESTOSTERONE PRODUCTION TO THEIR ADOLESCENT EXPERIENCES WITH THEIR OWN FATHERS

**Medical Xpress, June 1, 2022**

University of Notre Dame Associate Professor of Anthropology Lee Gettler and his collaborators have drawn on data collected over more than 30 years from almost 1,000 men in the Philippines to help shed light on the importance of adolescence and father-son experiences to sons' adult testosterone patterns. The team found that adolescence is a sensitive period during which social relationships influence later hormone production. Specifically, boys whose fathers were present and involved with caring for them when they were adolescents had lower testosterone when they later became fathers. Their results were published in the *Proceedings of the National Academy of Sciences* today. "There are very few studies that have looked at how early-life social experiences with family—and dads especially—are related to future testosterone production in men, including when they become fathers," Gettler said. "There are none that have considered the potential role of the adolescent time period and take into consideration what boys have experienced with their dads. The longitudinal part of this large study is really key because it has tracked participants since they were infants. In adolescence, the boys began to contribute their own perspectives, whereas their mothers were answering surveys in their younger years. This way we know who each teenage boy credited for his upbringing. We also get their perspective when they later become fathers regarding how involved they are with caring for their own children."



## BANGLADESH: ADOLESCENT BOYS FACED MORE VIOLENCE THAN GIRLS DURING PANDEMIC: STUDY

## **TBS News: June 1, 2022**

Male adolescents in the country faced more violence, both by family members and outsiders, than girls during the Covid-19 pandemic, says a study by the Brac Institute of Governance and Development (BIGD). Physical abuse by outsiders was much more prevalent for adolescent boys, with the violence perpetrated by peers or older males, the study commissioned by the Rule of Law Programme of GIZ Bangladesh said. It added that around 26% of all adolescents faced some form of violence, and of them, younger adolescents (12-14 years) suffered more from all types of violence.



### **STUDY: BOYS BEHIND SCHOOL SHOOTING STRUGGLE WITH MASCULINITY, TAUNTED BY PEERS**

**Study Finds, May 24, 2022**

Do mass shooters share common personality traits? Adolescent males responsible in school shootings tend to feel insecure about their masculinity, a 2017 study finds. Researchers at Portland State University in Oregon looked at common characteristics shared between 31 boys involved in 29 mass school shootings over a two-decade-long period, hoping to see what drove such acts of violence. Their findings reveal that a shooter's motive typically developed over time: a lack of acceptance among peers led to grudges against classmates and teachers. This eventually culminates in anger, **depression**, and **violence**. Underlying all of this was a boy's reputation for **not being masculine enough**, which required he be tough, heterosexual, and averse to "sissy stuff," among other things. Not abiding by these expected standards could lead to a child being ostracized. The researchers report that all 31 boys were either **bullied by classmates** for not being "appropriately masculine," or rejected by female companions, which added to their distress. A lack of outward "macho" behavior or characteristics could result in him being called any number of epithets, such as "homo," "cry baby," and "fag." These are taunts that most of the individuals examined in the study reported being subjected to.



## [THE REINVENTION OF A 'REAL MAN'](#)

*In cowboy country, a father and husband reimagines American masculinity, one conversation at a time*

**Washington Post, May 23, 2022**

Bill Hawley believes too many men are unwilling or unable to talk about their feelings, and he approaches each day as an opportunity to show them how. On paper, Bill is the “prevention specialist” for the public health department in Johnson County, a plains-to-peaks frontier tract in Wyoming that is nearly the size of Connecticut but has a population of 8,600 residents. His official mandate is to connect people who struggle with alcohol and drug abuse, tobacco addiction, and suicidal impulses to the state’s limited social service programs. Part bureaucrat, part counselor, much of Bill’s life revolves around Zoom calls and subcommittees, government acronyms and grant applications. But his mission extends beyond the drab county building on Klondike Drive where he works. One Wyoming man at a time, he hopes to till soil for a new kind of American masculinity. Here in cowboy country, the backdrop and birthplace of countless American myths, Bill knows “real men” are meant to be stoic and tough. But in a time when there are so many competing visions of masculinity — across America and even across Wyoming — Bill is questioning what a real man is anyway. Often, what he sees in American men is despair. Across the United States, men accounted for 79 percent of suicide deaths in 2020, according to a Washington Post analysis of new data from the Centers for Disease Control and Prevention, which also shows Wyoming has the highest rate of suicide deaths per capita in the country. A majority of suicide deaths involve firearms, of which there are plenty in Wyoming, and alcohol or drugs are often a factor. Among sociologists, the Mountain West is nicknamed “The Suicide Belt.” Some clinical researchers and suicidologists are now asking whether there is something particular about White American masculinity worth interrogating further. The implications are significant: On average, there are more than twice as many deaths by suicide than by homicide each year in the United States. Fears of not belonging and of becoming a burden are often at the core of suicide attempts by men, according to leading suicide experts, and mental health challenges can intensify these factors. Men are often more resistant than women to seeking help with their mental health, experts say, because non-anger based emotions are considered feminine. Bill worries the tenor of America’s debates over toxic masculinity could have an inverse effect than the one intended; instead of encouraging men to examine their behaviors, it might make some of them double down. Researchers say that access to lethal means is a major factor in suicide.

About 60 percent of gun owners in America are men, according to a 2017 study by the Pew Research Center. And gun ownership in the United States is not only gendered but also highly racialized. About half of all White men in the country own guns, compared to about a quarter of Black and Latino men.



## [\*\*MEN HAVE A LOT TO LOSE WHEN ROE FALLS\*\*](#)

New York Times, May 26, 2022

We don't often hear abortion stories from cisgender men, even though they are responsible for the overwhelming majority of the world's unplanned pregnancies, and so often benefit when an abortion occurs. The much more familiar pattern when efforts are made to curtail abortion is for a slew of mostly women [to share their abortion stories](#). The data on who gets an abortion is [extensive](#). We know that about one in four U.S. women will have an abortion and that about 60 percent are in their 20s, about 75 percent are low income, about 62 percent are religious and around more than half are already parents. By contrast, there's scant data on how cis men benefit from abortions, let alone demographic data that characterizes this population. This is partly because of methodology concerns: A man might not necessarily know he helped cause an abortion. Moreover, amid continual attacks on abortion rights, the urgency among researchers has logically been to demonstrate the benefits of abortion access for those who can become pregnant. Given the strong [connection between education and income level](#), it's plausible that male abortion beneficiaries experience increased income benefits over their lifetime as well, though there isn't yet data to support this. So far, no such large quantitative study has been conducted on the benefits of abortion for men above the age of 20. [Dr. Brian T. Nguyen](#), an assistant professor of obstetrics and gynecology at the University of Southern California, has established the [EMERGE lab](#) to begin to fill the gaps in what's known about men's role in reproductive health care. His team has estimated that approximately [one in five men has been involved in an abortion](#), which is likely an underestimate, as some men might misreport because of stigma or because they are unaware of an abortion. "Men can and should be involved in sexual and reproductive health care, and we'll do this work until it becomes very clear that this is everyone's issue," he said. According to Dr. Nguyen, the lack of focus on men's involvement in reproductive health care may lead men to tune out the battle for abortion rights or even become opposed to them because they feel unheard or unwelcome in the conversation.



## OKLAHOMA DEM: NEUTER ADOLESCENT BOYS

**MRC News Busters, May 24, 2022**

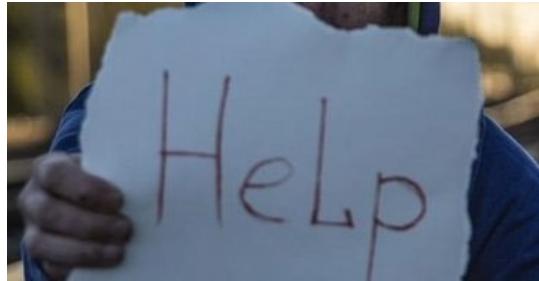
Abortions in Oklahoma were almost completely wiped out thanks to [House Bill 4327](#), a bill that will only allow abortions if the child is a product of rape or incest (and confirmed by law enforcement) and if the pregnancy threatens the life of the mother. However, before the bill was signed on Thursday, State Rep. Mickey Dollens (D, Oklahoma City) took the house floor to say that he was touting a bill that he thought would be a better solution than banning abortions. Dollens thought it would be better to pass a bill that would require all Oklahoman males to get a vasectomy once they reach puberty. "I would invite you to co-author a bill that I'm considering next year that would mandate that each male, when they reach puberty, get a mandatory vasectomy that's only reversible when they reach the point of financial and emotional stability," Dollens [said](#). "If you think that's crazy, then I think that maybe you understand how 50% of Oklahomans feel, as well." Dollens said he plans on drafting the bill next year.."



## AUDIO: RESEARCHERS LOOK FOR WAYS TO IDENTIFY YOUNG PEOPLE WHO ARE ON THE 'PATHWAY TO VIOLENCE'

## PBS News Hour, May 26, 2022

The massacre in Uvalde is again driving heated debate about the millions of guns owned by Americans, and how some clearly disturbed people can get those weapons and wreak havoc in an instant. Mark Follman, an editor at Mother Jones and author of "Trigger points," and Marisa Randazzo, executive director of threat assessment at the security firm, Ontic, join William Brangham to discuss.



## [\*\*DO SOFT DRINKS PLAY A ROLE IN MALE ADOLESCENT SUICIDE?\*\*](#)

**Psychology Today, May 23, 2022**

Suicide is the fourth leading cause of death among 15- to 29-year-olds worldwide and the second leading cause of death among 10- to 34-year-olds in the U.S. Commonly studied risk factors for adolescent suicide include **depression**, acute **stressful** events, chronic adversity in early life, reduced physical activity, and genetic factors. **Diet** is also thought to play an important role. Past studies in non-U.S., low- and middle-income countries have reported that the consumption of sweetened beverages is highly correlated to **loneliness**, sedentary behaviors, unhealthy weight, aggressive behaviors, poor mental health, and **suicidality** among adolescents. The youth of the entire world, including the U.S., spend a significant amount of time being sedentary and drinking soft drinks. A recent study investigated the relationship between consuming soft drinks and being inactive to the risk of suicide in the U.S. Meeting the movement guidelines was more important for the boys with regard to vulnerability to suicide. Fortunately, the boys had a higher prevalence of meeting the movement guidelines. But in contrast to the girls, not meeting all the recommendations of the movement guidelines significantly increased the risk of suicidal ideation and suicide attempts among the boys. Overall, the results of this study emphasize the importance of reducing the daily consumption of soft drinks for the prevention of suicide in adolescents—and this appears to be particularly true for boys who do not get enough sleep or daily physical activity.



## **MALE BREAST REDUCTION SURGERY IMPROVES QUALITY OF LIFE FOR TEENS – EVEN WITH COMPLICATIONS**

American Association for the Advancement of Science, May 17, 2022

**Enlargement of the male breast, called gynecomastia**, can be a source of embarrassment and distress for teens and young men. Surgery to correct gynecomastia brings significant improvement in self-esteem and almost every aspect of quality of life, reports a study in the June issue of **Plastic and Reconstructive Surgery®**, the official medical journal of the **American Society of Plastic Surgeons** (ASPS). Surgical repair was performed in a total of 270 breasts; some patients required correction in only one breast. The researchers analyzed the effects of gynecomastia correction on quality of life, including the possible impact of postoperative complications. Early complications occurred in about 10% of breasts. This included a 7.8% rate of hematomas (blood collections), most of which were minor; and a 2.2% rate of minor infections, which were managed with oral antibiotics. Other complications were uncommon, and no serious complications occurred. Patients whose surgery included skin removal were 2.5 times more likely to have early complications. "These data also suggest that adolescents, while still maturing, are appropriately equipped to handle the complications associated with gynecomastia repair," Dr. Labow and coauthors conclude. "While additional studies are needed, current evidence suggests that the potential for complications should not limit treatment recommendations in younger patients with gynecomastia."



## INTERNET SEARCHES FOR 'VASECTOMY' SOAR WITH ROE V. WADE AT RISK

**Hartford Health, May 20**

Not all of the attention in the potential Supreme Court overturning of the landmark Roe v. Wade decision allowing pregnant women the freedom to choose an abortion has been from females – at the same time, record numbers of men have investigated vasectomy as a method of birth control. Innerbody Research, one of the nation's largest online home health and wellness guides, reported a 99-percent increase in the number of daily searches into vasectomy. The statistic was culled by reviewing Google Trends and search volume data, which revealed that the search was more popular in states like Michigan, Florida and Ohio where abortion would immediately be illegal if the Supreme Court reverses Roe v. Wade. Other popular searches had even more online action, with a 250-percent increase in queries about the success rate of vasectomy reversal.



## HOSPITAL ADMISSIONS FOR EATING DISORDERS UP 84% IN FIVE YEARS, NHS DATA SHOW

*Experts describe increase to 24,268 in England as alarming, with particularly stark rise among males*

**The Guardian, May 19, 2022**

There were 11,049 more admissions for illnesses such as bulimia and anorexia in 2020-21 than in 2015-16, with 24,268 admissions in total. Experts described the increase as “alarming”. The number of children and young people admitted to hospital with eating disorders grew from 3,541 to 6,713, with a 35% increase in the last year alone as the Covid pandemic hit, according to the analysis by the Royal College of Psychiatrists. A particularly stark rise in admissions – 128% – was seen in boys and young men, from 280 hospital admissions in 2015-16 to 637 in 2020-21. The college has published guidelines to help health professionals identify people whose eating disorders have become life-threatening and get them the right care. It said the signs that somebody was dangerously ill could be missed at GP surgeries and in A&E due to a lack of guidance and training.



## [UNDERSTANDING ANOREXIA IN MEN AND BOYS: SIGNS, CAUSES AND TREATMENTS](#)

**Psych Central, May 17, 2022**

Though the pressures of unrealistic body expectations affect women worldwide, many men are concerned about this subject as well. Perfect hair, nails, figure, and skin are all marketing points that can cause hyperfocus on appearance. Male celebrities and models can portray a similar version of unattainable or unrealistic "ideals." Men can experience many of the same body-image challenges women do, but they're often pressured to act as though such things don't affect them. Anorexia is a severe condition that can cause health issues and become life threatening. But recovery is possible with the right treatment plan and support. Men living with eating disorders may be less likely to seek treatment due to the stigma of being viewed as unmasculine or conveying weakness. Eating disorders, like male anorexia nervosa,, may be associated with different personal factors when they occur in men. While most focus is on women when it comes to anorexia, most people are unaware of what symptoms to look for when men live with disordered eating. Part of the stigma surrounding male anorexia is its association with the gay community. Research has found that between 10% to 42% of men with eating disorders identify as gay, though some experts believe gay men may be overrepresented in eating disorder studies. However, gay men might also be more likely to seek treatment than men of other sexual orientations. Alternative body standards may be why male anorexia is often associated with being a gay male.



## **TEEN BOYS WITH HYPERTENSION ON THE RISE**

**Hippocratic Post, May 16, 2022**

Teen boys with hypertension on the rise: Ahead of [World Hypertension Day](#) on 17 May, [MedUni Vienna](#) is raising awareness about the growing number of children and adolescents with high blood pressure. Unhealthy levels are increasing globally, especially during puberty, with boys affected three to four times more frequently than girls: around 20% of male adolescents have elevated blood pressure. Main causes of primary hypertension (= hypertension not triggered by another disease) in young people are obesity and lack of exercise, but increasingly also chronic psychological stress. Lack of exercise, in turn, leads to a threefold increase in the risk of hypertension. Chronic exposure to anxiety, pressure and stress is also increasing in children and adolescents, with significant effects on their health and blood pressure. Additionally sugary drinks and salty foods are directly affecting the blood pressure. Rapid growing during puberty, especially in boys, often leads to pathological blood pressure values. Prematurity, low birth weight and genetic predisposition may also play a role. Long-term high blood pressure leads to left ventricular hypertrophy and endothelial damage of the arterial vessels including coronary arteries, consequently increasing the risk for premature myocardial infarction or stroke, even in young adulthood.



## **UK OFFICIALS: 4 MEN INFECTED WITH 'RARE' MONKEYPOX IN LONDON**

**US News, May 16, 2022**

British health authorities say they have identified four “rare and unusual” cases of the disease monkeypox among men who appear to have been infected in London and had no history of travel to the West African countries where the smallpox-like disease is endemic. In a statement Monday, the U.K.’s Health Security Agency said an investigation had begun into how the men became infected and whether they had any links to each other. Three of the men are in London and one is in northeast England. All of the men identify as gay, bisexual or men who have sex with men. Monkeypox is not known to be a sexually transmitted disease. Last week, Britain reported three earlier cases of monkeypox, including two people who lived in the same household and the other who had previously traveled to Nigeria, where the disease is endemic in animals. Public health experts said the risk to the general population was low and that infected patients were receiving specialist care in

London and Newcastle. Officials are tracing those who had contact with the monkeypox cases, including airplane passengers. The early symptoms of monkeypox include fever, muscle ache, chills and fatigue. In more severe cases, a rash can develop, often on the face and genitals, that resembles those seen in chickenpox and smallpox. Most people recover from the illness within several weeks.



## [GYNECOMASTIA: KNOW EVERYTHING ABOUT THIS COMMON CONDITION SEEN IN BOYS AND MEN](#)

The Health Site, May 18, 2022

Gynecomastia (Man Boobs) is a common condition seen in boys and men wherein their breasts swell and appear to be larger than normal. It is usually seen in teenage boys and older men. Liposuction and mastectomy can be helpful in tackling this condition. Gynaecomastia can happen due to an imbalance of testosterone and estrogen. Moreover, there are many medications that can cause male breast tissue to swell and appear like female breasts. Enlarged breasts in boys around puberty can reduce naturally with age. However, in some men, the condition persists, leading to social ridicule and loss of self-esteem. But why does this happen? Why do some boys and men develop it while others don't? Apart from hormonal imbalance, liver and kidney disease, lung cancer, testicular cancer, thyroid problems, alcoholism, adrenal tumours, obesity, illegal drugs, and certain medications can cause this condition. Furthermore, as men age, they produce less testosterone and have higher body fat which can also lead to the appearance of a fatty chest.



## **STUDY FINDS BREAST CANCER RISK IN MALES MAY BE LINKED TO MALE INFERTILITY**

**Hindustan Times, May 18, 2022**

According to a new study, the risk of invasive breast cancer in men may be associated with self-reported infertility in the male partner. The findings of the research were published in an open-access journal 'Breast Cancer Research'. Breast cancer in males is less common than in females and its relation to infertility has only been investigated in small studies to date. Only one small study has suggested a possible association between men fathering children and breast cancer. The authors observed a greater number of males with breast cancer (383 males) reported not having any children compared to controls (174 males). However, the authors caution that not having children does not fully reflect male infertility as males may choose to not have children for a range of cultural and social reasons. Michael Jones, the study co-author, added, "The causes of breast cancer in men are largely unknown, partly because it is rare and partly because previous studies have been small. The evidence presented in our study suggests that the association between infertility and breast cancer should be confirmed with further research and future investigations are needed into the potential underlying factors, such as hormone imbalances."



## **CASES OF DEADLY ILLNESS IN MEN AND BOYS SOAR- THE 13 SIGNS YOU MUST WATCH FOR**

## **New York Post, May 19, 2022**

Cases of deadly illnesses are on the rise in men and boys across England, data has revealed. In the last five years, hospital admissions for people with eating disorders have risen by 84 percent. Medics at the Royal College of Psychiatrists found there were 11,049 more admissions for illnesses such as bulimia and anorexia in 2020-2021 than in 2015-2016, bringing the total to 24,268 admissions across England. Of those, a stark rise was seen in boys and young men, from 280 hospital admissions in 2015-2016 to 637 in 2020-2021. Eating disorders take a huge toll on the people that suffer from them and are often referred to as the 'deadliest mental health condition'. One in five deaths of people with anorexia is due to suicide, while all eating disorders see high rates of self-harm and depression. Medics have now launched new guidelines to help doctors identify those who might be at risk. They stated that the signs someone is dangerously ill can be missed by GPs. The report found that many patients who are suffering from an eating disorder will often have normal blood work – meaning the alarm isn't raised for doctors. People with anorexia can also have dangerously low levels of electrolytes like potassium – that are not reflected in these tests. Those who suffer from bulimia can also have disturbances and struggle with stomach problems. They may also be a normal weight and it was previously found that people were being denied help if their Body Mass Index (BMI) was too high.



## **WHY SEX POSITIVITY IS KEY FOR MOTHERS AND SONS**

### **Psychology Today, May 16, 2022**

Sex. It's a conversation most parents don't want to have, but a discussion that all children need. But what might be the consequences for children if their parents don't decide to communicate to them about sex? A recent study published in the American Journal of Sexuality Education helps answer this question. Researchers at the University of Connecticut looked at the impact of whether mothers communicated to their sons about sex<sup>1</sup>. The team of communication scholars was interested in finding out if sons who talked to their mothers about sex lead to positive outcomes for their sons. Specifically, they looked at the relationship between communication about sex and sons' sexual satisfaction, sexual self-esteem, and sexual anxiety. The team of researchers surveyed 137 young, primarily heterosexual, men aged 18-23. First, these men were asked if they perceived themselves to be sexually active. Next, participants were asked about their

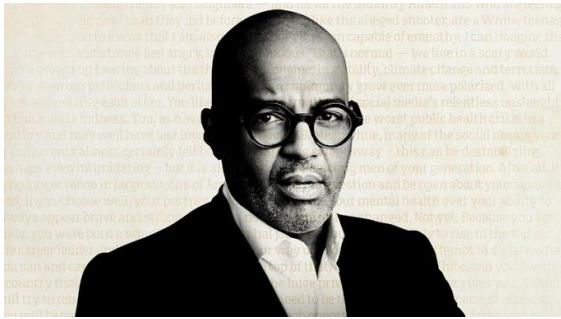
communicative habits with their mothers around sexual topics, such as their mother's willingness to discuss sexual information or engage in non-judgmental talks about sex. Finally, each participant answered questions that assessed their sexual satisfaction, self-esteem, and sexual anxiety. The researchers then used the information to study whether this had a positive or negative impact on their sexual satisfaction, self-esteem, and anxiety. After statistical analysis, the team found that sons whose mothers were more open and nonjudgmental about sexual conversations were more likely to have higher sexual satisfaction and lower sexual anxiety.



## **UPDATED ESTIMATES OF ADHD PREVALENCE, COMORBIDITY**

**Psychiatry Advisor, May 17, 2022**

Study data published in the Journal of the American Academy of Child and Adolescent Psychiatry provide prevalence estimates for attention-deficit/hyperactivity disorder (ADHD) and comorbid medical conditions. (Males are generally more likely to be diagnosed with ADHD than females, with a male to female ratio of approximately 4:1 in community samples.) Per data from a large, population-based cohort study, the national prevalence of ADHD was estimated at 3.5%. Comorbidity rates were high, with up to 70% of the affected sample reporting at least 1 medical condition in addition to ADHD. Investigators extracted data from the Adolescent Behavior Cognition Development (ABCD) study, a longitudinal cohort study that enrolled children aged 9 to 10 years at baseline from 21 sites around the US. The cohort study captured participants' mental health status using the parent-completed Kiddie Schedule of Affective Disorders and Schizophrenia (KSADS-COMP). Results from the parent-reported Childhood Behavioral Checklist and teacher-reported Brief Problem Monitor were also integrated. ADHD prevalence and comorbidity were calculated for 4 tiers of ADHD severity, with tier 4 requiring convergence of the KSADS-COMP and parent and teacher ratings. Genotyping data were also extracted and polygenic risk scores (PRS) were calculated for patients in each of the 4 ADHD phenotypes.



## [OPINION: I'M A MIDDLE-AGED BLACK FATHER. I WANT TO ASK WHITE TEENS MALES THIS QUESTION](#)

CNN, May 17, 2022

I am a middle-aged African American father, reeling from the sheer horror of what happened to members of my community in Buffalo. Through my pain, I am praying for all the victims and their traumatized families, friends and neighbors -- and for all the minority Americans who are feeling even more afraid now than they did before. And if you, like the alleged shooter, are a White, teenage male, I want you to know that I am also praying for you. You are seen by some other White, male Americans as being part of an exclusive club, the membership of which gives you the ability to subjugate other, less fortunate citizens. The more extreme of your fellow club members -- sadly their voices tend to be the loudest -- will try to tell you (or perhaps already have) that your privileges are under threat from anyone who doesn't look like you, pray like you, love like you or even vote like you. Then they'll try to recruit you as cannon fodder to the cause of their hateful way of thinking. I'm here to tell you three vital truths. First, and most importantly, the very notion of White supremacy is based on a false premise. Race itself is a social construct, invented by European and early American colonialists and slave traders who needed to justify their abhorrent treatment of Africans and Native Americans. Second, anyone who tells you that your future prosperity and happiness depend on preserving White supremacy is not only lying to you. They are using you. Third: luck, like love, is unlimited. The more you share it, the more there is to go around. You will not lose your place in the world if other people are no longer marginalized.



## [MALE PHEROMONES IMPROVE HEALTH OF FEMALES' EGGS](#)

*Finding could lead to interventions to combat infertility, delay reproductive aging*  
**Northwestern Now, May 19, 2022**

Male pheromones just might be the fountain of youth for aging female animals' eggs, according to a new Northwestern University study. In the new study, researchers used the tiny transparent roundworm *C. elegans*, a well-established model organism commonly used in biology research. Exposure of female roundworms to male pheromones slowed down the aging of the females' egg cells, resulting in healthier offspring. Not only did the exposure decrease embryonic death by more than twofold, it also decreased chromosomal abnormalities in surviving offspring by more than twofold. Under the microscope, egg cells also looked younger and healthier, rather than tiny and misshapen, which is common with aging. The researchers believe this finding potentially could lead to pharmacological interventions that combat infertility issues in humans by improving egg cell quality and delaying the onset of reproductive aging. "Reproductive aging affects everyone," said Northwestern's Ilya Ruvinsky, who led the study. "One of the first signs of biological aging is the decreased quality of reproductive cells, which causes reduced fertility, increased incidence of fetal defects including miscarriages, and eventually loss of fertility. By all criteria we could think of, male pheromones made the eggs better."



**MOTIVATION FOR SPORTS AND SCHOOL GO HAND IN HAND FOR ADOLESCENT ATHLETES**

*Male students less interested in school than female students*

**Science Daily, May 17, 2022**

Adolescent athletes with high motivation for school also have high motivation for sports. Male students tend to be less interested in school than their female peers, a new study from Finland shows. The results showed that male students' school-related task values were lower than female students' task values at the beginning of upper secondary school, and that the gender differences remained across the school years. However, no gender differences were found in the students' motivation for an athletic career. "These findings indicate that female students may be more committed to integrating elite sports and education than male students."



## HPV VACCINATION PROGRAMS TIED TO DIRECT AND HERD IMMUNITY IN US

**Center for Infectious Disease Research and Policy, May 17, 2022**

An analysis of US data shows the increasing impact of human papillomavirus (HPV) vaccination efforts that started more than a decade ago, suggesting direct protection as well as herd effects, according to a study in Annals of Internal Medicine. HPV vaccination was introduced in the United States in 2006. The study was based on collected NHANES (National Health and Nutrition Examination Survey) data, and compared pre- and post-vaccination-era HPV prevalence for both vaccinated and unvaccinated sexually active girls and women aged 14 to 24. The pre-vaccination era was 2003 to 2006, and the post-vaccination eras were 2007 to 2010, 2011 to 2014, and 2015 to 2018. Overall, compared to pre-vaccination years, HPV prevalence decreased by 85% for females in the United States, and by 90% among vaccinated females in 2015 to 2018. Among unvaccinated females, HPV prevalence dropped 75% compared with pre-vaccination years.



## GARDASIL VACCINE MAKER MERCK APPEALS TO PARENTS OF 9-YEAR OLDS IN LATEST HPV AWARENESS AD

**Fierce Pharma, May 17, 2022**

It's unlikely parents of 9-year-olds are thinking much about their child contracting HPV. But a new unbranded TV ad from Merck reminds them that this is precisely

the age when they can start immunizing their children against the human papilloma virus to prevent future cancers. While the Gardasil vaccine maker's past HPV awareness ads targeted parents of adolescents, this one aims slightly younger, appealing to moms and dads of the older elementary school set. It opens with a mother stealing a hug from her somewhat indifferent 9-year-old son. Like past Merck ads, the latest spot frames HPV vaccination as cancer prevention rather than protection against a sexually transmitted disease, a strategy the Centers for Disease Control and Prevention (CDC) has promoted to encourage more young people to get vaccinated. But the new ad's tone is decidedly lighter than the drugmaker's previous HPV awareness spots. In its "Not My Child" spot, which debuted in 2020, parents sternly tell the virus to "back off" and "get out of my face," adding, "you're not welcome here." That replaced its controversial "Did You Know?" campaign, which featured young adults with cancer questioning their parents about whether they knew there was a preventive vaccine available when they were younger. Those ads drew media attention and sparked debate over whether they were too tough on parents. (According to 2018 data, the overall prevalence of HPV vaccine uptake was 27.6%, with a significantly higher prevalence in females (39.7%) than in males (4.7%).) 91.4% of subjects heard about HPV vaccination, with a significantly higher prevalence in females (93.8%) than in males (86.8%).



## ONE IN FIVE YOUNG PEOPLE CONSIDERED SUICIDE IN LAST LOCKDOWN

NL Times, May 11, 2022

Over a fifth of young people in the Netherlands seriously thought about suicide at least once during the last lockdown period. The National Institute for Public Health and the Environment (RIVM) and other health organizations reported this based on a poll among 5,826 young people between 12 and 25 years old. Such thoughts were most common among young people struggling with loneliness or other mental health complaints for some time or who had experienced the consequences of the coronavirus pandemic in their own lives. In the same period, between December 2021 and February 2022, general practitioners also saw significantly more young people with suicidal thoughts or attempted to take their own lives than before the pandemic. Boys were more likely to have suicidal thoughts than girls. Kids in pre-vocational secondary education and secondary vocational education and young

people who no longer lived with their parents were also more vulnerable, according to the organizations united in the Network Health Research in Disasters (GOR). In addition to the RIVM, that includes municipal health services GGD, ARQ National Psychotrauma Center, and research institute Nivel.



## ONE IN FIVE MALE ADOLESCENTS SUFFERS FROM HIGH BLOOD PRESSURE

Medical Xpress, May 13, 2022

Unhealthy levels of hypertension are increasing globally, especially during puberty, with boys affected three to four times more frequently than girls: Around 20% of male adolescents have elevated blood pressure. The main causes of primary hypertension (hypertension not triggered by another disease) in young people are obesity and lack of exercise, and increasingly, chronic psychological stress. Lack of exercise, in turn, leads to a threefold increase in the risk of hypertension. Chronic exposure to anxiety, pressure and stress is also increasing in children and adolescents, with significant effects on their health and blood pressure.

Additionally [sugary drinks](#) and salty foods are directly affecting the blood pressure. Rapid growing during puberty, especially in boys, often leads to pathological blood pressure values. Prematurity, low birth weight and genetic predisposition may also play a role. Long-term high blood pressure leads to left [ventricular hypertrophy](#) and endothelial damage of the arterial vessels including coronary arteries, consequently increasing the risk for premature myocardial infarction or stroke, even in young adulthood. "To prevent the risk of early cardiovascular damage, a screening from the age of three years would be necessary," says Susanne Greber-Platzer, emphasizing the importance of measuring blood pressure in children and adolescents at least every two years.



## STUDY SHOWS MEDITERRANEAN DIET HELPS YOUNG MEN WITH DEPRESSION

**Web MD, May 11, 2022**

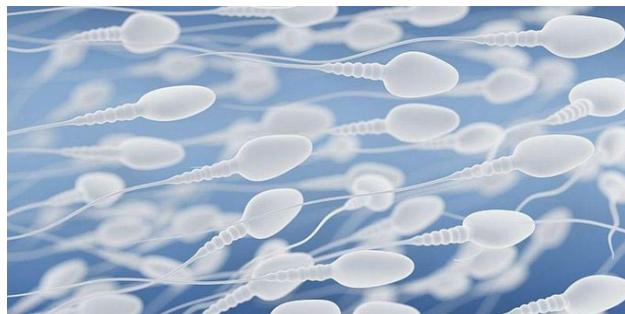
Young men with a poor diet reported a decrease in symptoms of depression when they switched to the Mediterranean diet compared to young men who underwent befriending therapy, a new study shows. Researchers at the University of Technology Sydney observed 72 men aged 18-25 over 12 weeks, according to the study published in [The American Journal of Clinical Nutrition](#). Some were put on the Mediterranean diet, which usually involves eating lots of fruits and vegetables, beans and nuts, healthy grains, fish, olive oil, small amounts of meat and dairy, and red wine. The control group was given befriending therapy, in which they were provided social support. Assessments were taken at the start of the study and after six and 12 weeks. The young men on the Mediterranean diet measured "significantly higher" on the Beck Depression Inventory Scale and a quality-of-life measurement, the study says. The finding suggests doctors and psychologists should consider referring depressed young men to a nutritionist or dietitian, Jessica Bayes, the lead researcher and a doctorate candidate at the UTS Faculty of Health, said in a school [news release](#).



## ADOLESCENT, YOUNG ADULT MALES WITH SICKLE CELL DISEASE LACK KNOWLEDGE OF FERTILITY IMPLICATIONS, STUDY SHOWS

**AJMC, May 12, 2022**

Improvements in the diagnosis and management of sickle cell disease (SCD) have had positive effects on patient outcomes, with most living into adulthood and experiencing less disease morbidity. Therefore, the reproductive health effects of SCD a growing concern, specifically in males— but [a recent study](#) published in Blood Advances found that many adolescent and young adult (AYA) men with SCD lack education about these effects.<sup>1</sup> In males specifically, fertility can be affected by conditions such as priapism, anemia, hypogonadism, and testicular infarction caused by either the disease itself or antineoplastic treatments, such as hydroxyurea. Past research has shown fertility abnormalities in adolescents and men across the life course, both in those treated with hydroxyurea and those not treated with hydroxyurea. There are no specific guidelines for educating at-risk populations, although national organizations recommend counseling patients at risk of SCD and fertility testing in AYA males. Many males with SCD also face barriers to adequate health care, potentially preventing them from receiving education on fertility and SCD or limiting their ability to obtain fertility testing not covered by insurance. Further research would also help form more detailed guidelines and patient education strategy.



## **FROZEN TESTES TISSUE IN MICE STILL VIABLE AFTER TWO DECADES**

Health Day, May 11, 2022

In a finding that offers hope to childhood cancer survivors who may want to have children after they beat their disease, research in rodents shows that testicular tissue frozen for more than 20 years can still produce viable [sperm](#). However, the tissue is less fertile than samples frozen for only a few months. [Childhood cancer](#) survival rates have increased significantly in recent decades, but a serious side effect of treatments such as chemotherapy and radiation is reduced fertility later in life. For boys, a potential method of preserving fertility would be to harvest, freeze and later re-implant testicular tissue, which contains stem cells that produce sperm (SSCs). Previous research has shown that this approach can restore fertility in macaque monkeys, at least after short-term freezing of testicular tissue.



## **BODY-SHAMING BRANDS AND THE MALE MENTAL HEALTH CRISIS**

*While some ads that feature female models have been blasted for encouraging unhealthy body ideals, somehow those for young men have passed largely under the radar.*

**Campaign Live, May 12, 2022**

It has been a year since Instagram joined forces with suicide prevention charity Campaign Against Living Miserably for the CALM Body Talks, launched as a response to joint research into how men between the ages of 26 and 40 felt about their bodies. More than half (58%) of those surveyed felt negative about how they looked – with 48% revealing mental health issues linked to their feelings towards their bodies. And, as we mark Mental Health Awareness Week in the UK, our findings from our [Young Men on Masculinity](#) research revealed that a worryingly younger group of men, those aged between 16 and 24, are also struggling with body positivity and acceptance – 86% of cis men and 95% of trans men think that men face body-shaming and pressure to look a certain way, with 34% of cis and trans men believing this to be at a level equal to or more than women. We surveyed more than 2,000 16- to 24-year-old men across the UK on all aspects of masculinity at the start of the year and while 61% believed that brands have a responsibility in shaping modern masculinity, nearly half of all the young men we questioned (46%) said they didn't feel seen in advertising. Indeed, while the conversation around female body positivity has accelerated and been celebrated with notable campaigns including Sport England's "This girl can", Monki's "Honest swimwear campaign" and Dove's "Campaign for real beauty", that same conversation has not been widely embraced by brands when it comes to male body positivity.



## LET'S HEAR IT FOR THE BOYS: WHY THE REAL PROBLEM IN SCHOOLS IS FOR MALES

*Remarks about girls by Britain's social mobility commissioner obscured the truth of underachievement in schools*

**Financial Times, May 2, 2022**

Across the world, great and growing numbers of women are accessing higher education. Since 1960 in the US, the real story of "gender differences in education" is of women outpacing men, not the other way round. Even academic subjects that were once male enclaves have seen an increase in the proportion of women enrolling. In the UK, although A-level physics remains heavily male-dominated, it has seen small increases in recent years. The number of girls taking computer science, another traditionally male-dominated academic discipline, increased from 9 per cent to 15 per cent from 2017 to 2020, while in 2019 female students taking science at A-level outnumbered males for the first time. The future of Stem (science, technology, engineering and maths) subjects may well look a lot like medicine, where a majority of new applicants are now female. All the evidence suggests that female participation in higher education is growing and that this growth extends even to subjects that have taken longer for historic male dominance to fall away, and that the number of boys falling out of academia is also growing.



## WHY ARAB SCHOOLBOYS ARE GETTING TROUNCED BY GIRLS

*Bullying, beatings and old-fashioned attitudes all play a role*

## The Economist, May 7, 2022

Across the Arab world, girls are less likely than boys to be at school. But in the classroom girls vastly outperform their male peers—to a degree unmatched anywhere else in the world. Boys' shockingly bad school marks are a big drag on Arab economies, as is the continuing oppression of females. Shoddy boys' schools are turning out insecure young men who are more likely to feel that their livelihoods depend on keeping better-educated women out of work. The region's boys and girls both perform badly in international tests. This makes Arab boys' failings all the starker. The World Bank says two-thirds of ten-year-old boys in the Middle East and north Africa cannot read a simple story, compared with more than half of girls (see chart). Eight Arab school systems have the world's widest gender gaps in science, according to international tests of 12-year-olds in 40-odd countries in 2019: in all of them boys score worse. Arab girls almost always outperform boys in high-profile tests of 15-year-olds carried out every three years by the oecd, a club mostly of rich countries. In Jordan, Qatar and the uae the gap in 2015 was equivalent to girls having had an extra year of schooling in science and two extra years in reading.



## AMERICA'S BOYS ARE IN SERIOUS TROUBLE. SCHOOLS CAN HELP

*3 imperatives to giving boys an education worth living for*  
**EdWeek, May 2, 2022**

The ongoing opportunity crisis for Black, Latino, and Native boys deserves our attention. But an even broader, existential crisis lurks below. According to the Brookings Institution, in 2020, men made up only [41 percent of postsecondary student enrollment](#). Throughout American high schools, in the 2018-19 academic year, 45,000 fewer boys than girls graduated. For every 100 women, only 74 men earned a bachelor's degree. Men have a [suicide rate 3.7 times higher](#) than women. Last year, [suicide was the fourth leading cause of death for adolescents](#). A gender gap is now clearly emerging and widening on top of already existing racial opportunity gaps. More cities and towns should come to New York City and visit George Jackson Academy. Then, I hope, more nurturing educational

environments will be created for boys. Here are the lessons that I would hope to teach them:

- Make thinking cool.
- Make reading cool, too.
- Hire more male staff to model how and why thinking and reading are cool.



### **CAN COVID LEAD TO IMPOTENCE?**

*Some studies find higher rates of erectile dysfunction among men recovering from the illness. But other factors related to the pandemic, like heightened anxiety, may also be to blame.*

**New York Times, May 5, 2022**

For a respiratory disease, Covid-19 causes some peculiar symptoms. It can diminish the senses of smell and taste, leave patients with discolored "Covid toes," or even cause a swollen, bumpy "Covid tongue." Now scientists are examining a possible link to an altogether unexpected consequence of Covid: erectile dysfunction. A connection has been reported in hundreds of papers by scientists in Europe and North America, as well as in Egypt, Turkey, Iran and Thailand. Estimates of the magnitude of the problem vary wildly. A paper by Dr. Ranjith Ramasamy, director of reproductive urology at the University of Miami's Desai Sethi Urology Institute, and his colleagues found that the risk of erectile dysfunction increased by 20 percent after a bout with Covid. Other investigators have reported substantially higher increases in that risk.



## RISK FOR PRESENTING TO ED WITH SELF-HARM HIGHER FOR BOYS WITH AUTISM

**Lincoln Journal Star, May 6, 2022**

The risk for presenting to a hospital emergency department with self-harm is increased for boys with autism spectrum disorder (ASD) versus boys without ASD, according to a study published online April 29 in BMC Medicine. Emily Widnall, from King's College London, and colleagues examined whether adolescents with ASD have a higher risk than the general population for presenting to emergency care with self-harm. The analysis included London students (aged 11 to 17 years; January 2009 to March 2013). The researchers found that during the study period, 1,020 adolescents presented to the emergency department with self-harm. The sample for analysis included 113,286 adolescents, of whom 2.2 percent had ASD. There was an increased risk seen for self-harm associated with ASD for boys only (adjusted hazard ratio, 2.79). Additional factors associated with a higher risk for self-harm included school absence, exclusion from school, and having been in foster care. "We know that autistic adults have higher rates of premature death, including increased rates of suicide. Self-harming behaviors, like those explored in the present study, may be the precursor to more serious suicide attempts, so early identification and proactive intervention when self-harm first appears is very important," a coauthor said in a statement. "Autistic people often have more difficulty regulating their emotions, which can contribute to high levels of distress and, because of the communication impairments experienced by many autistic people, professionals may not appreciate the level of distress they are experiencing and the seriousness of these behaviors."

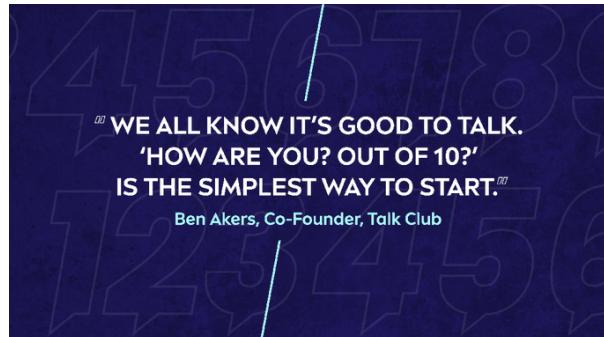


## MENTAL HEALTH HELPLINES FOR MEN OPENING IN GARAGES ACROSS THE COUNTRY

**Wales Online, May 4, 2022**

Ahead of Mental Health Awareness Week, new research from [LV= General Insurance](#) (LV= GI) and its charity partner [Family Action](#) reveals as many as 4 in 5 (81%) men are hiding their problems from their nearest and dearest. The research highlights that nearly 1 in 5 men (18%) didn't know where to turn to when they needed help and support with their problems, with 20% feeling too embarrassed to ask and 17% thinking no one would care. In response to this, LV= is launching a new

initiative to provide men with a safe space to talk about their problems where they'd least expect it - in their local repair garage. The initiative will provide employees and customers at the insurer's branded bodyshops direct, confidential access to someone to talk to via specially designed Family Action phones, installed in many of the insurer's garages up and down the country. Phones will direct users to [Family Action's FamilyLine service](#), a helpline which offers free, support and guidance for adult family members by text, phone, web chat and email. Callers can also be referred to additional services which include counselling, coaching and befriending. The scheme has been launched in garages - where around 90% of the workforce is men - as a means of helping them talk about their problems. Of the family members who reach out to FamilyLine, only 17% of callers so far this year have been men, who have been asking for support with parenting issues and mental health. 2 in 5 men admit they're feeling the pressures of family life more than ever before in 2022, with nearly half (49%) of men sharing they felt they've needed support this year. Despite this, 81% of men admit to hiding their problems from those closest to them and 40% would rather talk to a stranger about their problems than friends or family. Meanwhile, 74% of men report they haven't received the help they've needed so far this year.



## [NIVEA MEN RAISES AWARENESS OF MENTAL HEALTH CRISIS FOR YOUNG BOYS IN ITS DEBUT CAMPAIGN WITH DIGITAS](#)

Global Cosmetics News, May 6, 2022

**THE WHAT?** Beiersdorf-owned Nivea Men has raised awareness about the mental health crisis with young boys in its debut campaign with Digitas, according to the Drum.

**THE DETAILS?** The campaign is called Strength in Numbers and is run in partnership with the charity Talk Club. Launching with a 60-second film featuring members of Liverpool Football Club U8 Academy, as well as children from local primary schools, the film highlights that most mental health problems start before the age of 14.

Directing viewers to Nivea Men Strength in Numbers website, the campaign offers support and advice as well inviting men to share their stories and feelings.

**THE WHY?** Strength in Numbers is the first campaign for Digitas, which won the account in September 2021. Emily Marcham, Nivea Men's Senior Brand Manager, said, "Our ambition with the 'Strength in Numbers' campaign is to change that narrative by helping men to learn how to talk about their feelings and showing that there's strength in coming together both on and off the field."



### [UKRAINE BOYS AND MEN ALLEGEDLY RAPED BY RUSSIAN SOLDIERS, SAYS UN](#)

**The Print, May 4, 2022**

New Delhi: Russian soldiers in Ukraine have been allegedly raping men and boys, United Nations and Ukrainian officials [said](#). UN special representative to end rape in war, Pramila Patten, said in Kyiv: "I have received reports, not yet verified... about sexual violence cases against men and boys in Ukraine." She said it would be very challenging for male rape survivors to report the crime. "It's hard for women and girls to report (rape) because of stigma amongst other reasons, but it's often even harder for men and boys to report... we have to create that safe space for all victims to report cases of sexual violence," she said. "I am working with the different UN agencies to ensure that there are services adapted to the needs of men and boys, because everywhere in many conflict situations, I have observed that there is a lack of services adapted to the needs of men and boys," she added. Patten urged survivors to come forward, warning that dozens of cases reported so far and under investigation was just the "tip of the iceberg". "My promise to you is that international law will not be an empty promise. Today's documentation will be tomorrow's prosecution. And I want you to know that your rights don't end when wars begin," she said.



## [THE SUNSHINE STATE GOES DARK ON ADOLESCENT HEALTH. IT'S A DANGEROUS MISSTEP IN FLORIDA/OPTION](#)

**Miami Herald, May 7, 2022**

The Sunshine State is forcing adolescent health into the shadows — and the consequences could be far-reaching. The Florida Department of Education recently — and quietly — ended its decades-long participation in the Youth Risk Behavior Survey (YRBS), a nationwide survey of high school students sponsored by the Centers for Disease Control and Prevention (CDC). Abruptly ending Florida's survey participation after 30 years means that critically important data needed to support adolescents' health in Florida and nationwide will no longer be available. The need for such data is currently more vital than ever — and the timing of this withdrawal raises serious additional concerns. Adolescents across Florida are still dealing with COVID-related hardships that directly affect their mental and physical well-being. In addition, Florida is proposing and passing bills like the so-called 'Don't say gay' bill, as well as legislation to weaken firearms safety laws. Decades of research tell us that these bills can directly harm adolescent health, though the proponents of these bills claim — erroneously and without scientifically-based evidence — that they are necessary for adolescents' well-being. And yet, rather than politicians proving their point by letting the YRBS continue to track relevant data, they are shutting it down: Better to not have your narrative challenged by evidence.



## [PEOPLE WITH THIS FACE SHAPE ARE SEEN AS MORE AGGRESSIVE: STUDY](#)

**Newsweek, May 4, 2022**

People's face shapes influence how aggressive they are perceived to be, and this effect is most pronounced in young men and elderly women, a new study has suggested. Researchers in Australia set out to investigate something called the facial width-to-height ratio (FWHR), defined as the "width of a face divided by the vertical distance between the highest point of the upper lip and the highest point of the eyelids." In other words, a wider face results in a higher FWHR. According to the [study](#), a higher FWHR in men has been associated with a number of perceptions about their character, including "dominance, aggression, threat and masculinity"—though the accuracy of this is debated. It's also important to note that this study only investigated perceived aggression regarding face shape, and not actual aggression. The study said that FWHR has been speculated as a "secondary sexual characteristic" that might change between sexes during periods of life associated with mate selection. Evidence for sexual dimorphism—differences between male and female—regarding FWHR has been mixed.



## [ENDOCRINE-DISRUPTING CHEMICALS MAY LOWER BONE MINERAL DENSITY IN ADOLESCENT BOYS](#)

**Heilio, May 3, 2022**

Adolescent boys exposed to higher levels of two types of [endocrine-disrupting chemicals](#) may have lower areal bone mineral density, according to study data published in The Journal of Clinical Endocrinology & Metabolism. "[Per- and polyfluoroalkyl substances \(PFAS\) and phthalates](#) are detectable in the blood of almost all individuals in the U.S., but few studies have looked at how these chemicals could be impacting our bone health," Abby Fleisch, MD, MPH, environmental health researcher at the Center for Outcomes Research and Evaluation at Maine Medical Center Research Institute and a pediatric endocrinologist at Maine Medical Center in Portland, told Heilio. "Because bone accrual primarily occurs during adolescence, if replicated, our findings may have implications for lifelong bone health." "Our findings have public health implications because reducing exposure to PFAS and phthalates may improve peak bone accrual in adolescent males and set the stage for improved bone health across the life

span," the researchers wrote. "Exposure to PFAS and phthalates can be reduced through avoidance of impacted consumer products or, more equitably, through public policies requiring substitution of these chemicals with safer alternatives."



## **DOES VARICOCELECTOMY PROTECT FUTURE FERTILITY IN MALE ADOLESCENTS?**

**Physician's Weekly, May 5, 2022**

For a study, researchers sought to compare and examine varicocelectomy and the reproductive markers (hormonal, semen parameters, and testicular volume) of adolescent boys with unilateral high-grade varicocele and associated ipsilateral testicular volume loss who were operated on vs those who were not during 5 years. The secondary goal was to compare the paternity rates in the different groups over time. Investigators conducted a single-center retrospective analysis of a prospectively maintained database from 2010 to 2020. All teenage boys more than 15 years old (middle and late adolescence) with grade II or III unilateral varicoceles with aberrant fertility indicators, who were operated on (Group A) or not operated on (Group B), were included in the study. Changes in the hormonal assay, sonographic assessment, semen analysis at presentation, 1st year, and 5th-year follow-up were compiled and analyzed in both groups. Telephonic or email talks between the 2 groups revealed primary paternity rates. About 110 boys (Group A - 70 boys and Group B - 40 boys) out of 182 boys referred for varicocele therapy met our inclusion criteria and were analyzed. Group A males were 16.5 years (15–18 years) old upon presentation, whereas Group B-boys were 16 years (15–18 years). Both groups had a higher prevalence of Grade III varicoceles. From the time of presentation to the 5th year follow-up, all Group A boys (operated) showed a significant improvement in reproductive markers ( $P<0.001$ ). There was no substantial improvement in the fertility indicators above in Group B (boys who were not operated on). At the 5th year follow-up, Group A's testicular catch-up growth was 92%, while Group B's was 42%. The paternity rate in Groups A and B was 80% and 36%, respectively, after a long follow-up period. Surgical treatment of high-grade unilateral varicoceles that impaired hormonal assay, testicular volumes, and semen characteristics in adolescent boys could normalize these values, safeguarding their fertility in the long run.

## [Adolescent health outcomes: associations with child maltreatment and peer victimization](#)

BMC Public Health, May 6, 2022

### **ABSTRACT**

#### ***Background***

Child maltreatment (CM) and peer victimization (PV) are serious issues affecting children and adolescents. Despite the interrelatedness of these exposures, few studies have investigated their co-occurrence and combined impact on health outcomes. The study objectives were to determine the overall and sex-specific prevalence of lifetime exposure to CM and past-month exposure to PV in adolescents, and the impact of CM and PV co-occurrence on non-suicidal self-injury, suicidality, mental health disorders, and physical health conditions.

#### ***Conclusions***

Experiencing both CM and PV substantially increases the odds of poor health outcomes among adolescents, and moderating relationships affect females and males differently. Continued research is needed to develop effective prevention strategies and to examine protective factors that may mitigate these adverse health outcomes, including potential sex differences.



## [HARRY'S GRANTS TEAM: CHANGING MINDS \\$5M TO LAUNCH YOUTH-FOCUSED MENTAL HEALTH INITIATIVE](#)

PR Newswire, April 29, 2022

Today, [Harry's](#) announced the winner of its Open Minds Initiative: a search for the next great idea to change the state of mental health in the U.S. Through Harry's partnership and the donation of \$5M the winner will bring their idea to life over the next three years. After months of reviewing game-changing ideas and applications, Harry's has selected *Team: Changing Minds* as the winner of the Open Minds Initiative. *Team: Changing Minds* will launch a groundbreaking national network of mental health responders dedicated to helping teens and young men recognize signs of early mental health challenges and connect them to resources for support. The program will leverage the wide appeal of video games and youth sports to train over 200,000 youth and adult mental health responders who are active in these and other popular youth activities, with the goal of reaching 1 million people in its first 3 years. While half of all chronic mental health challenges begin by age 14, it takes

over ten years on average until most people access help, with Black, Indigenous and other young men of color least likely to access support. By increasing the number of young men who connect to support earlier in their life trajectories, *Team: Changing Minds* offers promise to decrease suicides in the U.S. among men, who currently make up 79% of deaths from suicide." "Of all demographic groups, young men are the least likely to get mental health support. The consequences are devastating and we, at Harry's, understand that there is so much more work to be done in the space," said Harry's co-founder and co-CEO Jeff Raider.



## IT'S OKAY TO NOT BE OKAY

*The mental health epidemic in college athletics*

**JTAC News, April 29, 2022**

The image of a college athlete is someone who is tough, strong, and talented. However, while we only see what is happening on the exterior, we do not always see the internal battles they may be facing. When an athlete gets injured, they are told to shake it off. That might be easy to say when it comes to a physical injury, but the mental battles athletes face are far less simple. For so long, many athletes have been quiet about the depression, anxiety, and suicidal thoughts they face. The stigma surrounding college sports and mental health often leaves athletes feeling as though they need to put their mental health on the back burner. "Among college athletes with mental health conditions, only 10% seek help," Christie Campus Health stated. Athletes are slowly beginning to speak up about their experiences with mental health. Tarleton Basketball player, Shamir Bogues, shared his experience with mental health challenges coming from a male athlete's perspective. Bogues believes that while many men struggle with mental health, they are less likely to come forward. "Men don't want to come forward and talk about their problems because they are supposed to fit the role of being what society deems as 'manly,' so they do not want to be seen as weak," Bogues stated. Over the recent years, well-known athletes have begun to raise awareness about the importance of

their mental health. This movement amongst athletes has instilled confidence in their community and given fellow athletes the courage to come forward with their stories.



## [UK EDUCATION DEPARTMENT STUDY: TEEN BOYS FARED BETTER UNDER COVID-19 PANDEMIC CONDITIONS](#)

**The Mandarin, April 27, 2022**

A study of adolescent mental health in the UK has found that cases of high depressive symptoms would likely be around 6% lower if the pandemic had not happened, and suggest young girls were more negatively impacted than their male peers. University College London researchers compared the wellbeing of around 5,000 teens in a natural school-based environment during the pandemic with adolescent mental health during non-pandemic times. Students from five schools were subject to three different mental health and wellbeing interventions (mindfulness, relaxation and strategies for safety and wellbeing) and organised into two parallel-group cluster randomised controlled trials (RCTs). They then gave periodic responses to online surveys. "Exploratory analyses suggest that the impact of the pandemic may have been greater in females, with females exposed to the pandemic showing greater depressive symptoms, externalising difficulties and lower wellbeing," the paper said. "Adolescents of higher socio-economic position showed a greater difference in life satisfaction between the control and COVID-19 group." The UK-based study was also able to use data from an ongoing regional cohort collected for the Wirral Child Health and Development Study. The findings of the observational study estimated higher depressive symptoms, post-traumatic stress disorder and externalising difficulties, and lower life satisfaction for youths who experienced the pandemic years.



## **SEXUAL ABUSE: WHY YOUNG MALES ARE OFTEN INVISIBLE VICTIMS**

**Health E-News, April 25, 2022**

Young boys and men, who are victims of sexual abuse, choose to rather suffer in silence than seek help or speak up. The fear of being ridiculed or labelled 'weak' is a step too far for them and they often face the trauma alone. According to Dr Shaheda Omar, Director of Clinical Services at The [Teddy Bear Clinic](#) (TTBC), many factors continue to hinder young boys from seeking help. "Traditions and culture minimise the impact of sexual abuse and sexual assault on the boy child. When a disclosure is made, the blame is shifted and the boy victim is either accused of lying or in some way being responsible for the crime. Male victims must also often confront unsympathetic attitudes, especially if they choose to report the crime. They may also lack support from family and friends," said Omar. [UNICEF](#) states that sexual abuse is the "actual or threatened physical [intrusion](#) of a sexual nature, whether by force, or under unequal or coercive conditions, perpetrated by aid workers against the children and families they serve". Omar confirmed that myths remain a barrier to the harsh realities of sexual abuse. "The reality is that it can happen to any boy regardless of his size, strength, appearance, race or culture. It can also happen anywhere, at school, at home or in cars, at sports grounds and in change rooms," she said.



## **WHY MASCULINITY DOESN'T HAVE TO BE TOXIC**

*Toxic masculinity is a constricted version of manhood that has many perils.*

**Psychology Today, April 30, 2022**

It is not a criticism of masculinity but rather a constricted version of masculinity. The traditional view holds that men are **assertive**, in control, powerful and courageous, and competitive. By contrast, toxic masculinity might entail being aggressive rather than assertive, controlling rather than in control, **risk-taking** rather than courageous, and dominating rather than competitive. Toxic masculinity entails an intense need and desire for power that may fuel the assertion of that power over others—in the form of misogyny, **racism**, and homophobia. Toxic masculinity is a narrowly defined way of being a man, one that can undermine genuine connection, **empathy**, and compassion. The term “toxic masculinity” covers a broad range of attitudes and behaviors, which may or may not all be present in one individual. Specifically, some men may exhibit one, a few, or many of the characteristics that define it.



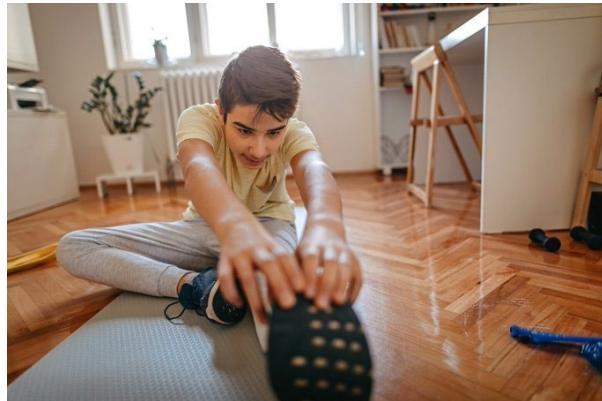
## **THE POTENTIALLY DEADLY PURSUIT OF MUSCLE MASS**

*— Body image concerns aren't just a women's issue*

**Medpage Today, April 29, 2022**

Even though men might be more reluctant to admit it, they're plagued by body image concerns, too. In fact, body image dissatisfaction is a significant concern for males as young as **6 years old**. In 2020, men in the U.S. had more than **13 million** cosmetic procedures -- most often rhinoplasty, blepharoplasty, or cheek implants; the top three minimally invasive procedures were botulinum toxin, laser skin resurfacing, and laser hair removal. For many boys and men, body image concerns are tolerable and not particularly problematic. But for some -- those with muscle dysmorphia and other forms of body dysmorphic disorder (BDD) -- body image concerns can be deadly. Muscle dysmorphia has some similarities to eating disorders, but not all men with muscle dysmorphia have abnormal eating behavior. In fact, muscle dysmorphia is classified not as an eating disorder but as a form of BDD. BDD is a common but underrecognized psychiatric disorder that afflicts nearly as many males as females. It usually onsets during adolescence and is associated with very **high rates of suicidality**. Suicide attempts appear **even more common** in men with muscle dysmorphia than with other forms of BDD. People with BDD are preoccupied with the belief that there's something wrong with how they look -- that they look unattractive, abnormal, or ugly. In reality, the physical flaws they perceive aren't visible to others or appear only slight. In other words, people with BDD have distorted body image, like those with anorexia nervosa. This is likely due to visual

processing abnormalities -- distortion of what the person actually sees -- which may be [even more severe](#) in BDD than in anorexia nervosa. So, men with muscle dysmorphia actually look normal, or -- if they use anabolic-androgenic steroids -- excessively muscular.



## [WHAT PARENTS NEED TO KNOW ABOUT THE HIDDEN BODY IMAGE ISSUES IN BOYS](#)

**The Washington Post, April 26, 2022**

For decades, parents have understandably focused their worries about negative body image on their daughters, who are exposed to an avalanche of body pressures early on, from princess culture to Barbie's tiny waist. But boys grow up under similar influences and pressure to be stronger, leaner, taller. Despite the popular image of eating disorders and body shame as a unique threat to girls, experts and clinicians who work with children are sounding alarms about boys, who they say are probably underdiagnosed. "We've had this artificial sense that it doesn't affect guys," says [Stuart Murray](#), director of the eating disorders program at the Keck School of Medicine at the University of Southern California. "What we know now is eating disorders are increasing in boys and men but can present differently" than they do in girls. The more common manifestation of eating disorders in boys is "muscularity oriented," Murray says. Boys worry about getting enough protein so they can be strong and build muscle, but they are desperate to stay lean. This is a nearly impossible combination. The quest to get fit can lead to restricting calorie intake, exercising obsessively and following dangerous trends — like "[dry scooping](#)," the practice of swallowing a scoop or more of protein powder, supposedly to help gain more energy to work out. "There are whole layers that boys are facing that we're just starting to understand," Murray says.

A PARENT'S GUIDE TO  
Young Male Sexuality,  
Sex Education and Gender Identity

This resource examines issues surrounding sexual health in adolescent and young adult (AYA) males and highlights gaps in care and the need for more sexual education in this population. Studies show that use of sexual and reproductive health care services by young males is low, for a variety of reasons. Principal among these is the fact that the components of young men's sexual and reproductive health care have been poorly defined and have historically received little attention.

In addition, data show that primary care providers are 3 times more likely to take sexual health histories from female patients than male patients and twice as likely to counsel female patients on the use of condoms. Finally, sexually transmitted infections (STIs) are more likely to be asymptomatic among males.

According to the Centers for Disease Control and Prevention (CDC), sexual education is critical for adolescents. Many adolescents, however, do not have access to such services in schools, or they do not seek them out. For example, only 2% of schools across states and 12% of schools across large urban school districts provide condoms to students.<sup>1</sup> School-based sexual health services recommended by the CDC include not only condom availability programs but screening for sexually transmitted diseases (STIs) and sexual health awareness campaigns.<sup>1</sup>

The principal purpose of this resource is to educate parents and others about the dangers to health and wellbeing that young adult males may face if they lack support and care for or education about their sexuality and issues related to it. Our goal also is to provide resources that parents can use to take action to address those gaps.



The Partnership for Male Youth  
April 2022

## PMY RELEASES GUIDES FOR PARENTS OF YOUNG MALES

PMY has released two guides for parents of young males, on [Sexuality, Sex Education and Gender Identity](#) and on [Sexually Transmitted Disease and HIV](#). The guides are unique in their focus on young males. "We're pleased to release these two important guides for parents and other caregivers," said David Bell, MD, PMY Board Chair. "Parents of young males often search for this kind of information. It is our hope that these guides will make that search much easier," he said.

The downloadable guides can be found on PMY's website [here](#).



## **BOYS ARE MORE DEMANDING THAN GIRLS BEFORE THEY ARE BORN**

**Neuroscience News, April 26, 2022**

Finding out the sex of a baby during pregnancy could lead to better life chances, a new Cambridge study has discovered. Male baby pregnancies are more likely to result in complications, possibly because they grow faster in the womb and require more nutrients and oxygen than supplied by the mother through the placenta – the temporary organ that attaches to the wall of the uterus during pregnancy to help the fetus grow and develop. Now scientists have discovered the sex of a fetus can affect how well the placenta actually functions along with factors such as diet-induced maternal obesity and stress, after studying pregnancies in lab mice. Around one in 10 women are affected by pregnancy disorders, such as fetal growth restriction and pre-eclampsia – a life-threatening high blood pressure condition for both mother and child – but these can be difficult to predict and treat. The new research suggests that designing individual treatment plans and encouraging pregnant women to make lifestyle changes based upon the sex of their unborn babies could have lifelong health benefits for their children – and spell the end of the tradition of waiting until the baby is born to find out whether it is a boy or a girl.



## AUTISM, ADHD AND SCHOOL ABSENCE ARE ASSOCIATED WITH INCREASED RISK FOR SELF-HARM IN ADOLESCENTS

News Medical Life Sciences, April 29, 2022

Research led by King's College London and South London and Maudsley NHS Foundation Trust has analyzed factors associated with self-harm in over 111,000 adolescents aged 11-17 years old. Published in BMC Medicine the study found that the risk for self-harm presenting to hospital emergency departments was nearly three times higher for boys with autism spectrum disorder (ASD) compared to boys without ASD. Attention Deficit Hyperactivity Disorder (ADHD) was a strong predictor of self-harm for both boys and girls with approximately a four-fold increased risk for self-harm amongst those with ADHD. Absence from school was also associated with increased risk for self-harm: for those young people with less than 80 per cent attendance the risk of hurting themselves was three times greater. Part-funded by the National Institute for Health and Care Research (NIHR) Maudsley Biomedical Research Centre and the Wellcome Trust, this is the first long-term investigation of adolescent self-harm and ASD using linked school and hospital data in England. The research provides valuable insight into those groups most at risk, representing an important step in developing preventative strategies for self-harm.



## LGBTQ YOUTH WITH AUTISM 50% MORE LIKELY TO ATTEMPT SUICIDE, SURVEY FINDS

Axios, April 29, 2022

LGBTQ youth who have been diagnosed with autism were over 50% more likely to attempt suicide in the past year compared to LGBTQ youth who have never had an autism diagnosis, [according to a research brief](#) published Friday by The Trevor Project, an organization that provides crisis intervention and suicide prevention services to LGBTQ youth under 25.

**Why it matters:** Previous studies have shown that people diagnosed with autism spectrum disorder have an increased risk for [suicide attempts and deaths](#), but research on the condition has [historically focused on cisgender boys](#).

- "Even though current research into sexual health and sexual orientation of autistic adolescents and adults is limited in size and scope, it is clear that differences in these areas may leave autistic individuals vulnerable to wide-ranging negative consequences with regards to both mental and physical health," researchers [wrote in a 2021 study](#) published in the journal *Autism Research*.

**Details:** The Trevor Project's survey of 34,759 LGBTQ youth found that both youth who had been diagnosed with autism as well as youth who suspected they may be autistic had slightly greater odds of seriously considering suicide in the past year.

- Youth who suspected that they may be autistic reported the highest rates of anxiety (79%) and depression (71%) compared to youth who have autism diagnoses and those who do not.
- Youth who had been diagnosed with autism also reported higher rates of recent anxiety (77%) and depression (66%) compared to youth who had never been diagnosed with autism.

**What they're saying:** "These findings highlight the urgent need for mental health providers to offer both LGBTQ-affirming and autism-affirming counseling services to autistic LGBTQ youth," the Trevor Project said in the brief.



## ADOLESCENT HANDGUN CARRIAGE INCREASING IN THE UNITED STATES

*Significant increases seen especially among rural, White, and higher-income adolescents*  
**Health Day, April 26, 2022**

Adolescent handgun carriage is increasing, especially among rural, White, and higher-income adolescents, according to a study published online April 26 in *Pediatrics*. The researchers observed a significant increase in handgun carriage, especially among rural, White, and higher-income adolescents. Over cohorts, carriage increased by 41 percent, with an increase in predicted prevalence rates from 3.3 to 4.6 percent in 2002-2006 to 2015-2019. Across cohorts, carriage was most likely to be reported among rural, American Indian/Alaskan Native, lower-income (<\$20,000), male, and older (16 to 17 years) adolescents (5.1, 5.2, 3.9, 5.9,

and 4.5 percent, respectively). Over time, these patterns changed significantly; in the most recent cohorts, White and higher-income adolescents (>\$75,000) were more likely to carry. Between the 2002-2006 and 2015-2019 cohorts, predicted carriage rates increased from 3.1 to 5.3 percent among Whites, from 2.6 to 5.1 percent among higher-income adolescents, and from 4.3 to 6.9 percent among rural adolescents. "Our findings underscore the need to develop intervention programs and policy solutions that are tailored to different subgroups of adolescents and which address underlying structural and sociocultural, as well as family and individual, determinants of carriage," the authors write.



## **SHOULD MEN BE WORRYING ABOUT SEX DISCRIMINATION?**

*A new report shows that a sizable share of men believe they could face gender discrimination. And the gap between men and women on many issues is growing*

**Deseret News, April 30, 2022**

Are men losing ground in America? An increasing share say they face discrimination or other forms of backlash because they are male. That's according to "[Politics, Sex and Sexuality: The Growing Gender Divide in American Life](#)," a new report from the Survey Center on American Life at the American Enterprise Institute, which looks at differences in perspectives and circumstances between men and women. Among the pressures worrying men:

- Nearly 4 in 10 young men say they were criticized growing up for not being manly or masculine.
- An increasing number of men believe discrimination against men is as big a problem as discrimination against women.
- More than 4 in 10 adults believe "white men are too often blamed for problems in American society today."

The report also finds a growing chasm in how men and women view certain issues and aspects of life that is striking, said Daniel A. Cox, director and founder of the survey center and a senior fellow in polling and public opinion at the institute. In the report, he and research assistants Beatrice Lee and Dana Popky refer to the debate over the ways that men and women are different as a "cultural and political flashpoint." "Even as we wrangle over why men and women approach politics, sex

and sexuality, and relationships differently, there is evidence that in some places the gender gap is growing larger," they wrote.



## [ADOLESCENTS SEEN BY A RESIDENT MORE LIKELY TO RECEIVE HPV VACCINE](#)

**Healio, April 27, 2022**

Adolescents seen by a resident for preventive care were more than four times as likely to receive an HPV vaccination than those seen by a pediatric or advanced care practitioner attending alone, researchers reported here. Co-author Kelly A. Cann, MD, is a pediatric resident physician at Cohen Children's Medical Center in Manhasset, New York. "Previous studies have investigated the impact of residency specialty on HPV vaccination recommendations, with pediatric residents having the highest recommendation rate when compared to other primary care residents and family medicine, and other studies have focused on the impact of a provider self-reported knowledge and comfort with HPV vaccination recommendations on HPV vaccination rates and their practices," Cann said in her presentation. "But the impact of pediatric providers on HPV vaccination rates remains unknown." Cann said previous studies have looked at the impact of residency training type and provider age on HPV vaccination recommendations. "However, the impact of pediatric provider type — [such as] attendings, residents, advanced care practitioners — on HPV vaccination rates is unknown," Cann said.



[SEXTORTION SCHEMES TARGETING YOUNG BOYS ARE ON THE RISE.](#)

## **FBI SAYS**

The FBI is [warning of a rise in sextortion](#) schemes targeting teen boys.

**mlivw.xom, April 20, 2022**

The FBI's Detroit Field Office is receiving reports of adults posing as young girls on social media to coerce young boys into producing sexual images and videos. Once those images or videos are sent, the victim is threatened with exposure unless they pay the perpetrator. Sextortion begins when an adult contacts a minor over any online platform used to meet and communicate, such as a game, app or social media account, officials said. In a scheme that is becoming more prevalent, the predator convinces a male teen, usually 13 to 17 years old, to engage in explicit activity over video, which is then secretly recorded by the predator. The predator then reveals they made recordings and attempts to extort the victim for money to prevent them from being posted online. This crime, which includes coercion of a child to produce child sexually abusive material, carries "heavy penalties," officials said, including up to life in prison. To stop these crimes, victims must come forward, officials said. Embarrassment often prevents the victim from telling an adult. These predators can have hundreds of victims around the world; coming forward helps law enforcement prevent future victimization. "We recognize victims may be hesitant to come forward and report these incidents," said Special Agent James A. Tarasca of the FBI's Detroit Field Office. "If you are a victim and don't feel comfortable reporting directly to law enforcement, we encourage you to reach out to a trusted adult who can help you. Your brave decision to come forward can not only help us identify the criminal but could also prevent another young person from being victimized."



## **SECONDARY PSYCHOPATHY IN HIGH SCHOOL BOYS POSITIVELY PREDICTS FUTURE DATING INVOLVEMENT, STUDY FINDS**

**PsyPost, April 23, 2022**

Psychopathic personality traits in adolescents are associated with delinquency and delinquency can contribute to future dating success for boys, according to new research published in the journal [Evolutionary Psychology](#). Psychopathy is considered as a personality disorder and is associated with a number of negative outcomes. But some scientists have argued that the reproductive tactics associated with psychopathy indicate that the condition is an evolutionary adaptation. For example, [a study from Serbia](#) found that inmates who scored higher on a test of psychopathy tended to have more children. "Higher impulsivity in Grade 10 predicted more delinquent behavior in Grade 11, which then predicted being in a

dating relationship in Grade 12," Davis and Vaillancourt told PsyPost. "However, the results seemed to apply specifically to boys and not to girls. These findings seem to provide some support for the popular idea that impulsive and delinquent 'bad boys' are attractive dating partners in adolescence."



### **HOW ABUSIVE PARENTS MAY RAISE CHILDREN TO BE SAME**

*WHO found that adolescents are more likely to justify GBV than adults.*

**The Star.Ke, April 20, 2022**

Parents are the biggest influence in their children's lives. Therefore, the way they parent affects their children significantly. Parents who are constantly fighting, for example, are toxic to their children. Toxic parenting refers to parents being abusive, neglecting, or generally, putting their children's well-being at risk. Emily Chebet, a social worker from Uasin Gishu says that the effects on children in the present and future can be very adverse. She says that they may grow up with trust issues and often feel dissatisfied with themselves and the course of their lives. "They constantly fixate on their flaws, incompetence and inadequacies they perceive in themselves making it hard for them to have meaningful relationships," she said. A UN Women study in 2020 also found that boys exposed to abuse were more likely to perpetrate violence against women and children in the future.

A PARENT'S GUIDE TO  
Young Male Sexuality,  
Sex Education and Gender Identity

This resource examines issues surrounding sexual health in adolescent and young adult (AYA) males and highlights gaps in care and the need for more sexual education in this population. Studies show that use of sexual and reproductive health care services by young males is low, for a variety of reasons. Principal among these is the fact that the components of young men's sexual and reproductive health care have been poorly defined and have historically received little attention.

In addition, data show that primary care providers are 3 times more likely to take sexual health histories from female patients than male patients and twice as likely to counsel female patients on the use of condoms. Finally, sexually transmitted infections (STIs) are more likely to be asymptomatic among males.

According to the Centers for Disease Control and Prevention (CDC), sexual education is critical for adolescents. Many adolescents, however, do not have access to such services in schools, or they do not seek them out. For example, only 2% of schools across states and 12% of schools across large urban school districts provide condoms to students.<sup>1</sup> School-based sexual health services recommended by the CDC include not only condom availability programs but screening for sexually transmitted diseases (STIs) and sexual health awareness campaigns.<sup>1</sup>

The principal purpose of this resource is to educate parents and others about the dangers to health and wellbeing that young adult males may face if they lack support and care for or education about their sexuality and issues related to it. Our goal also is to provide resources that parents can use to take action to address those gaps.



The Partnership for Male Youth  
April 2022

## PMY RELEASES GUIDES FOR PARENTS OF YOUNG MALES

PMY has released two guides for parents of young males, on [Sexuality, Sex Education and Gender Identity](#) and on [Sexually Transmitted Disease and HIV](#). The guides are unique in their focus on young males. "We're pleased to release these two important guides for parents and other caregivers," said David Bell, MD, PMY Board Chair. "Parents of young males often search for this kind of information. It is our hope that these guides will make that search much easier," he said.

The downloadable guides can be found on PMY's website [here](#).



## MALE TEENS WITH SICKLE CELL DISEASE UNAWARE OF RELATED FERTILITY ISSUES

**Physician's Weekly, April 22, 2022**

Many adolescent and young men with sickle cell disease (SCD) and their caregivers are unaware of fertility concerns associated with the disease, according to a study published online April 20 in *Blood Advances*. The researchers found that patients and caregivers frequently responded incorrectly or with uncertainty to the Fertility Knowledge and Attitudes Questionnaire items assessing fertility-related knowledge, with 35 percent of patients and 47 percent of caregivers expressing unfamiliarity with how to obtain a semen sample and its purpose (30 and 20 percent, respectively). Older patient age was associated with greater knowledge that SCD might make it more difficult to have a biological child. Roughly one-third of patients and caregivers (37 and 33 percent, respectively) reported an interest in obtaining a semen analysis, while 11 and 40 percent, respectively, said they were not interested. Patients' preference (45 percent) was to provide the sample "in a private place in the hospital and to have our family transport it to the testing center" (versus producing the sample "at home" or "at the testing center" and "having someone else transport it to the testing center"). "A developmentally appropriate and inclusive approach to creating fertility-related educational materials and addressing fertility testing barriers is critical for this population, given low health literacy considerations, and limited health care access," the authors write.



## [A DENVER SCHOLARSHIP FOUNDATION WANTED TO KNOW HOW TO HELP HISPANIC MEN GET TO COLLEGE. HERE'S WHAT IT FOUND](#)

Chalkbeat, April 19, 2022

What barriers do Hispanic men face getting to and graduating from college? That's the question Denver Scholarship Foundation leaders asked Hispanic men about their challenges. They variously listed a lack of funds, information, support, and individual attention, plus family responsibilities. None of this was surprising. But the strong sense of obligation students have to community and family and how it stymies individual ambition caught the attention of foundation leaders. "It's not easy for young brown men," said Nate Cadena, the foundation's chief operating officer. "There are certain roles, certain expectations, certain cultural norms, that don't necessarily invite individualism, especially if it's taking them away from their extended family or community. There's this unspoken language of their culture — their community — that doesn't necessarily foster individualism and exploration." About two out of five Hispanic men who graduate from a Colorado high school go to college. When they get to college, most don't graduate. At Colorado's public four-year universities, just 41% of Hispanic men graduate. At community college, less than a third graduate.



## [NO COUNTRY FOR YOUNG MEN](#)

*The US right is selling the impressionable an ever weirder vision of maleness*

Financial Times, April 22, 2022 (paywall)

Don't envy the young men of America. To their left: problematisers of masculinity. To their right: a cartoon version of it. If most end up charting a sensible course, they won't have the ambient culture to thank. And of the two pincers in this movement, the right is much the harder to forgive. It thinks it is helping. In a 1981 essay, Gore Vidal invented the label of "American sissy". He applied it to those who peddled a try-hard and ultimately unconvincing kind of virility. Theodore Roosevelt (all that hunting) and Ernest Hemingway (all that fishing) were cited as classics of the type. One insinuation was that such outward ruggedness is, like conspicuous patriotism, often a clue that something nearer the opposite lurks underneath. The other — and the Sage of Amalfi was too coy to spell it out — was that real manliness lies not in physicality but in a free and impudent spirit. The spirit it takes to, say, publish a gay

novel in 1948, and mock a Washington ruling class that one was born into. It is that richer notion of masculinity that US conservatives have thrown aside for footage of men launching spears and slurping raw eggs. The continent to which Vidal self-exiled for much of his life is, I wager, now easier than America to be young and male in. On the left, "Anglo-Saxon" wokery, as some there see it, is less pronounced. (Sometimes for the worse: Europe can be more chauvinist than its liberal American admirers perceive from afar.) Still, the impressionable will watch. I have met them on campuses and get emails from them. Many will, I sense, sign up to (Tucker) Carlsonism not out of conviction, but as a refuge from a new left that strikes them as hostile. It is no less of a dead end for that.



## WHY SEXUAL ABUSE AMONG YOUNG BOYS REMAINS UNADDRESSED

**Deccan Herald, April 13, 2022**

A multi-country study on young boys who have survived sexual abuse has revealed that while 1 in 6 boys experiences sexual abuse globally, abuse among them remains largely unacknowledged and unaddressed, owing to the dominant perception that boys cannot be abused. The study, conducted in India, Nepal, Cambodia and the Philippines, said that boys receive less protection due to the freedom that they enjoy in comparison to girls. Widespread incomprehension about the potential for sexual violence against boys is mirrored in embarrassment amongst caregivers, community members and boys themselves, and disbelief by authority figures, contributing to under-reporting and social isolation," the findings of the report stated. Findings in India stated that a majority of abusers were those known to the boys and young men. This included close relatives, neighbours, older friends and adult acquaintances.



## **FBI SAYS MORE TEENAGE BOYS IN UTAH BEING EXTORTED BY ONLINE PREDATORS**

**KSL News Radio, April 14, 2022**

Federal investigators say there is a troubling spike in the number of teenage boys getting sexually exploited and extorted by online predators. They say victims are being tricked into sending sexually explicit images, then being blackmailed for money. Investigators say it's a typical catfishing scam. However, the predators are targeting boys between the ages of 14 and 17 years old. That's a group that officials say is especially vulnerable to this kind of tactic. The suspects will pose as a teenage girl and befriend the boys online. As they chat, the boys divulge personal information about themselves, like the names of their family members and where they go to school. Eventually, the conversation turns sexual. [FBI](#) Supervisory Special Agent Dustin Grant said, "Sometimes, they even send images that look like a young female, and in return, the boys are reciprocating images of themselves which then are used for extortion schemes, specifically for money." Grant says once the predators have the pictures or videos they want, they reveal themselves to their victims and demand money. Since they have so much of their victim's personal information, they can easily intimidate the boy they scammed. "They threaten to send those videos, once they get them, to family members and friends if they do not send money," Grant said.



## STDs MAY BE MORE COMMON THAN THOUGHT AMONG U.S. HIGH SCHOOL KIDS

Health Day, April 11, 2022

Too few sexually active teens are getting tested for sexually transmitted diseases (STDs), according to a new report by U.S. health officials. In all, just 20% of sexually active high school students said they were tested for an STD — now called sexually transmitted infections (STIs) — in the past year, according to researchers from the U.S. Centers for Disease Control and Prevention. "The prevalence of sexually active high school students getting tested for an STI in the past year is relatively low, despite national guidelines," said study co-author Sanjana Pampati of the CDC's division of adolescent and school health. The study data, from the nationwide Youth Risk Behavior Survey, were collected in 2019, before the COVID-19 pandemic, and Pampati said it's likely that the pandemic further disrupted access to and use of STI testing services. Among the 20% who reported being tested, 26% were girls and 14% were boys. An estimated 30% of teens are sexually active, according to the CDC. The most common STIs are [human papillomavirus](#) (HPV), [chlamydia](#), [gonorrhea](#), [HIV](#) and [syphilis](#). "More sexually active girls reported testing, especially at older ages, and boys who reported greater sexual risk behaviors, like higher number of sex partners and using drugs or alcohol before sex, also reported having been tested for an STI in the previous year," Pampati said.



## WHO GROUP ENDORSES 'GAME-CHANGER' 1-DOSE HPV VACCINATION

Center for Infectious Disease Research and Policy, April 12, 2022

The World Health Organization's (WHO's) Strategic Advisory Group of Experts on Immunization (SAGE) late last week said one dose of the human papilloma virus (HPV) vaccine—not the standard three-dose regimen—offered good protection against cervical cancer, a move the WHO is calling a "game-changer." SAGE said the updated guidance on the vaccine schedule follows recent evidence that one-dose

regimens perform just as well as two- or three-dose schedules and will lead to wider uptake and better adherence in low-income countries.

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## INSTAGRAM AND SNAPCHAT SUED FOR ADDICTION LEADING TO TEEN BOY'S SUICIDE

DIY Photography, April 13, 2022

Another lawsuit has been filed against Snap Inc. and Meta and their impact on a teen's mental health. The Social Media Victim Law Center sued the two companies over the "burgeoning mental health crisis" in children and teenagers in the U.S. In this particular case, the Snapchat and Facebook and Instagram parent companies have been sued over the suicide of a 17-year-old boy. [The lawsuit](#) was filed on behalf of Wisconsin boy Christopher J. Dawley on 7 December 2021. The young boy took his own life in January 2015, and according to the suit, it was partially caused by his Instagram and Snapchat addiction. In the lawsuit, the social networks are referred to as the "[unreasonably dangerous and defective social media products](#)." Furthermore, the lawsuit claims that Snap and Meta "make a profit by finding unique and increasingly dangerous ways to capture user attention and target advertisements to their users." In other words, they profit from maximizing user screen time (which I'd say definitely is the case). In addition, both social networks have "designed complex algorithms to addict teen users," as the suit claims further.



## NEW STUDY NOW FINDS YOUNG MALE ADULTS STRUGGLE TO CONTROL HYPERTENSION

## **Newswire, April 14, 2022**

Hypertension is undeniably prevalent today, and this is why more and more experts strongly warn against this condition. Scientists have even been carrying out studies to learn more about this disease. A study was published in Hypertension, which is the official peer-reviewed journal of the Current Medical Concepts endorsed by The Indian Society of Hypertension and World Hypertension League. In this research, the investigators found that young male adults were particularly behind in areas of hypertension management. The study was based on national health survey data involving more than 41,000 people taken from 1999 to 2014. It is worth mentioning that only half of the 6.7 million young adults with high blood pressure in 2013-14 received treatment and only 40 percent got their blood pressure under control. The researchers further stressed that young men had reduced rates of awareness, treatment, and control when compared to young women. According to lead study author Yiyi Zhang, Ph.D., their study identified shortfalls in high blood pressure screening and management among young adults and especially young adult males. Zhang is an associate research scientist at Columbia University Medical Center in New York.



## **REVIEW**

### **Richie Sadlier's guide to sex and relationships for teenage boys**

*A modern guide to sex, porn, relationships, consent and intimacy. Written especially for boys in secondary school this is a sensitive, considered guide to the often-complicated landscape of sex.*

**The Irish Times, April 16, 2022**

Being a teenage boy can be tough. In a world of conflicting messages about what it means to be a man, it can be hard to know where to turn for reliable, appropriate guidance. Richie Sadlier's Let's Talk separates sex ed fact from fiction by breaking down the basics of sex and relationships in an honest and accessible way for today's teens. Drawing on his experience of working closely with teenage boys, topics include an overview of human sexuality; relationships and dating; consent; how to handle sexting, breakups and trust issues; porn vs real-life intimacy; and knowing how to tell the difference between attraction, infatuation and love. Central to the book is the importance of communicating and respecting choices when it

comes to sexual relationships, as well as understanding the factors that can affect a person's ability to choose and to give consent.

Richie Sadlier is a former professional footballer, currently working as a television pundit, psychotherapist and mental fitness teacher. Since retirement from the professional game he has also worked as a football agent, as CEO of St. Patrick's Athletic FC, as a columnist for the Sunday Independent and as Head of Youth Recruitment at Millwall's Academy. He is a regular contributor to the Second Captains sports podcasts and to RTÉ radio. His memoir Recovering, won the Irish Sports Book of the Year award at the 2019 APIBAS.

## ABSTRACT

### [\*\*Level playing field: young males, masculinity and mental wellbeing through sport\*\*](#)

**BMC Public Health, April 14, 2022**

In Australia, and throughout the world, it is evident that the mental health and wellbeing of young males aged 15–24, is not a priority. In Australia suicide is the leading cause of death in people aged 15–24 years and 75% are male (Australian Institute of Health and Welfare. Australian hospital statistics 2011–12, 2021). It is clear young males as well as those who identify as indigenous or LGBTIQ are at risk groups with respect to self harm and suicide (Drummond, MJN, et al. 2019). It is the transition period from adolescence to adulthood that is of particular concern. Often young males must pass through this phase of life with minimal guidance or direction and without a “safe space” where they can attain emotional support. Sport is a significant part of boys' and young males' lives and offers that “safe space”. Sport can play a substantial role in protective mental health through socialization and engagement in a socially endorsed activity that seemingly has far more positive outcomes than negative ones. This research is underpinned by both quantitative and qualitative research with young males involved masculinised sporting clubs. Its aim is to provide insights into how we can create safe spaces for males and influence positive forms of masculinities that can enhance mental health promotion among young males. This mixed methods research explores issues around mental health in young males involved across two male dominated sporting codes in Australian (Australian football and cricket). Surveys and interviews with young males age 15–24 as well as parents, coaches and key stakeholders underpin this research. While the data is designed to assist in the development of educational resources for males to influence positive forms of masculinities that can enhance mental health promotion among young males involved in these sporting codes, this paper reports on the exploratory nature of the data and raises important issues emerging among young males with respect to mental health and the role of the sporting club.

## ABSTRACT

### "Could Be Even Worse in College": Social Factors, Anxiety, and Depressive Symptoms Among Black Men on a College Campus

Doc Wire, April 16, 2022

Understanding mental health risks among Black men is a step forward in reducing health and educational disparities that are persistent in today's society. Semi-structured focus groups were conducted with 20 Black male undergraduate students from a college campus in the Southeast. The aim was to identify and understand the social and contextual factors impacting their risk of experiencing anxiety and depressive symptoms. A thematic analysis, theoretically grounded in the social-ecological model (SEM), was conducted, revealing three overarching themes: 1) what is known or felt about mental health 2) causes of stressors and 3) signs as symptoms. Discussions with men offered insight into their perspectives and personal experiences related to mental health issues and perceived risk factors. Themes suggest that the college transition, academic workload, perceived financial distress, and their desire and need to conform to ideals of masculinity were significant risk factors and stressors. Men offered descriptions of specific symptoms and health behaviors associated with such stress, including social isolation, anger, irritability, and changes in their own personal behaviors. Key findings paint a picture of college mental health experiences for some Black male college students. Moving forward, more research is needed to expand on this study's findings and improve mental health risk among this underserved population. Future directions are discussed alongside the results presented in this paper.



### UNESCO REPORT: BOYS LAGGING BEHIND GIRLS IN EDUCATION

Free Press Journal, April 10, 2022

Boys are more likely than girls to repeat primary grades in 130 out of 142 countries, with data indicating their poorer progression through school, according to a new **Global Education** report by the United Nations Educational, Scientific and Cultural Organisation (UNESCO). The report titled 'Leave no child behind: Global report on boys' disengagement from education' pointed out that no less than 132 million boys of primary and secondary school age are out of school. It stated that

boys are more likely than girls to experience physical bullying and are often targeted because of their real or perceived sexual orientation and gender identity or expression (SOGIE). "Boys are more likely than girls to repeat primary grades in 130 out of 142 countries, with data indicating their poorer progression through school. In 57 countries, with data on learning poverty, 10-year-old boys fare worse than girls in mastering reading skills and adolescent boys continue to fall behind girls at the secondary level. "While girls are more likely than boys to never attend school, boys in many countries are at higher risk of failing to advance and complete their education. As it stands, 132 million boys are currently out of school," the report stated. Shedding light on the factors driving boys' disengagement from education, the UN report attributed the trend to harsh discipline, corporal punishment, gendered norms, poverty and the need to work, among major reasons. "In many countries, boys are at greater risk than girls of repeating grades, failing to complete different education levels and having poorer learning outcomes in school. Where previously boys' disadvantage seemed most notable in high- or upper-middle-income contexts at the beginning of the millennium, this has shifted and now includes several low- and lower-middle-income countries," it said. The report noted that secondary education is where boys' disadvantage is most prevalent. "The right to education remains unfulfilled for many boys. Far too many children and youth of primary and secondary school age are out of school. Just over half of them are boys. It has been a concern that COVID-19 pandemic would lead to an increase in school dropouts. In 2020, the last school year before the pandemic, an estimated 259 million children and youth of primary and secondary school age were out of school, 132 million of whom were boys.



## MOVEMBER ENCOURAGES CANADA MEN TO #KNOWTHYNUTS THIS TESTICULAR CANCER AWARENESS MONTH

*Movember launches new digital support tool 'Nuts & Bolts' to support men diagnosed with testicular cancer*

**Movember, April 4, 2022**

April is Testicular Cancer Awareness Month, and men's health charity Movember is introducing Canadian men to [Nuts & Bolts](#), an online resource aimed at providing men diagnosed with testicular cancer the tools to confidently handle their cancer journey. From diagnosis and treatment to life afterwards, the website aims to provide men diagnosed with testicular cancer with a one-stop shop for resources and support, giving them the tools necessary to help them throughout their diagnosis and treatment. The online tool is just one of the ways Movember aims to

encourage Canadian men to #KnowThyNuts this awareness month. Testicular cancer is relatively rare but disproportionately affects younger men – in fact, it's the most commonly diagnosed cancer in young men. While the outcome of testicular cancer is often positive, early detection is critical. A recent survey conducted by Movember in November 2021, showed three out of four Canadian men ages 18-54 (75%) don't think they are at-risk for testicular cancer until age 25 or later. In fact, over half of that same group (53%) were off in their guess by at least 20 years, with the correct age for men to integrate self-checks into their monthly routine being 15. *Nuts & Bolts* provides users with the opportunity to not only sift through various informational resources, but also the chance use the 'Talk to a Guide' feature: a peer-support tool that allows for those recently diagnosed, to connect with someone who has been through a similar experience. Just like those seeking help, guides are just normal guys from across the country (or in fact, around the world) who have experienced their own testicular cancer diagnosis and want to help others starting out on that same journey. The Movember Guides are there to be an "at-call friend"; to support those in the early stages of their diagnosis - whether that may be to compare experiences or simply have a laugh (after all, humour can be one of the best medicines).



## **SHIFTING THE DIAL ON MENTAL HEALTH SUPPORT FOR YOUNG BLACK MEN**

*A programme addressing mental health needs in young black men highlights key learning for system leaders and commissioners of mental health services.*

**NHS Confederation, April 6, 2022**

We know that young black men are much more exposed to many of the known risk factors for poor mental health, such as poverty, poor housing, living in unsafe neighbourhoods, and poor access to education and employment opportunities. Their mental health is also threatened by daily experiences of racism and discrimination as well as by the harmful and pervasive stereotypes of black men in the media. This further entrenches the stigma associated with mental health and deters young black men from seeking support. They subsequently fall under the

radar of mental health services, often until they reach crisis point. Centre for Mental Health recently published a [report](#) that shares learning from a three-year programme to engage young black men based in Birmingham around their mental health. The Shifting the Dial programme was established as a response to the growing and unmet needs of young black men aged 16 to 25. It aimed to shift the dial on their experiences by developing tailored projects that seek to promote and boost their wellbeing while also combatting mental health stigma. Overall, young men involved in Shifting the Dial reported good outcomes related to their wellbeing, confidence, sense of belonging and understanding of mental health.



**NEW PROGRAM IN CENTRAL KY. AIMING AT GETTING MORE YOUNG BLACK MEN TO BECOME DOCTORS**  
**WKYT, April 8, 2022**

The Black Male Working Academy's mission is to educate, motivate, and activate the next generation of young Black men of central Kentucky. The Academy is starting a new program called Black Boys and Men in Medicine with assistance from the UK College of Medicine. The goal is to get more young Black men to become doctors. "In the last 10 years the number of African American doctors in the whole United States has decreased by 35%," said Dr. Roszalyn Akins. Dr. Akins is the executive director of the Black Males Working Academy. She said this medical program will follow 6th and 7th graders interested in becoming a doctor through their senior year. UK Healthcare doctors are giving middle school students in the program hands-on training. UK Associate Professor of Pediatrics Dr. Stephanie White said the Association of American Medical Colleges discovered an alarming trend. "There were less Black men going into medicine in 2014 than there were in 1978," Dr. White said.

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In addition, data show that primary care providers are 3 times more likely to take sexual health histories from female patients than male patients and twice as likely to counsel female patients on the use of condoms. Finally, sexually transmitted infections (STIs) are more likely to be asymptomatic among males.

According to the Centers for Disease Control and Prevention (CDC), sexual education is critical for adolescents. Many adolescents, however, do not have access to such services in schools, or they do not seek them out. For example, only 2% of schools across states and 12% of schools across large urban school districts provide condoms to students.<sup>1</sup> School-based sexual health services recommended by the CDC include not only condom availability programs but screening for sexually transmitted diseases (STIs) and sexual health awareness campaigns.<sup>1</sup>

The principal purpose of this resource is to educate parents and others about the dangers to health and wellbeing that young adult males may face if they lack support and care for or education about their sexuality and issues related to it. Our goal also is to provide resources that parents can use to take action to address those gaps.



The Partnership for Male Youth  
April 2022

## **PMY RELEASES GUIDES FOR PARENTS OF YOUNG MALES**

PMY has released two guides for parents of young males, on **Sexuality, Sex Education and Gender Identity** and on **Sexually Transmitted Disease and HIV**. The guides are unique in their focus on young males. "We're pleased to release these two important guides for parents and other caregivers," said David Bell, MD, PMY Board Chair. "Parents of young males often search for this kind of information. It is our hope that these guides will make that search much easier," he said.

The downloadable guides can be found on PMY's website [\*\*here\*\*](#).

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## MALE BODY-SHAMING: THIS LESS-TALKED-ABOUT SOCIAL ISSUE CAN AFFECT MENTAL WELL-BEING

**Economic Times, April 2, 2022**

From being short in height to owning a too skinny body type, having a pot belly, to being hyper-conscious about their private parts. Yes, we are talking about the 'less-talked about' social issue of male body shaming. Dr Joseph Thomas, Medical Director of Medlounges, a body positive enthusiast thinks it's time more men realise they are not alone with this issue. "We always believe that body-shaming is significantly associated with women and rarely with men. But for years, men have also been the silent victim of body shaming in society. From professional athletes to the commoner, body shaming can happen to anyone. Some celebrities were brutally fat-shamed while vacationing on a beach! And teenage boys are being bullied for gynecomastia commonly known as man boobs leading to significant mental health issues," he tells ET Panache, saying that this issue is undoubtedly on the rise. "And we have got to be serious about it before it hampers the mental health of many," he said



## WHY IS STEROID USE RISING AMONG MALE BODYBUILDERS?

**BBC, April 10, 2022**

The risks associated with taking anabolic steroids are extensive and well-documented, ranging from infertility and erectile dysfunction to addiction and baldness, according to the [NHS](#) website. But despite these stark warnings, there are still more than one million, predominantly male, steroid users in the UK, according to the [UK Anti-Doping agency](#) (UKAD). Academic Josh Torrance has spent years researching the UK's illegal drugs market and said that during his time working directly with users he had noticed "a lot of young lads who had been told by their mates they should start using". The University of Bristol PhD student said that male body dysmorphia and steroid use were being fuelled by reality TV and social media. Mr Torrance said that as a society, "we need to be seriously addressing [body dysmorphia] if we have a hope of persuading young men not to start taking steroids in the first place". In a 2020 report, Emily Robinson, UKAD's director of strategy and education, said steroid abuse was "now a serious public health issue". She said: "Social media and TV are more and more dominated by unrealistic body types, which we know leads to young people trying to emulate these. "Young men, in particular aged 20-24, are being lured into a false reality and begin to rationalise their choices, by convincing themselves that their new and so-called improved look outweighs the risks."



### **STUDY POINTS TO WORRYING FITNESS LEVELS IN SOME YOUNG TEENS**

*A worrying proportion of young adolescents may have poor cardiorespiratory fitness that could hamper their levels of activity, a study suggests.*

**Imperial College London, April 4, 2022**

Research involving almost 20,000 Polish adolescents aged between 12 and 14 years, [published in the journal Nutrients](#), has revealed insights into their levels of obesity and fitness, and some of the lifestyle factors that are involved. Overall, they found that 38.6% of adolescents had cardiorespiratory fitness that was categorised as poor or very poor. Among girls they found that 18.6% were overweight or obese.

In boys 24.7% were overweight or obese. However, girls carried between 10% and 14% more fat than boys of the same body mass index (or BMI, a measure that combines height and weight). While girls were less likely to be involved in sport than boys, the boys were eating more fast food and drinking more sugary drinks. Lead researcher Professor Alina Rodriguez, from Imperial's School of Public Health, said: "Although there is a lot of work going on to try to measure levels of obesity in children and adults, we don't have a lot of clear information on what is happening to young adolescents. This is a crucial time in children's development when they are beginning to go through puberty and developing eating and activity habits that may continue for the rest of their lives." "Our study indicates that the number of young adolescents who are overweight or obese is significant and growing. We also found poor levels of fitness in well over a third of adolescents. This indicates they may be unable to participate in physical activity now and in the future, and this may exacerbate the problem.

## [Puberty Induction in Adolescent Males: Current Practice](#)

Cureus, April 5, 2022

### **Abstract**

Puberty is a developmental stage characterized by the appearance of secondary sexual characteristics which leads to complete physical, psychosocial, and sexual maturation. The current practice of hormonal therapy to induce puberty in adolescent males is based on published consensus and expert opinion. Evidence-based guidelines on optimal timing and regimen in puberty induction in males are lacking, and this reflects some discrepancies in practice among endocrinologists. It is worth mentioning that the availability of various hormonal products in markets, their different routes of administration, and patients/parents' preference also have an impact on clinical decisions. This review outlines the current clinical approach to delayed puberty in boys with an emphasis on puberty induction.



## ['A CRY FOR HELP': CDC WARNS OF A STEEP DECLINE IN TEEN MENTAL HEALTH](#)

*More than 4 in 10 told the health agency they felt 'persistently sad or hopeless'*

## **Washington Post, March 31, 2022**

The Centers for Disease Control and Prevention is warning of an accelerating mental health crisis among adolescents, with more than 4 in 10 teens reporting that they feel “persistently sad or hopeless,” and 1 in 5 saying they have contemplated suicide, according to the results of a survey published Thursday. “These data echo a cry for help,” said Debra Houry, a deputy director at the CDC. “The COVID-19 pandemic has created traumatic stressors that have the potential to further erode students’ mental well-being.” The findings draw on a survey of a nationally representative sample of 7,700 teens conducted in the first six months of 2021, when they were in the midst of their first full pandemic school year. They were questioned on a range of topics, including their mental health, alcohol and drug use, and whether they had encountered violence at home or at school. They were also asked about whether they had encountered racism. Although young people were spared the brunt of the virus — falling ill and dying at much lower rates than older people — they might still pay a steep price for the pandemic, having come of age while weathering isolation, uncertainty, economic turmoil and, for many, grief. The CDC survey paints a portrait of a generation reeling from the pandemic, grappling with food insecurity, academic struggles, poor health and abuse at home. Nearly 30 percent of the teens surveyed said a parent or other adult in their home lost work during the pandemic, and a quarter struggled with hunger. Two-thirds said they had difficulty with schoolwork.



## **HEART ISSUES MORE COMMON IN YOUNG MALES AFTER COVID INFECTION THAN VACCINATION, CDC REPORTS**

*A new analysis of the rates of myocarditis in young males may be reassuring to those reluctant to get their teenage boys vaccinated.*

**NBC News, April 1, 2022**

Compared to vaccination, Covid-19 itself is far more likely to lead to heart problems in teenage boys and young men, the [Centers for Disease Control and](#)

[\*\*Prevention\*\*](#) reported Friday. The study is the first to compare directly the odds of a type of heart inflammation called myocarditis following an infection versus vaccination — providing a clearer understanding of the real risk for heart problems and perhaps offering comfort to parents and young men who have had questions about the risks and benefits of the vaccine. [\*\*Myocarditis\*\*](#) has long been linked to a variety of viruses, including influenza and coxsackieviruses. The condition was identified as a potential side effect of mRNA Covid vaccines in young people last summer. At that time, the CDC found that myocarditis cases were more than double what would normally be expected among males in their teens and early 20s who had been vaccinated. While both the Moderna and the Pfizer-BioNTech vaccines have been linked to the problem, Pfizer's shot is the only one authorized for people under age 18. Most cases of vaccine-related myocarditis got better without any lasting issues, but the reports left many parents concerned, wondering whether the [\*\*potential heart risks\*\*](#) from Covid vaccines in young men are greater than their benefit. The new data, doctors say, answer that question with a resounding no.



## [\*\*YOUNG WOMEN EARN MORE THAN YOUNG MEN IN SEVERAL U.S. CITIES\*\*](#)

NPR, April 2, 2022

Women have been able to close the pay gap with men in several U.S. metropolitan areas, and have surpassed their male counterparts in many cities, according to [a new report](#). The Pew Research Center analyzed Censuses Bureau data and found that in 22 of 250 U.S. metropolitan areas, women under the age of 30 earn as much or more than their male counterparts. New York City and Washington, D.C., are among the cities in which young women [\*\*earn more than young men\*\*](#), the study found. The report also found that earnings parity tends to be greatest in the first years of entering the labor market. The wage gap tends to expand over time. In 2000, a typical woman between age 16 to 29 earned 88% of a similar young man.

But by 2019, when people in the group were between 35 and 48 years old, women made only 80% of their male peers, on average. And although the gap may have been narrowed in many U.S. cities, nationally [\*\*there is still a ways to go\*\*](#). The Institute for Women's Policy Research says that women who work full-time jobs in the U.S. are paid [\*\*83 cents on the dollar\*\*](#) when compared with men.

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## **MAJORITY OF ADOLESCENTS WITH SEVERE SUBSTANCE USE DISORDER DON'T GROW OUT OF IT**

**Medical Express, April 1, 2022**

While it's estimated that 1 in 3 Americans will develop a substance use disorder in their lifetime, experts know little about the long-term outcomes for people with substance use disorder symptoms from adolescence through adulthood. New University of Michigan research findings on the topic are grim: The majority of 18-year-olds with severe **substance use disorder** symptoms who were followed in a **longitudinal study** over 32 years still had multiple substance use disorder symptoms as adults, according to a new study from the U-M School of Nursing. The study, appearing in *JAMA Network Open*, found:

- An estimated 12% of 18-year-olds had severe substance use disorder, or SUD, symptoms.
- U.S. adolescents with severe SUD symptoms were significantly more likely to report prescription drug misuse in adulthood.
- The relationship between severe SUD symptoms and later SUD symptoms also held for adolescents with severe alcohol, cannabis and other drug use disorder symptoms.
- Most adults in the study prescribed opioids, benzodiazepines or other sedatives/tranquilizers had multiple SUD symptoms during adolescence.



## **METFORMIN USE LINKED TO BIRTH DEFECTS IN BOYS**

**Medscape, April 3, 2022**

The widely used antidiabetic drug **metformin** may cause genital birth defects such as undescended testicles and urethral problems in the male offspring of men who take the medication, researchers have found. The association appears to involve the effects of metformin on the development of sperm during a critical window prior to conception. Female offspring were not affected. Although previous studies have linked diabetes with fertility problems in men, the latest study is the first to show that these problems can result from treatment rather than the disease itself, according to the researchers, **whose findings** appear in the March 28 issue of *Annals of Internal Medicine*.

"This is the first data to suggest that paternal metformin [use] may be associated with birth defects in children. As such, it would be early to begin to alter clinical practice," Michael Eisenberg, MD, director of male reproductive medicine and surgery, Department of Urology, Stanford University School of Medicine, Stanford, California, who is a co-author of the study, told *Medscape Medical News*. "However, if it is confirmed in other populations, then it may begin to enter counseling discussions."



## PREDIABETES CASES RISING AMONG AMERICAN YOUTHS, STUDY SHOWS

Medical Daily, March 30, 2022

Many American adults are affected by prediabetes. A new study has found that its prevalence among youths is also increasing. For their study, published Monday in JAMA Pediatrics, researchers looked at the trends in prediabetes among American youths aged 12 to 19 from 1999 until 2018. To do this, they looked at the data of 6,598 participants, about half of whom were male, reported HealthDay. "A recent study estimated that among youths aged 12 to 19 years, approximately 1 in 5 had prediabetes, with large variations across sociodemographic characteristics," the researchers wrote. "However, trends in the prevalence of prediabetes among youths and associated disparities by population subgroups over the past 2 decades have not been reported to our knowledge, and such information is important for future diabetes prevention." The researchers found that compared to the 1999-2002 period, wherein the prevalence of prediabetes among the youth was at 11.6%, cases had significantly increased to 28.2% by 2015-2018. ***Among the young males, the prediabetes prevalence increased from 15.8% to 36.4% during the period, while the young females saw an increase from 7.1% to 19.6%.***



## BODY IMAGE ISSUES AFFECT CLOSE TO 40% OF MEN- BUT MANY DON'T GET THE SUPPORT THEY NEED

The Conversation, March 21, 2022

It's estimated that between 30% and 40% of men are anxious about their weight and that up to 85% are dissatisfied with their muscularity. Many men desire a lean and muscular physique – which is often seen as synonymous with masculinity. But without proper support, body image issues can have a major impact on both physical and mental health. Yet many men are hesitant to speak up about their body image issues – largely because of the stigma attached to it. Negative body image is more than just disliking the way your body looks – its outcomes can often be debilitating. Research shows that, in men, body image issues are linked with lower self-esteem, lower life satisfaction and a lack of confidence. Body image issues can also lead to a host of mental health problems, such as severe anxiety.

[\*\*and depression\*\*](#). It's estimated that around [\*\*one in ten men\*\*](#) have experienced suicidal thoughts and feelings and 4% have deliberately hurt themselves because of their body image issues. Body image issues can also lead to [\*\*disordered eating\*\*](#) and [\*\*muscle dysmorphia\*\*](#) – an extreme preoccupation with having muscles. [\*\*Exercise addiction\*\*](#) – an insatiable [\*\*craving for physical activity\*\*](#) – has also been reported as a consequence of negative body image. Not only can this lead to burnout and injury, it can in turn cause [\*\*poorer psychological wellbeing\*\*](#) and increases risk of developing an [\*\*eating disorder\*\*](#). It can also have a severe impact on a person's social and work life, and may lead to other unhealthy behaviours – such as abusing [\*\*anabolic steroids\*\*](#) to build muscle. These concerns have likely only become worse over the course of the pandemic.



### [\*\*EATING DISORDERS AFFECT BOYS TOO\*\*](#)

*Boys and men are vulnerable to eating disorders – and less likely to get the treatment they need.*

**US News, March 21, 2022**

While doing research for my book "Being You: The Body Image Book for Boys," I spoke with many boys and young men about their body image, physical activity and eating behaviors. These conversations were notably different than the conversations I've had with girls and women across my career. For one thing, it was immediately obvious that boys and men were not practiced at discussing these issues in the ways that girls and women are, and they don't necessarily see these issues as particularly relevant to them. In fact, those who had been diagnosed with [\*\*eating disorders\*\*](#) all seemed to say the same thing: They didn't know that boys and men suffered from eating disorders until they were the ones suffering. Boys and men often don't conform to popular stereotypes of eating disorders; they may not be underweight, and although they may restrict what they eat, they may also be very active. In fact, [\*\*body image concerns among men often focus on muscularity and gaining weight and muscle.\*\*](#)



## HOW THESE MEN ARE OVERCOMING SOCIAL MEDIA-FUELLED BODY IMAGE, MENTAL HEALTH CHALLENGES

**globalnews.ca, March 26, 2022**

A 2020 [study done by a researcher at Allegheny College](#) in Pennsylvania found men who were exposed to muscular figures on Instagram immediately experienced “lower appearance satisfaction, weight satisfaction, and more social comparison compared to the neutral images.” Some major red flags, according to Jennifer Mills, an associate professor of clinical psychology at York University. Some major red flags, according to Mills, include working out multiple times a day, significantly cutting calories or a willingness to seek out steroids. While social media does have a negative impact on men’s body image issues, she said, it’s hard to tell how much of a driver it is. While social media does have a negative impact on men’s body image issues, it’s hard to tell how much of a driver it is. The number of men suffering from body dysmorphia is pegged around [1-2%](#), but real number is likely significantly higher, according to Mills. The condition is not very well researched and that men would rather try to solve the problem than seek help, she said. “It’s often under-diagnosed because men don’t necessarily seek treatment for this. If they’re dissatisfied with their bodies, they may be more likely to join a gym or to sign up for a supplement program or even riskier,” Mills said. “It’s often under-diagnosed because men don’t necessarily seek treatment for this. If they’re dissatisfied with their bodies, they may be more likely to join a gym or to sign up for a supplement program or even riskier,” she said. Kyle Ganson, an assistant professor of social work at the University of Toronto, is currently studying eating disorders, muscle-building behaviours and body image. He said of the 20 people he’s interviewed so far, almost all have referenced certain Instagram influencers or YouTubers that are inspirations.



## THERE'S A MENTAL-HEALTH CRISIS AMONG AMERICAN CHILDREN.

### WHY?

*The pandemic is not the only reason.*

**New York Times, March 23, 2022**

Last June, researchers from Texas Children's Hospital and Baylor College of Medicine documented [six unusual cases in the journal Movement](#).

**Disorders.** The subjects were teenage girls between 13 and 16 who had started having "abrupt-onset tic-like movements." The tics were puzzling because Tourette's syndrome and other tic disorders — characterized by involuntary and repeated movements or sounds — are far more common among boys and tend to first appear in early childhood with small movements; the girls' movements, though, were large, accompanied by vocalizations and had other unique traits. Among them: The girls all described having watched TikTok videos of tics before their symptoms began, suggesting the potential spread of a social contagion. Indeed, the [C.D.C. last month reported a pronounced increase in similar tics](#) based on evidence from a source never before used to assess specific mental-health conditions among the nation's children: emergency-room data. These findings, particularly the rise in what have been called TikTok tics, have received considerable media coverage. ***But "equally striking," says the lead author, Lakshmi Radhakrishnan, a health scientist at the C.D.C., is the marked but less widely discussed decrease in mental-health visits by adolescent boys.*** "No single, comprehensive surveillance system for children's mental health in the United States exists," [the C.D.C. noted in a supplementary report.](#) The current surveys that keep tabs on various aspects of mental health in children are too slow to capture swift changes amid a national crisis. And though rapid surveys have evaluated the pandemic's impact on the mental health of adults, fewer have considered how children are doing.



## **HIGHER INTERNET USE TIED TO POORER MENTAL HEALTH IN TEENS**

**Physician's Weekly, March 26, 2022**

Higher than average internet use is associated with poorer mental health in teens, according to a study published online March 23 in PLOS ONE. Yeunhee Kwak, R.N., Ph.D., from Chung-Ang University in Seoul, South Korea, and colleagues investigated the relationship between Korean adolescents' internet usage time and their mental health using data from 29,811 high school students (ages 16 to 18 years) participating in the 2018 Korea Youth Risk Behavior Web-Based Survey. The researchers found that participants' mean internet usage time was 193.4 minutes/day. There were associations observed between internet usage time and sex, grade level, type of school, living arrangement, economic status, academic achievement, and experience of school violence. Compared to less than average internet usage, more than average internet usage was associated with poorer subjective health, higher levels of stress, and increased feelings of sadness and suicidal ideation. "The results suggest the need for interventions that increase the awareness of the risks for adolescents' mental health and management of mental health for those adolescents who spend an excessive amount of time using the internet," the authors write. "As a means to reduce feelings of sadness, suicidal ideation, and stress among adolescents, educational programs that teach appropriate internet usage and duration of internet use need to be developed and implemented."



## **DESPITE ENCOURAGING RESEARCH, A MALE BIRTH CONTROL PILL REMAINS ELUSIVE**

*A new study found that a birth control pill was 99 percent effective in preventing pregnancy in mice. But don't expect a human version to hit the shelves any time soon.*

**New York Times, March 25, 2022**

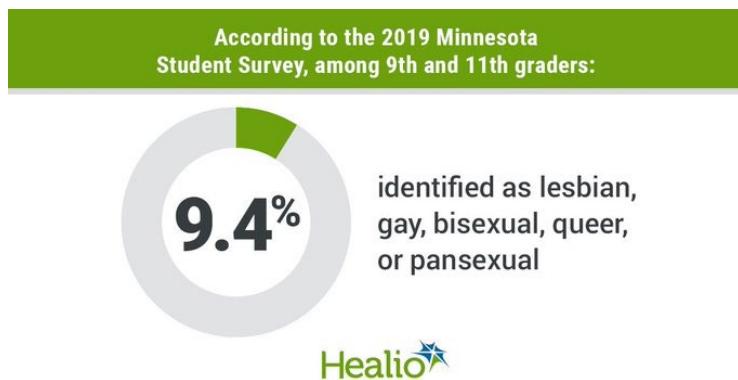
A [\*\*buzzy new animal study\*\*](#) offers another contender in the search for a male form of birth control. Researchers at the University of Minnesota created a birth control pill for male mice, which proved 99 percent effective in preventing pregnancy. The contraceptive targets a protein in the body that receives a form of vitamin A, which is involved with sperm production and fertility. Researchers gave this compound, referred to as YCT529, to male mice for four weeks; the animals showed drastically lower sperm counts. Four to six weeks after they stopped receiving the contraceptive, the mice could impregnate a female mouse again. [\*\*Since the 1970s\*\*](#), scientists have been researching ways to create a male birth control pill. While the team behind this new study is encouraged by their promising results, others are skeptical, and see it as just another intriguing advancement that may not actually make it to market. Experts said we shouldn't anticipate widely available male birth control pills any time soon.



## **LET'S NOT FORGET ABOUT MALE VICTIM SURVIVORS**

**ABC.net.au, March 19, 2022**

While much of the focus has been on the harassment and abuse of women, child sexual abuse, as [Grace Tame noted in her speech](#), is not a gender-specific issue: [one in four females and one in six males](#) experience child sexual abuse before the age of 18. Male survivors are over-represented in Australia's [appalling suicide statistics](#): the male suicide rate is three to four times higher than that of females. Men are also over-represented in our jails, psychiatric wards, rehab facilities and those sleeping rough. We cannot overestimate the role childhood trauma plays in these serious social issues. The [Royal Commission into Institutional Responses to Child Sexual Abuse](#) shone a light on the scourge of institutional child sexual abuse, but it also acknowledged the problem is widespread in non-institutional settings, in particular within families. Given the life-long impacts of child sexual abuse, the Royal Commission recommended the urgent funding of specialist services for survivors. Research has found it is not uncommon for men to take more than 20 years to talk about or report child sexual abuse, if they disclose it at all.



## [ADOLESCENT PATIENT FORMS SHOULD USE MORE INCLUSIVE LANGUAGE FOR SEXUAL, GENDER IDENTITY](#)

**Heilio, March 21, 2022**

Study findings indicate that epidemiologic surveys and patient forms for adolescents should include broader options for sexual orientation and gender identity, researchers reported in *Pediatrics*. The conclusion was based on data collected during the 2019 Minnesota Student Survey from 124,778 students in grades 8, 9 and 11. Respondents used a broader set of sexual and gender identity terms to describe themselves than the response options typically provided in surveys and forms, the researchers reported. The authors suggested that physicians support the inclusion of a broader set of sexual and gender identity response options — such as pansexual and nonbinary, in epidemiologic surveys and patient forms — and further recommended that clinicians screen for additional services and support these youth may need to thrive. "Clinicians should familiarize themselves with the range of sexual and gender identities used by youth and

attend to bias or bullying experiences and emotional distress among all LGBTQ+ youth but particularly pansexual and queer youth and transmasculine and nonbinary youth who indicate their sex as female," they wrote.



## [WHAT SHOULD THE NEW COMMISSION ON THE SOCIAL STATUS OF BLACK MEN AND BOYS PROPOSE? HERE ARE 32 IDEAS FOR STARTERS.](#)

**Brookings, March 14, 2022**

It might be the most important Commission you haven't heard of – or at least not yet. Created by bipartisan legislation in August 2020, the [Commission on the Social Status of Black Men and Boys](#) is now up and running. Not a moment too soon. The specific, unique challenges faced by Black men and boys are in the spotlight. Both President Joe Biden and Vice President Kamala Harris have explicitly called attention to how their policies can "[empower Black men](#)." But more tailored policies are also needed. "To be male, poor, and African American...is to confront, on a daily basis, a deeply held racism that exists in every social institution," writes [Brookings colleague Camille Busette](#). The obstacles facing Black boys and men are a central concern of both the [Race, Prosperity and Inclusion Initiative](#) and the [Boys and Men Project](#) at Brookings, and of much of its previous work: see for example "[The challenges facing Black men – and the case for action](#)", "[The inheritance of Black poverty: It's all about the men](#)" and "[Long shadows: The Black-white gap in multigenerational poverty](#)". The new institution is a 19-member [permanent Commission](#) within the United States Commission on Civil Rights, charged with investigating "potential civil rights violations affecting Black males" and "studying the disparities they experience in education, criminal justice, health, employment, fatherhood, mentorship and violence." Modeled on a [similar initiative in Florida](#), the Commission is required by law to report annually to Congress with policy recommendations and advice.



## **THE ENROLLMENT CRISIS FOR MEN CONTINUES TO WORSEN**

**Insight into Diversity, March 16, 2022**

In October 2021, researchers at the Brookings Institution declared that the gender gap in higher education has widened to the point of becoming a “male college crisis,” with many men lacking the support necessary to achieve a postsecondary degree. While women have outpaced men in college enrollment and completion rates for decades, the pandemic appears to have worsened this disparity, especially for men of color and those from underserved backgrounds in both urban and rural areas. In fall 2021, the gender gap hit its peak, with men representing only 4 in 10 college students. Now, more advocates and education experts are joining in the call for policymakers to pay heed to this problem as growing numbers of young men — primarily those who are already low-income and disadvantaged — find themselves left behind academically and financially. “We had a problem before the pandemic hit, but the pandemic has exacerbated problems profoundly,” Donald Guy Generals, president of the Community College of Philadelphia, said during a national webinar on Black male students hosted by the National Alliance of Community and Technical Colleges in July 2021. He listed “finances, preparedness, and community support” as three factors preventing this demographic from enrolling and finishing degree programs.



## **INCREASE IN CONDOM USE HAS POTENTIAL TO SIGNIFICANTLY DECREASE NEW HIV INFECTIONS**

**Spotlight News, March 19, 2022**

An increase in condom use has the potential to prevent one in 11 new HIV infections among adolescent males who have sexual contact with other males, according to hypothetical modeling work out of the School of Public Health. Published in Sexually Transmitted Diseases, the journal of the American Sexually Transmitted Diseases Association, the research team investigated effects of a hypothetical comprehensive sex education intervention, looking at how condom use may change based on different scenarios and simulations — considering important variables like the age of an individual during intervention delivery and whether the intervention is given before they start having sexual contact with other males. “Condom use not only has the ability to reduce HIV burden for adolescent males, but it also has the ability to reduce other sexually transmitted infections,” explained Elizabeth Rosenthal, a doctoral student in Public Health and a member of the team. “Creating estimates of how condom use could help avert negative health outcomes may help to inform development — and implementation — of public health interventions.”

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## **NEW PROGRAM**

**Speaking Up About Mental Health! This is My Story** is an essay contest for high school students ages 16-18 to address ways to eliminate and/or reduce mental health stigma that young people may need to overcome when seeking mental health treatment.

This contest is soliciting essays that

- Raise awareness of mental health among American youth and their families

- Promote communication and understanding among teens, parents, guardians, and other caregivers to seek help for mental health issues
- Provide students the opportunity for self-expression about mental health concerns

Ideas for essay topics could include:

- Resilience and coping during challenging times
- School policies or practices that could help reduce stigma
- Conversations about mental health or related stigmas
- Barriers to mental health treatment
- Other areas of concern to individuals and their communities with respect to mental health

Get details on contest rules, judging and enter an essay on [challenge.gov](https://challenge.gov)

The contest is led by:

[National Institute of Mental Health](https://www.nimh.nih.gov)

[National Institute on Minority Health and Health Disparities](https://www.nih.gov)

[Eunice Kennedy Shriver National Institute of Child Health and Human Development](https://www.hrsa.gov)



## [\*\*MANY TEENS OVERDOSE ON MEDS PRESCRIBED FOR ADHD, ANXIETY\*\*](#)

WebMD, March 14, 2022

Taken correctly, prescription drugs used to treat attention-deficit/hyperactivity disorder ([ADHD](#)) can help teens and young adults navigate their condition, but a new study finds many are dying from overdosing on these medications. In 2019, [benzodiazepines](#) like Xanax and [stimulants](#) like [Adderall](#) accounted for more than 700 and 900 overdose deaths, respectively, in the United States, according to the U.S. Centers for Disease Control and Prevention. "In recent years,

there has been considerable attention devoted to risks of addiction associated with diverted or illicitly obtained [benzodiazepines](#) and stimulants," said senior researcher Dr. Mark Olfson. He is a professor of psychiatry, medicine and law at Columbia University Irving Medical Center in New York City. "The new study serves as a reminder that prescription benzodiazepines and stimulants also pose [overdose](#) risks to the patients who are prescribed them," Olfson said. Sadly, many of the [overdose deaths](#) among teens and young adults who had [prescriptions](#) for these drugs are intentional suicides, he added. The upshot of the finding? Doctors and parents need to be careful about prescribing and having their kids take these drugs.



## [\*\*LGBTQ YOUTH ARE DEVELOPING EATING DISORDERS AT HIGHER RATES\*\*](#)

Healthline, February 17, 2022

[The Trevor Project](#) released a new research brief that highlights how LGBTQ youth are at greater risk of developing eating disorders and how this can affect their mental health as well as risk of suicide. Experts say this kind of research is necessary to raise awareness about ways to put better interventions in place to help LGBTQ youth not only manage and seek treatment for eating disorders, but also address other underlying mental health issues. LGBTQ youth experience eating disorders at higher rates than their peers. Over the past year, the risk of attempting suicide was four times greater among those who had an eating disorder diagnosis. Experts say eating disorders are underdiagnosed in LGBTQ youth because medical professionals fail to accurately assess and understand how they present among this group. Limited access to healthcare and fear of discrimination can also prevent LGBTQ youth from seeking help.



## PODCAST: HOW TO SUPPORT A CHILD ON THE TRANSGENDER SPECTRUM

*As Texas' governor attempts to criminalize medical treatments for transgender youth, experts say there are many ways to help adolescents who are questioning their gender.*  
**New York Times, March 15, 2022**

Gov. Greg Abbott of Texas [declared](#) last month that medical treatments given to transgender adolescents, including [puberty-suppressing drugs](#) and hormones, could be considered child abuse under state law. Opponents of the move [swiftly responded](#), including President Biden, who [described the decision](#) as “cynical and dangerous.” Investigations of alleged abuse sparked by the order were [temporarily halted](#) last week after a state court ruled that the policy was “unconstitutional.” According to a 2019 [C.D.C. study](#), 1.8 percent of U.S. teens identify as transgender, meaning that their gender identity does not match the gender they were assigned at birth. When researchers interviewed teens in Pittsburgh as part of [a 2021 study](#), they found that nearly one in 10 did not identify as being exclusively male or female. These adolescents are becoming more vocal about their identities and experiences, as The Times found in a [2019 survey](#). Children and teens who do not identify with their assigned gender can face [higher rates of depression, suicide and self harm](#) than other kids do. [Research shows](#) that they have better mental health outcomes when they have access to what doctors call gender affirming care, which can include mental health therapy and hormone treatments. There does exist some disagreement among doctors and advocates of gender affirming care over which adolescents [could benefit most](#) from certain treatments. Still, experts think these decisions should be made by [doctors, patients and their parents](#) — not by governors or state agencies.



## [\*\*THE FORGOTTEN VICTIMS OF PUTIN'S WAR: YOUNG RUSSIAN MEN\*\*](#)

**The Globe and Mail, March 11, 2022 (paywall)**

Among the heartbreakening scenes from Ukraine are the videos of young Russian men, many in their late teens and early twenties, phoning their mothers in tears from a muddy field to say that they've been captured by the Ukrainians in a war they didn't expect, and don't understand or agree with. These videos have their propaganda value, of course, and Ukrainian forces, by filming and posting such private moments, [\*\*may be committing a minor violation of the laws of war\*\*](#), although the calls themselves are a humane gesture. But they show us something that has become increasingly evident during the past two weeks of shambolic, unnecessary warfare: Among the major victims of this war are tens of thousands of young Russian men who have been marched across the border and into the line of fire without preparation or awareness that they were attempting the [\*\*unprovoked military conquest of a country\*\*](#). The estimated 150,000 infantrymen (Russia has [\*\*hardly any women\*\*](#) in combat) who poured across the borders of Russia and Belarus into Ukraine have shocked military analysts with their inexperience, lack of training or professionalism – and their frequent absence of the will to fight. Many are, to use a phrase many had thought obsolete, mere cannon fodder. Although elite units (especially those from Chechnya) have been able to do terrible damage to Ukraine, informed observers now believe that the great majority of the 190,000 soldiers who were sent to the border of [\*\*Ukraine in late 2021\*\*](#) for "training exercises" were largely untrained and had no expectation of fighting a war until literally the night of the attack. To say that they lacked morale is an understatement: Credible reports say many were unwilling to fire on Ukrainians.



## [\*\*OPINION: HOW SOUTH KOREA'S 'ANTI-FEMINIST' ELECTION FUELED A GENDER WAR\*\*](#)

**Washington Post, March 12, 2022**

This week, Yoon Suk-yeol was elected the next president of South Korea, after leading a campaign that capitalized on “anti-feminist” policies and rhetoric. His win signals a major threat to women’s rights over the next five years and could herald increasing governmental and social backlash against feminist movements. This presidential race was unique in South Korean history because of the way it weaponized feminism. Never before had gender politics been used by mainstream candidates to define key campaign strategies — and incite division between men and women. Profiting from hate and division is not new in politics; the South Korean example shows just how quickly the tides can turn against a progressive movement. Many of Lee and Yoon’s young male supporters argue that men face “reverse discrimination” in South Korea, which has the [highest gender pay gap](#) among Organization for Economic Cooperation and Development countries and [a mere 19 percent](#) female representation in the National Assembly. Jumping on the misogyny bandwagon, members of People Power have called feminism “[unconstitutional](#),” comparing it to [extremism and fascism](#). Yoon himself has denied that [structural gender inequality](#) exists.



## **BLACK MEN ARE MISSING FROM SCHOOL PSYCHOLOGY. THAT MATTERS**

*Women are school psychologists at a rate more than 600% higher than men — an imbalance that has a direct effect on students.*

**St. Louis American, March 6, 2022**

Men of all races and ethnicities are missing from the psychology field in general, and especially so in [school psychology](#). Women are [school psychologists](#) at a rate more than 600% higher than men, according to the National Association of School Psychologists' 2020 member survey. But for boys in school — especially Black boys — that representation might be nonexistent. The 2020 NASP survey found that only 4% of full-time school psychologists were Black in 2020, compared to 86% white. Representation is about more than "putting the face in the place," says [Kendell Kelly](#), a doctoral student in the School Psychology Program at Texas Woman's University in Denton, Texas. Kelly's research focuses on the impact of race-related stress of Black male students, as well as the role of Black male school psychologists. And representations about relatability and advocacy, too. "It's very important to have somebody who sits at the table, the decision-making table, to be able to relate," Kelly says. "You can't talk about mental health without talking about culture and context."



## **MOREHOUSE COLLEGE LAUNCHES BLACK MEN'S RESEARCH INSTITUTE**

**Inside Morehouse, January 18, 2022**

Morehouse College has launched the [Black Men's Research Institute](#) (BMRI), a pioneering initiative to study the economic, social, cultural, and personal outcomes of issues affecting Black men, particularly where disparities exist in the U.S. and internationally. Rooted in the scholarship of the humanities, humanistic social sciences, and the creative arts, the institute is unique in its expansive focus on diverse Black masculinities and the positioning of Black men in society as it relates to the intersectionality of race, class, religion, gender, sexuality, identity, politics and

policy, history, art, and other factors. By amplifying collaborative thought leadership, the institute strives to counter conflicting narratives, distrust, and ambiguity with a clear, authoritative voice on the experiences of Black men. The BMRI will also strengthen the intellectual discovery, discourse, and scholarship at Morehouse in areas related to LGBTQ history, culture, and social challenges, as well as sexism, patriarchy, and misogyny.



## LADIES, IT'S TIME TO HELP OUR BOYS

**Heritage Foundation, March 8, 2022**

By the eighth grade, 41 percent of girls are at least proficient in writing, compared with just 20 percent of boys. Men now earn 39 percent of college degrees while the median annual earnings of a man with a high-school diploma have dropped 26 percent in the past 40 years. The consequences are dire. Fifteen- to 19-year-old boys commit suicide at four times the rate of girls. Ninety-three percent of those in prison are men, and, according to the authors, “more black boys between ten and twenty are killed by homicide than by the next nine leading causes of death combined.” As civil-rights activist and community-development leader [Robert Woodson says](#), “If you devalue your life, you’ll either take your own, or you’ll take someone else’s.” Our young men, he adds, are “dying in acts of self-hatred.” The absence of fathers—this includes the fact that they do not get equal time with their children—is the primary driver of the boy crisis. Both mothers and fathers are indispensable and contribute uniquely to raising children. With [40 percent of children born out of wedlock](#) and custody laws favoring mothers, more children are missing Dad’s, rather than Mom’s, influence. Just some of the effects of dad deprivation include higher rates of suicide, drug use, violence, hypertension, poverty, lack of empathy, and ADHD.



## ACHIEVING GENDER EQUITY DEPENDS ON BOYS, AND HOW WE RAISE THEM

**Ms. Magazine, March 7, 2022**

International Women's Day presents a special chance for the world to celebrate achievements towards gender equality. While we've seen great progress for girls and women, we still have a long way to go. To build a truly equitable world, we must understand that gender equality is for everyone, and needs everyone—including boys and men. When raised with an understanding that countering harmful gender norms isn't just for the benefit of others, but for their own benefit, boys will grow to be fulfilled in who they are. And when boys and men can see the necessary roles they play in standing up for equality, they will be engaged contributors in creating a world where all people are free to pursue their full potential. Gender norms are the standards to which women and men are expected to conform to in a given society, ruling everything from dress to behavior. [Research](#) shows that boys are more rigidly held to these norms than girls. Bombarded by the influence of family, school, sports, television and society, boys are pressured to "be boys" before they even begin kindergarten—unemotional, aggressive and hyper-competitive. Recent Promundo-U.S. [research](#) found boys' most common fear in sharing complicated feelings with friends is that it would be used against them. Two in five teen boys say society expects them to be violent when angry; three in five say they feel pressure to be strong. Such factors put boys' health at risk—globally, homicide [rates](#) for adolescent boys are four times higher than adolescent girls, and their likelihood to engage in harmful alcohol consumption is three times as high.

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### **NEW RESOURCE**

#### [10 FAQS ABOUT EATING DISORDERS FOR PARENTS OF TEENS AND YOUNG ADULTS](#)

**The JED Foundation, February 25, 2022**

What's the difference between an eating disorder and disordered eating? When does dieting become dangerous? If you're concerned about your child's physical or mental health because of their relationship with food, how can you help? This FAQ explores different types of eating disorders, what to look out for as a parent or guardian, and how to talk to your child.

**NOTE:** For more information about young males, body image and eating disorders, listen to PMY's recent podcast on the subject [here](#).

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## [\*\*JAPANESE SCHOOLS ARE STILL BANNING PONYTAILS BECAUSE THEY COULD 'SEXUALLY EXCITE' MEN\*\*](#)

**Vice, March 10, 2022**

From the length of students' socks to the [color](#) of their underwear, Japanese schools are infamous for their strict requirements on what pupils can wear. But one rule has drawn criticism for not just its absurdity but also the reason behind it. Motoki Sugiyama, a former middle school teacher, said school administrators told him that girls must not wear a ponytail because exposing the nape of their necks could "sexually excite" male students. "They're worried boys will look at girls, which is similar to the reasoning behind upholding a white-only underwear color rule," Sugiyama told VICE World News, referring to how most schools require girls to wear white undergarments so that they won't show through their uniforms. "I've always criticized these rules, but because there's such a lack of criticism and it's become so normalized, students have no choice but to accept them," he said.

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## **BANNING SHORT SKIRTS BECAUSE THEY ARE A 'DISTRACTION' TO MALE STAFF STIRS 'VICTIM BLAMING', SCHOOLS TOLD**

*The School of Sexuality Education charity also says teachers should not tell pupils to not send explicit images of one another*

**The Telegraph, March 11, 2022**

Banning short skirts because they are a “distraction” to male pupils and staff can be seen as victim blaming, teachers have been told. Amelia Jenkinson, head of the School of Sexuality Education charity, told teachers at a conference run by the **Association of School and College Leaders** (ASCL) that such policies risked undermining messaging about “bodily autonomy and consent”. She said they had encountered examples of schools framing their policies on skirt lengths as being a distraction to “boys and male staff”. Over the past three years, several schools have **banned skirts** on the grounds of modesty. Caerphilly-based St Martin’s School wrote in an email to parents in June last year that both pupils and staff must wear tailored trousers or shorts after “frequent” complaints from the local area that their skirts were “far too revealing”, while pupils at Appleton Academy in Wyke, West Yorkshire, were also made to wear trousers in July 2019 to prevent girls from wearing “inappropriate length” skirts.



## **WHAT IS 'BIGOREXIA'?**

*A social media diet of perfect bodies is spurring some teenage boys to form muscle*

*dysmorphia.*

**New York Times, March 5, 2022**

For many boys and young men, muscle worship has become practically a digital rite of passage in today's beefcake-saturated culture. Examples are everywhere — the hypermasculine video games they play, the mesomorphic superheroes in the movies they watch. The top grossing films of last year were ruled by C.G.I.-enhanced masculine clichés: Spider-Man, Shang Chi, Venom and the entire Marvel universe. Many doctors and researchers say that the relentless online adulation of muscular male bodies can have a toxic effect on the self-esteem of young men, with the never-ending scroll of six packs and boy-band faces making them feel inadequate and anxious. And while there has been increased public awareness about how social media can be harmful to teenagers — spurred in part by [the leak of internal research from Facebook](#) showing that the company hid the negative effects of Instagram — much of that focus has been on girls. Recent reports, however, have found that those same online pressures can also cause teenage boys to feel bad about their bodies. A 2019 survey published in the [Californian Journal of Health Promotion](#) examined body image in boys. Almost a third of the 149 boys surveyed, aged 11 to 18, were dissatisfied with their body shapes. Athletes were more likely to be dissatisfied than non-athletes and most wanted to "increase muscle," especially in the chest, arms and abs. A study published last year in [The Journal of Adolescent Health](#) looked at eating disorders among men throughout young adulthood. By age 16 to 25, one-quarter of the 4,489 male participants told researchers they were worried about not having enough muscles. Eleven percent reported using muscle-building products such as creatine or anabolic steroids.



[\*\*EATING DISORDERS ARE DIFFERENT FOR MEN\*\*](#)

**Healthday, February 28, 2022**

People tend to have a specific image when they think of eating disorders -- a

disturbingly skinny white girl with reed-thin arms, her ribs and shoulder blades prominent. You don't think of a ripped, beefy muscle man chugging a protein shake and fretting about carbs between weightlifting sessions. But maybe you should. Men and some minority groups have been drastically underrepresented in clinical trials that research treatment options for [eating disorders](#), a new study reports. The percentage of men who participated in clinical trials for eating disorders during the past decade was "less than half of the proportion we would hope to see," said study co-author Helen Burton Murray, director of the GI Behavioral Health Program at Massachusetts General Hospital in Boston. Part of the problem is that men simply aren't considered as susceptible to eating disorders as women, experts said, and so doctors don't think to diagnose them. But they also might be looking for the wrong symptoms. It's likely that there are male-pattern eating disorders that are completely different from the conditions that have been well-established in women, experts say. Clinical trials for [binge eating disorder](#) between 2011 and 2020 included about 20% men, roughly half what's needed for true representation, Burton Murray said. Recent estimates hold that males account for as many as 40% of binge eating cases overall. Male representation in [anorexia/bulimia](#) studies was even worse. Men account for 19% of anorexia or bulimia cases, but clinical trials for those conditions had less than 5% male participation. The findings were published recently in the journal [JAMA Network Open](#).



## [YOUNG, MALE AND INFERTILE: THE MEN STRUGGLING TO HAVE KIDS](#)

*To many, infertility is still a women's issue. That couldn't be further from the truth.*

**Vice, March 1, 2022**

When people think of infertility, the common conception is that it is an issue affecting cis women. However, there has been a 50 percent decline in sperm production over the past 40 years, [according to a 2017 study](#) from the European Society of Human Reproduction and Embryology ([ESHRE](#)). Half of infertility cases include some form of male factor. In the UK, one in seven couples currently struggle to start a family. While resources are readily available to cis women experiencing

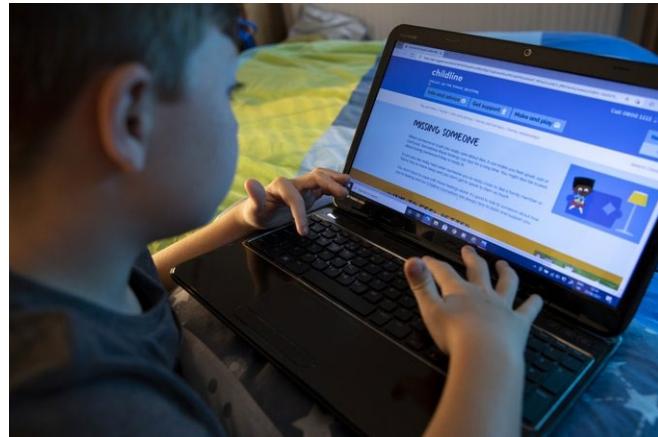
trouble conceiving children, a dearth of information available to their male counterparts contributes to stigma around infertility and a hesitancy to be vocal about the issue. This lack of conversation is detrimental to research that can improve or develop aid for patients.



## HOW BLACK MEN ARE MAKING SPACE FOR THEIR OWN MENTAL WELLNESS

**MIC, February 28, 2022**

For Black men, fostering conversations about our emotions can be an indispensable part of healing. But, I wondered, where do conversations about our mental health exist look like in 2022? And what do they look like? First, I think it's about committing to yourself. A 2015 National Center for Health Statistics [survey found](#) that only 26.4% of Black and Latinx men ages 18 to 44 who experienced daily feelings of anxiety or depression were likely to have used mental health services, compared with 45.4% of non-Hispanic white men with those same feelings. Further, only a small percentage of non-Hispanic Black men (6.1%) reported their daily feelings of anxiety or depression. That seems to indicate, in my opinion, that although most Black men in this country have reason to feel stressed, a lot of us aren't admitting it. But, thankfully, that's changing, albeit not just on a therapist's couch. The way Black men express their mental health is evolving in the way we've always survived historically — by leaning on each other.

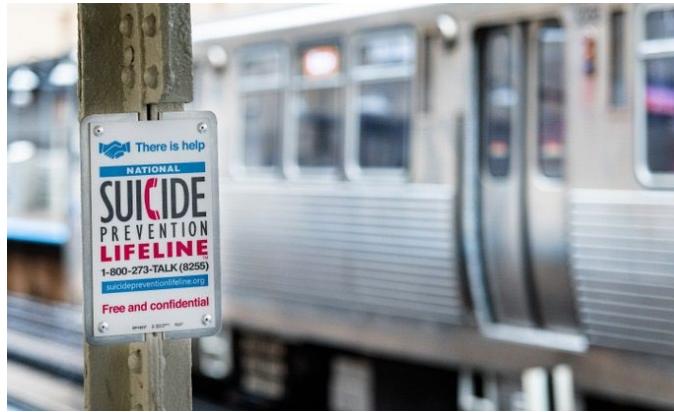


## **UK: CHILDLINE LAUNCHES MENTAL HEALTH CAMPAIGN FOR BOYS**

*Childline has found boys are five times less likely to talk with the service's trained counsellors about their mental health than girls, and even less likely to come to them when they have suicidal thoughts.*

**Stroud Times, March 2, 2022**

New statistics from the NSPCC-run service show in 2020/21 they carried out 31,899 counselling sessions with girls about mental health issues compared to 5,622 with boys. When it came to counselling sessions about suicidal thoughts and feelings, they delivered 11,719 with girls but just 1,592 with boys. Despite fewer boys talking to Childline about feeling suicidal than girls, the latest national data for registered deaths in England and Wales shows 122 boys aged 10 to 19 died by suicide. In the same year 52 girls took their life. When comparing these two data sets, it is clear that speaking out and seeking help from services like Childline can save a child's life. Which is why Childline has launched its 'We All Feel It' campaign, to support young males who are struggling to speak about their mental health and to help them before they reach crisis point. The campaign video features popular clips from the world of sports, social media and gaming to reflect the emotions some young people may struggle to articulate. It encourages boys in particular to use Childline to help them make sense of anything that has upset or worried them.



## **CDC SAYS SUICIDES PEAKED IN 2018**

**The Hill, March 3, 2022**

Confirmed suicides across the U.S. peaked in 2018 with more than 48,000 deaths, but declined in 2019 and 2020, [according to new data](#) from the Centers for Disease Control and Prevention (CDC). From 2019 to 2020, the number of suicides in the U.S. fell 3 percent, with 47,511 confirmed suicides in 2019 and 45,979 in 2020, the CDC reported last week. "The second consecutive year of declining suicide rates in the United States is encouraging," researchers wrote. "Suicide is preventable. A comprehensive approach to suicide prevention is urgently needed in all states to continue to build on the progress that began in 2019." In 2020, males accounted for 79 percent of all suicides, while suicide rates were highest among non-Hispanic American Indian or Alaska Natives, with non-Hispanic whites second highest. Firearms accounted for 53 percent of all suicides in 2020, while rural counties have higher suicide rates. From 1999 to 2020, nearly 840,000 people have died by suicide, with the overall suicide rate about 30 percent higher in 2020 compared to 2000, the CDC says.

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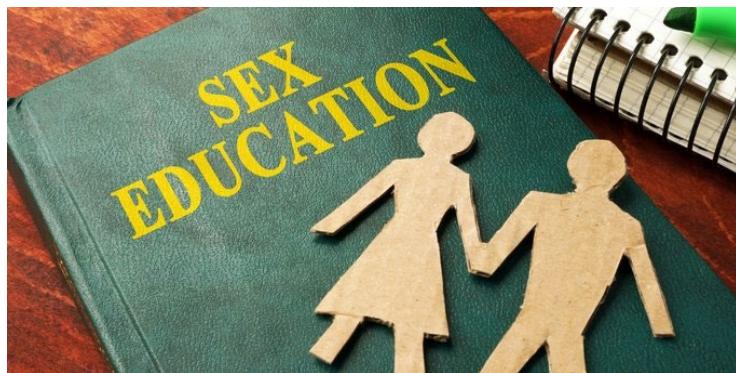
### PMY ANNOUNCES NEW PODCAST EPISODE

Episode 8 Now Available!

March 7, 2022

**Boys of Color and Environmental Inequities**

Episode 8 of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, is now available on [Apple](#) and [Spotify](#). It is also available with more detail and recommended resources on PMY's website [here](#).



**ONLY HALF OF US ADOLESCENTS RECEIVE ADEQUATE SEX EDUCATION**

## - AND BLACK AND HISPANIC YOUTH ARE ESPECIALLY LEFT BEHIND

PsyPost, March 2, 2022

Findings from the [\*\*Journal of Adolescent Health\*\*](#) revealed that roughly half of US adolescents receive sex education that meets the minimum standard according to national public health goals. Young people of color were especially unlikely to receive adequate sex education — Black and Hispanic males were less likely than White males to learn about safe sex topics (sexually transmitted infections, HIV, or birth control) before their first sexual encounter. Youth were more likely to learn about abstinence than other forms of birth control — while 79%–84% of youth said they had been taught about how to say no to sex and 58%–73% said they were taught about waiting until marriage, only 40%–53% had learned about where to get birth control, and 54%–60% had learned about how to use a condom. The data came from two cycles of the National Survey of Family Growth (NSFG), a household survey of US residents. Alarmingly, when the researchers compared their findings to estimates from earlier rounds of the NSFG survey, it appeared that teens today are less likely to be taught about critical sex education topics compared to 25 years ago. The authors note that current federal efforts are insufficient to ensure better sex education across America.



## SAN DIEGO COUNTY LAUNCHES AWARENESS CAMPAIGN OF BOYS' EXPLOITATION BY SEX TRAFFICKERS

10 News, March 3, 2022

County officials announced an outreach campaign Thursday aimed at raising awareness about the exploitation of boys by sex traffickers, with hopes of improving support services for male victims. The campaign organized by the San Diego County District Attorney's Office, Health and Human Services Agency, and Child Welfare Services will include messaging on social media, radio, billboards, and bus transit posters. County officials cited national studies finding that as many as half of commercially sexually exploited children in the United States are boys and that the sexual exploitation of boys is underreported. "To truly address the needs of all sex trafficking survivors, we must recognize the reality that the trafficking of boys is more common than the public may realize," San Diego County District Attorney Summer Stephan said. "Girls are well-known targets, but so are an astonishing number of boys and LGBTQ+ youth. All human trafficking is despicable, and we look forward to this creative campaign saving young boys from tragedy."



## **STOP HUMAN TRAFFICKING OF BOYS, NEW TEXAS BILLBOARDS SAY**

**Dallas Morning News, March 5, 2020**

Timmy, which is a pseudonym to protect his privacy, is sharing his [story](#) as part of a statewide effort to bring awareness to the growing sex trade of young boys and men and dispel the myth that it strictly victimizes girls and young women. The digital and traditional billboards that read "Stop Human Trafficking of Boys," and show pictures of young men will appear in 70 cities across Texas throughout 2022. "Texas is ground zero in the fight against human trafficking," Sen. Jane Nelson, R-Flower Mound, said at a news conference Friday. "It's happening in every community in our state, and it's not just happening to females." Law enforcement officials and anti-trafficking advocates stood with Nelson on Friday along Interstate 35 in Denton County in front of one of the new billboards, which were donated by the Outdoor Advertising Association of Texas. Although numbers on the trafficking of males are difficult to estimate and considered underreported, the [United Nations estimates](#) that boys account for 15% of global trafficking victims, and adult men account for 20%. According to the [National Human Trafficking Hotline](#), 10,583 cases of human trafficking were reported in the U.S. in 2020. Of those, 1,257 were males. To combat trafficking, the Texas Legislature last year provided a \$10 million grant to Ranch Hands Rescue, a sanctuary for abused and abandoned animals and special needs children in Denton County. The nonprofit opened Bob's House of Hope, a residential program to help male trafficking victims heal. Both the billboard campaign and Bob's House of Hope are the first of their kind in the country, advocates said Friday.



## MESSAGE ABOUT AGGRESSIVE MASCULINITY IS KEY TO SANDY HOOK LAWSUIT AGAINST REMINGTON

Akron Beacon Journal, February 28, 2022

It was recently reported in [the New York Times](#) that a lawsuit filed by the families of Sandy Hook school shooting victims against Remington, the maker of the weapon used in the massacre, [was settled for \\$73 million](#), the largest payout ever by a gun manufacturer in a mass shooting case. The lawsuit contended that Remington promoted sales of the assault rifle by appealing to troubled men, like the one who committed the 2012 massacre. Who are these "troubled men," to whom the gun promotions were alleged to have appealed? [In more than 90% of the cases in which the sex of a gun violence perpetrator is known, it is a male.](#) Yet the vast majority of boys and men do not commit acts of gun violence. What distinguishes the tiny minority of males who commit these crimes? We are psychologists who research boys and men and have some answers. Working independently using a wide range of methods, researchers in psychology, sociology, anthropology and criminology have found that [the perceived failure to accomplish a societal standard of masculinity is perhaps the most significant factor in men's and boys' decisions to wield deadly force using a firearm.](#) This has been borne out with school shooters, mass shooters and murder-suicides.



## YOUNG, ANGRY, MISOGYNISTIC AND MALE: INSIDE SOUTH KOREA'S INCEL ELECTION

*Anti-feminism is at the forefront of this year's Korean presidential election, with populist candidates mobilizing an army of angry young male voters.*

**Vice, March 4, 2022**

A fierce debate over feminism and gender is taking center stage in the lead-up to South Korea's presidential election on March 9, where anti-feminist young men have [emerged as a key voting bloc](#) for populist candidates. Their resentment of feminism had already been simmering for years, ever since the [arrival of the #MeToo movement](#) in the country back in 2018. It was then that [heightened awareness of digital sex crimes](#) and [cases of abuse and sexual violence](#) made global headlines and prompted huge public outcries and [mass protests](#) by South Korean women. Korean anti-feminists [often note](#) that men are put at a disadvantage because of mandatory military conscription and competitive job markets. They have also taken aim at the ruling government for promoting "feminist agendas." "Given the current state of Korean women's human rights, it is obvious that the major subject of the presidential election should be feminism," psychologist Han Ji-young told VICE World News. "But now, the presidential election is turning into a competition to determine who hates and discriminates against women the most." [Dominating headlines](#) and leading the popular vote is candidate [Yoon Suk-yeol](#), who represents the conservative opposition, the People Power Party (PPP). His policies range from pledging to abolish the Ministry of Gender Equality and Family, also known as the women's ministry, to increasing penalties for people found to be [falsely accusing others of sex crimes](#). Yoon has been relentless in targeting young male voters, previously known to [side with the liberal bloc](#), with anti-feminists gravitating towards the the 61-year-old.



## **SURF LIFE SAVING AUSTRALIA'S COASTAL DROWNING DEATH REPORT**

**South Coast Register, March 4, 2022**

Surf lifesavers are pleading with young men to take their safety seriously as a new report from Surf Life Saving Australia (SLSA) paints a tragic picture of the over-representation of young males who have died along Australia's coastline. The warning comes as the summer coastal drowning death toll continues to rise above both the 10-year average and 2020/21 Summer for the same time period (December 1 to 31 January 31). Surf Life Saving Australia's Coastal Safety Brief - Young Males reports that men accounted for nine out of 10 coastal drowning deaths in 2020/21 with young males (aged 15-39 years old) continuing to be overrepresented in coastal injury and fatality incidents. The SLSA Coastal Safety Brief - Young Males reveals that 53 young men die on our coast each year (on average), with three out of four due to drowning (77 per cent).



## **OPINION: WHAT GAY MEN'S STUNNING SUCCESS MIGHT TEACH US ABOUT THE ACADEMIC GENDER GAP**

**Washington Post, February 27, 2022**

The gender gap in American higher education is now the largest it has ever been, and if current trends continue, two women will soon complete college for every one man. But there's one group that has, for generations, defied this trend: gay men. Their achievement could hold the key to closing the gap for their straight peers, too. So what's the secret to gay men's academic success? And can straight men learn anything from it? Growing up, gay boys often feel like outsiders to the culture of masculinity enforced by their straight peers. Although that status creates vulnerabilities in the schoolyard, it also seems to lead to tremendous liberation in the classroom. That's because boys in the United States still face a very narrow set of expectations about what it means to "be a man" — and one of these expectations is that "real men" shouldn't appear overly concerned with the daily hard work of being a conscientious student. Gay men's academic advantages don't end in undergrad, either. The group is significantly overrepresented among the United States' most advanced degree holders. Compared with straight men, gay men are about 50 percent more likely to have earned an MD, JD or PhD. And this pattern isn't confined to White gay men. In every single racial and ethnic group I could measure, gay men outpace straight men in college completion by double

digits. American boyhood feels like a series of masculinity contests, and even today, most of the rules are stacked against gay boys. But academics is one competition they can master. As one of my students at the University of Notre Dame put it: "I realized early on that I couldn't change the fact that I was gay, but I could change how much I studied for my math test." As the United States fights to close its growing academic gender gaps, gay men have many lessons to teach us about school success. But the most important is this: It is long past time to rewrite the rules of American masculinity. Take the pressure off gay boys to be the best little boy in the world — but give straight boys the chance to be their best, too. At a time when the lives of American men without college degrees have become [increasingly despairing](#), this masculinity makeover would benefit no one more than straight men themselves.



### [THE MUSCLY GUY AT THE GYM MAY BE AT RISK FOR AN EATING DISORDER, EXPERTS SAY](#)

CNN, February 21, 2022

When Ryan Sheldon told his family he had an eating disorder, they chuckled in confusion. When he brought it up to his doctor, he was told they missed it because the doctor never would have thought he was at risk. And when he started speaking about his experience publicly, one audience member -- also a doctor -- stood to say Sheldon had been misdiagnosed because he was neither extremely large nor thin, he said. Sheldon, 34, who is chair of the ambassador program at the National Eating Disorders Association, has wrestled with problems related to body image since he was 8 years old. When those problems developed into a concrete eating disorder, he had trouble identifying it and getting help in part because of the stereotype that eating disorders only happen in teenage girls. It's a belief that is harmful and untrue, as around 1 in 3 eating disorders will affect men or boys, said Stuart Murray, [an associate professor of psychiatry and behavioral sciences at the University of Southern California](#) and director of the Translational Research in Eating Disorders Laboratory. In the United States alone, 10 million males will be affected by eating disorders at some point in life, according to the [National Eating Disorders Association](#). As the organization starts its awareness campaign Monday

for National Eating Disorder Week, experts share how eating disorders impact men and boys and why they are often left out of the picture.



## **EATING DISORDERS AMONG MEN ARE MORE COMMON THAN YOU MAY THINK. BUT IT'S HARD TO FIND HELP.**

*This Temple student has hundreds of thousands of followers watching videos about eating disorders and self love.*

**The Philadelphia Inquirer, February 21, 2022**

William Hornby looks straight into the camera, smiles and says: "Hi, I'm William and I am a man who is proudly in eating disorder recovery." It's the kind of public and unashamed acknowledgement the now 22-year old Temple University student wished he could have leaned on when he began his recovery in early 2020. The video has been watched more than 21,000 times since Hornby posted it on TikTok in December 2020. An estimated 10 million men and boys have a diagnosed eating disorder — about a third of all reported cases, according to the National Eating Disorder Association. Yet because the condition is largely seen as a women's health problem, men often struggle to find help. For men, movies and music that conflate masculinity with ripped physiques or lean, toned bodies can contribute to eating disorders. Gym culture — working out hard, eating nothing but lean protein then celebrating with indulgent "cheat day" meals — encourages a pattern of food restriction and binge eating. "One of the most isolating and challenging things for me was I couldn't find representation for men with eating disorders," Horby said. "Even though I knew it was happening, I couldn't find them." He has posted hundreds of short videos with such messages as "Coffee is not a meal and neither is the milk in your coffee," "Your body isn't addicted to carbohydrates, it just needs them," and "You aren't faking your eating disorder if it's happening when no one's around," which have earned him hundreds of thousands of social media followers. His posts are not intended as medical advice, but rather as emotional support for people who may be struggling and feeling alone, he said.



## LGBTQ YOUTH ARE DEVELOPING EATING DISORDERS AT HIGHER RATES

Healthline, February 17, 2022

LGBTQ youth experience eating disorders at higher rates than their peers. Over the past year, the risk of attempting suicide was four times greater among those who had an eating disorder diagnosis. Experts say eating disorders are underdiagnosed in LGBTQ youth because medical professionals fail to accurately assess and understand how they present among this group. Limited access to healthcare and fear of discrimination can also prevent LGBTQ youth from seeking help. [The Trevor Project](#) released a new research brief that highlights how LGBTQ youth are at greater risk of developing eating disorders and how this can affect their mental health as well as risk of suicide. Experts say this kind of research is necessary to raise awareness about ways to put better interventions in place to help LGBTQ youth not only manage and seek treatment for eating disorders, but also address other underlying mental health issues.

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**PMY ANNOUNCES NEW PODCAST EPISODE**

Episode 7 Now Available!

February 28, 2022

**Body Image and Eating Disorders**

Episode 7 of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, is now available on [Apple](#) and [Spotify](#). It is also available with more detail and recommended resources on PMY's website [here](#).

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## VAPING WITH NICOTINE COULD CAUSE HEART PROBLEMS IN TEENAGE BOYS, MOUSE STUDY SHOWS

**Study Finds, February 24, 2022**

Scientists find vapes containing **nicotine** might weaken the heart of teenage boys — but not girls. A new animal study suggests women likely avoid the most harmful effects of vaping because they possess higher levels of an enzyme that breaks down nicotine. Vaping has become increasingly popular in recent years, with many smokers switching to the alleged healthier alternative. Minors under 18 can also purchase nicotine-free vape pens. However, because vaping is relatively new, people are concerned about the amount of nicotine in most **e-cigarette** brands. Nicotine improves mood and decreases stress, but it also activates brain areas involved in addiction and alters adolescent brain development.



## STUDY: PLAYING VIDEO GAMES INCREASES KIDS' RISK FOR DEVELOPING ADHD SYMPTOMS

*Playing video games may increase the risk of developing ADHD symptoms in early adolescents, according to a surprising new study that conversely found that children with ADHD are not more prone to play video games.*

**ADDitude, February 24, 2022**

Playing video games may increase adolescents' risk for developing symptoms of ADHD, according to a new study published in the **Journal of Attention Disorders** that shows a positive correlation between hours of video game play at age 12 and the likelihood of self-reported symptoms of ADHD at age 13. Contradicting previous research that links ADHD to video game addiction, the study data surprisingly did not show that children with ADHD seek out video games more so than their neurotypical peers. This research data indicates that video game play precedes ADHD symptoms, but the reverse is not true. In other words, the length of **video game engagement** at 12 years of age predicts the likelihood of developing hyperactive and/or inattentive ADHD symptoms at age 13. However, the presence of ADHD at age 12 does not predict higher-than-average video game engagement at age 13. This study contradicts previous research suggesting that

adolescents with ADHD symptoms are more prone to play video games.



### CDC REVEALS HOW TO REALLY LOWER THE RISK OF MYOCARDITIS FROM THE COVID-19 VACCINE

*A longer wait time between Pfizer and Moderna doses may reduce rare myocarditis*  
**Deseret News, February 23, 2022**

The [Centers for Disease Control and Prevention](#) said younger males should wait longer between their COVID-19 vaccine doses in order to lower the risk of heart inflammation. The [CDC](#) said men 12 to 39 years old should wait eight weeks between their first and second doses of the COVID-19 vaccine regimen, according to [CNBC](#). This comes after public health authorities in Canada discovered the risk of the rare myocarditis was lower among young men who waited eight weeks between shots.



### IMPROVING THE LIVES OF BOYS AND MEN OF COLOR

**UConn Today, February 22, 2022**

Based in the downtown Hartford community, the UConn Health Disparities Institute

(HDI) was launched in 2017 as part of Bioscience Connecticut. It enhances research to improve the delivery of health care and outcomes for the underserved including for boys and men of color. "My life's work is to prevent families from losing the men and boys who they love before it's their time," says Wizdom Powell, Ph.D., director of the Health Disparities Institute at UConn Health and associate professor in the Department of Psychiatry at UConn School of Medicine. Under Powell's leadership HDI combines rigorous scientific research and translates it into policy to create structural changes addressing health inequities and disparities. Its mission reduces disparities by turning ideas shown to work into policies and actions. Powell's ongoing research, funded by the National Institute on Drug Abuse, is expanding the scientific knowledge on men's behavioral health, especially in high-risk, young-adult Black male populations. HDI has innovatively introduced the first annual Report Card on Health Equity among Men and Boys of Color in Connecticut, examining their health care access and outcomes. Also, HDI has a series of overlapping research, policy translation, and programmatic initiatives focused on advancing health equity for boys and men of color in the state.



**VIDEO: STUDY SHOWS TRAUMA, INEQUALITY LEADING TO MENTAL HEALTH CHALLENGES FOR YOUNG MEN OF COLOR IN CHICAGO**

**CBS Chicago, February 21, 2022**

VIDEO: New research shows that trauma and inequity lead to worsening mental health in young men of color in Chicago. That's according to the group Ujima. They conducted their research on Black and Brown men in Chicago, including surveys, interviews and focus groups.



## **BARRED FROM EMPLOYMENT: MORE THAT HALF OF UNEMPLOYED MEN IN THEIR 30S HAD A CRIMINAL HISTORY OF ARREST**

**Science Advances, February 2022**

We investigate what portion of the pool of unemployed men in the United States have been arrested, convicted, or incarcerated by age 35. Using the National Longitudinal Survey of Youth, 1997, we estimate 64% of unemployed men have been arrested, and 46% have been convicted. Unexpectedly, these rates vary only slightly by race and ethnicity. Further investigation of other outcomes such as marriage, education, household net worth, and earnings shows large differences between unemployed men who have a criminal history record and those who do not. One major implication of these findings is that employment services should focus more on the special challenges facing unemployed men with criminal history records. A second implication is that statistical discrimination against unemployed members of racial minority groups, to avoid hiring those with criminal histories, is both illegal and ineffective.



## **'NO WAY OUT?' BLACK MALE SUICIDES RISING FASTER THAN ANY OTHER RACIAL GROUP**

**SacObserver, February 15, 2022**

Researchers are sounding the alarm about the number of young Black men who are dying by suicide. From the 26-year-old son of award-winning actress and director Regina King to the young mayor of Newark, NJ, some in the African American community are speaking out to raise more awareness about suicide and mental health, especially when it comes to Black men. "Unfortunately, Black men often suffer in silence," said therapist Nettie Jones, MS, LPC. "They don't seek the help that sometimes women will reach out to get. We'll call our girlfriends, let them know that things are not okay. But, unfortunately, Black men tend not to do that. They hold things in, they self-medicate, they are workaholics. The kind of do stuff that's not very healthy."



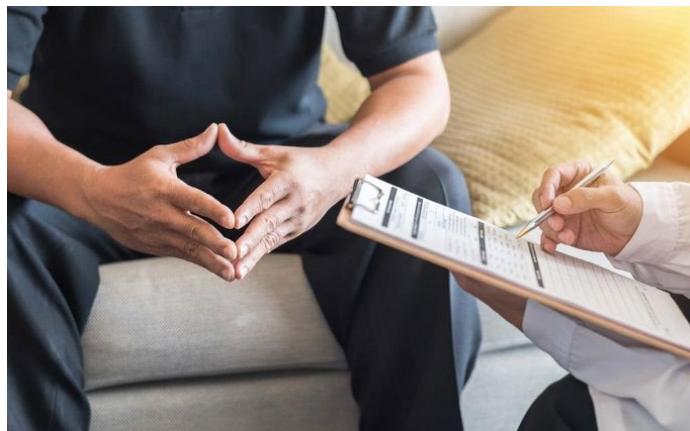
### **MOREHOUSE COLLEGE FOCUSES ON OFTEN OVERLOOKED RESEARCH ISSUES IMPACTING BLACK MEN IN NEW INSTITUTE**

*Researchers will take a holistic approach in examining Black men's experiences and how they influence the lives of Black men and boys, its officials say.*

**BET, February 16, 2022**

Over the past century scholarly studies involving Black men have largely involved human experimentation, like the Tuskegee experiment; criminality and high incarceration rates, like the many figures released by the [Bureau of Justice statistics](#); or from the perspective of unemployment, lack of education or even chronic fatherlessness, a claim which has been shown to be [dubious at best](#). It would seem that scholars have either ignored Black men or viewed them through a racially biased prism for centuries. Consequently, there looks to be a void of serious research about their socio-political, physical and mental health, sexuality and spirituality. However, Morehouse College plans to fill that void with the Jan. 18 launch of its Black Men's Research Institute (BMRI). It's a vision that was several years in the making, during which there were several iterations in the form of curricula and programs. "Most of the ideas and programs were bits and pieces around areas like criminal justice, education or mental health," Derrick M. Bryan, BMRI's associate director and a sociology professor at the school, told BET.com. "So

the idea was, with everything going on in the world around social justice and the Black Lives Matter movement, to draw them together and take a holistic approach to what was going on." Researchers will investigate the economic, social, cultural and personal outcomes of issues affecting Black men, particularly where disparities exist.



## **MALE MENTAL HEALTH**

**Medical Life Sciences News, February 16, 2022**

Mental health is among the most essential requirements for well-being and high quality of life. The symptoms of mental illness may appear different in men and women, making it a challenge to diagnose some mental conditions in men compared to women. The types of mental health issues that display themselves differently in men include PTSD, depression, body image disorders, bipolar depression, binge drinking, In fact, suicide is four times more common among men than women, and is currently rising in the USA, even though it is already among the leading causes of death. About 84% of suicides with a history of mental illness occurred among men. This emphasizes the need to get a proper diagnosis and appropriate treatment, by professionals trained to treat mental health problems.



## SOCIAL EMOTIONAL LEARNING SHOULD NOT BE THE NEXT TARGET IN AMERICA'S CULTURE WARS

Edsurge, February 9, 2022

A politician in the Midwest recently told a state committee that schools shouldn't be allowed to teach kids about feelings or emotions. A group of Virginia parents demanded to review their school's online social-emotional learning curriculum, convinced the school was hiding something. In the south, a state department told employees to refrain from even using the phrase social-emotional learning. And not long ago, [legislation passed in the Indiana House](#), prohibiting teaching or assessments that may "affect the student's attitudes, habits, traits, opinions, beliefs, or feelings without parental consent." From halted curriculums to debates at school board meetings, social-emotional learning, or SEL, has quickly become the newest target of America's [ongoing education culture wars](#). Many who oppose it see SEL as a back door for schools to teach [critical race theory](#). The timing of these latest attacks couldn't be worse. The social emotional needs of students are at an all-time high. Teachers, parents, and pediatricians are seeing more extreme behaviors and more serious mental health concerns from their kids. And while SEL is different from mental health care, it is a way for schools to prioritize student wellbeing, and to offer lessons and support on building healthy relationships, emotional well-being, self-awareness and decision-making—all crucial for student learning and success outside of school.



## PMY ANNOUNCES NEW PODCAST EPISODE

Episode 6 Now Available!

February 21, 2022  
Relational Health

Episode 6 of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, is now available on [Apple](#) and [Spotify](#). It is also available with more detail and recommended resources on PMY's website [here](#).

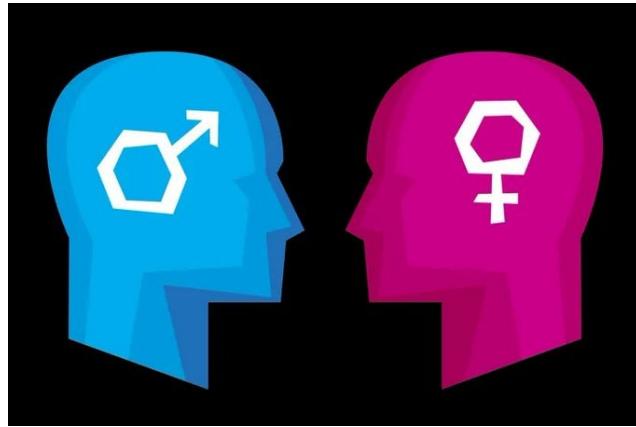
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**TEENAGERS HOLD SEXIST VIEWS 'DISTRESSINGLY SIMILAR' TO 1975 AND SCHOOLS RIDDLE WITH SEXUAL BULLYING AND TOXIC ATTITUDES, DISTURBING REPORT FINDS**

Daily Mail, February 13, 2022

A shock new report has found sexism and [gender](#) stereotyping in Australian schools have barely moved on in almost 50 years. South Australian Commissioner for Children and Young People Helen Connolly said some views expressed by schoolchildren for the study were 'distressingly familiar to what you would hear in 1975'. The CCYP study spoke with hundreds of pupils aged 11 to 19, who revealed cruel name-calling such as 'fat b\*\*\*h', 'f\*\*\*\*\*t' and 'pussy', as well as girls being 'cat-called' and asked to 'flash'. Even age old stereotypes of the expectation that girls 'get married' and boys 'have a successful career' were still prevalent. Children and young people described many examples of sexism and gender stereotypes being used within classroom settings, starting early in their school years,' Ms Connolly told The Advertiser. She said it is quite common for boys to call other boys a 'simp' if he is too nice to a girl, or 'gay' if he hangs out with girls instead of boys. '(Boys) described bullying that has the most impact on them as that which questions their sex and masculinity... the most common and hurtful insults being when they're called a 'pussy' or a 'faggot' by other young men,' Ms Connolly said.



## **STUDY SHOWS DIFFERENCES BETWEEN BRAINS OF GIRLS, BOYS WITH AUTISM**

**Science Daily, February 17, 2022**

Brain organization differs between boys and girls with autism, according to a new study from the Stanford University School of Medicine. The differences, identified by analyzing hundreds of brain scans with artificial intelligence techniques, were unique to autism and not found in typically developing boys and girls. The research helps explain why autism symptoms differ between the sexes and may pave the way for better diagnostics for girls, according to the scientists. Autism is a developmental disorder with a spectrum of severity. Affected children have social and communication deficits, show restricted interests and display repetitive behaviors. The original description of autism, published in 1943 by Leo Kanner, MD, was biased toward male patients. The disorder is diagnosed in four times as many boys as girls, and most autism research has focused on males. "When a condition is described in a biased way, the diagnostic methods are biased," said the study's lead author, Kaustubh Supekar, PhD, a clinical assistant professor of psychiatry and behavioral sciences. "This study suggests we need to think differently."



**STUDY:**  
**PEOPLE WITH AUTISM OR  
ADHD  
MORE LIKELY TO DIE EARLY**

  
[www.AutismParentingMagazine.com](http://www.AutismParentingMagazine.com)

## **STUDY: ARE PEOPLE WITH AUTISM OR ADHD MORE LIKELY TO DIE**

## EARLY?

Autism Parenting Magazine, February 18, 2022

Risk of death from natural causes as well as unnatural causes is significantly increased for people on the autism spectrum, according to researchers. A systematic review and meta-analysis published in JAMA Pediatrics claims the mortality risk is significantly increased for people with autism spectrum disorder (ASD) or attention-deficit/hyperactivity disorder (ADHD). Ferrán Catalá-López, PhD, from the Ottawa Hospital Research Institute in Ontario, Canada, and colleagues, conducted [the review](#), and included data from 27 studies involving 642,260 individuals. The key question the authors were looking to answer was: Are persons with autism or ADHD at a higher risk of dying compared with the general population? "We found suggestive evidence that ASD and ADHD are associated with a significantly increased risk of mortality. Understanding the mechanisms of these associations may lead to targeted strategies to prevent avoidable deaths in high-risk groups of children and young people as an approach to improve public health," the researchers commented. "For example, clinicians and health care professionals can be encouraged to routinely collect information on behavioral, medical conditions, and health outcomes related to ASD/ADHD, emphasizing the need to recognize and address modifiable vulnerability factors and prevent delays in health care provision. Additionally, we hope that these estimates can shed some light for future studies related to examining mortality-related health estimates in persons with ASD or ADHD."

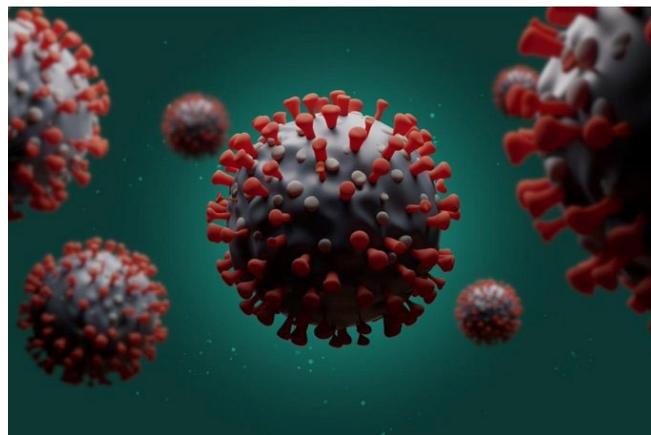


## BRAIN TUMORS EXACT HIGHER MORTALITY TOLL IN MEN THAN WOMEN

Medscape, February 15, 2022

New research shows that men in their 20s and 30s have worse survival from many different types of brain tumors than women of the same age. And, researchers say, it's not exactly clear why. Differences in treatment may mediate some of the association, but biologic sex itself appears to be a stronger risk factor for death, according to the [study](#) published online February 8 in Cancer. The excess in male

deaths is "concerning and we need more clinical data and more biological tumor data within each histologic type of brain tumor to understand why these young adult men who would be otherwise healthy are dying of these brain tumors," study author Lindsay Williams, PhD, MPH, with the Division of Epidemiology and Clinical Research, University of Minnesota, Minneapolis, told Medscape Medical News. Central nervous system (CNS) tumors rank among the top five cancers diagnosed in young adults aged 20-39 years. Williams and her colleagues [previously showed](#) that men are more likely to develop brain tumors. Their latest study shows that men die more frequently from brain tumors as well.



### [\*\*TESTES MAY 'SERVE AS VIRAL SANCTUARY' FOR CORONAVIRUS: STUDY\*\*](#)

**WebMD, February 11, 2022**

A small study of unvaccinated men who died of COVID-19 complications suggests the testes may be a sanctuary for the [coronavirus](#), raising questions about potential consequences for reproductive health among those infected. The study, [published online](#) Tuesday on the preprint server [MedRxiv](#), found that "patients who become critically ill exhibit severe damages and may harbor the active virus in testes," which can "serve as a viral sanctuary." The study has not been peer reviewed. Guilherme M.J. Costa, PhD, a professor at Universidade Federal de Minas Gerais in Brazil, led the study. The coronavirus is not unique in this habit. This sort of issue happens with many other viruses, Costa says. Brian Keith McNeil, MD, with the Department of Urology at SUNY Downstate Health Sciences University in New York City, says the topic of COVID-19 and [fertility](#) has been discussed but data is limited.



## **OPINION: THE DATA ARE CLEAR: THE BOYS ARE NOT ALL RIGHT**

**New York Times, February 8, 2022**

Here is one of the biggest problems facing America: Boys and men across all regions and ethnic groups have been failing, both absolutely and relatively, for years. This is catastrophic for our country. Yes, men have long had societal advantages over women and in some ways continue to be treated favorably. But male achievement — alongside that of women — is a condition for a healthy society. And male failure begets male failure, to society's detriment. Our media, institutions and public leadership have failed to address this crisis, framing boys and men as the problem themselves rather than as people requiring help. This needs to change. Helping boys and men succeed should be a priority for all our society's institutions. Here's the simple truth I've heard from many men: We need to be needed. We imagine ourselves as builders, soldiers, workers, brothers — part of something bigger than ourselves. We deal with idleness terribly. "A man ... with no means of filling up time," [George Orwell wrote](#), is "as miserable out of work as a dog on the chain." Left to our own devices, many of us will fail. And from our failure, terrible things result for the country, well beyond any individual self-destruction.



## **HOW DOES SOCIAL MEDIA AFFECT BODY IMAGE IN MEN? THE DANGERS OF INSTAGRAM, EXPLAINED**

*Facebook has admitted to making body image issues worse for one in three teen girls, and boys are suffering as well.*

**Inverse, February 10, 2022**

The messaging men receive on social media about the supposedly ideal body type is overwhelming, according to [Thomas Gültzow](#), a researcher at Maastricht University in The Netherlands. Gültzow was part of a team that analyzed which norms were conveyed by men's social media posts. Their 2020 study, published in [Cyberpsychology, Behavior, and Social Networking](#), found the majority of posts (62 percent) from large fitness Instagram accounts or accounts with fitness-related hashtags, promoted an appearance-related norm — typically a lean and muscular body type.

Gültzow tells Inverse that, while many of these posts also included health-related norms, "we still saw that, in the posts conveying a health-related norm, a lot of the men were muscular and lean." It's good that health-related norms are promoted, he says, but "men could also learn to associate masculinity and leanness with health, which might be less positive." When the [Facebook Papers](#) were published last year, much of the media attention focused on the company's knowledge of how using Instagram affects the [body image](#) and mental health of teenage girls. But while teenage girls are widely understood to be susceptible to negative messaging about body image, research shows that teenage boys and men are also vulnerable. Because research into men, social media, and body image is much less robust than it is for women, it's also less discussed. Negative self-perception of one's body often manifests differently in [men](#) than women, which can also contribute to a dearth of public discussion on the subject.



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Episode 5 Now Available!

February 14, 2022

**College Age Males and Suicide**

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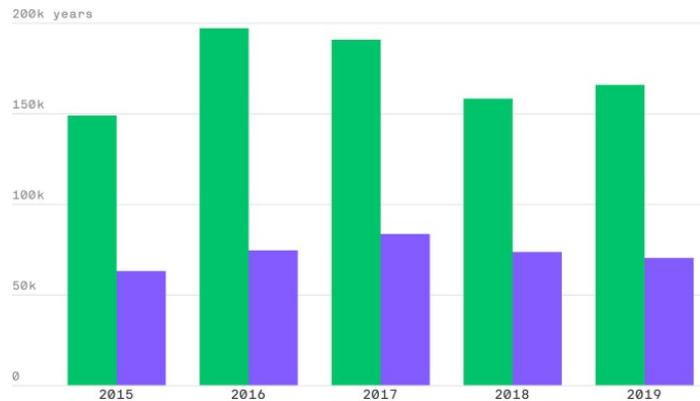


## MEN'S MENTAL HEALTH IS THE SILENT KILLER

*Looking at pre-pandemic numbers, men make up 75 per cent of suicides in Canada.*

**The Good Men Project, February 5, 2022**

Men's mental health is its own silent and deadly epidemic. It is compounded during a global pandemic with mask-covered faces, blank zoom screens and less human connection. Looking at pre-pandemic numbers, [men make up 75 per cent of suicides in Canada](#). Suicides among Indigenous men are [double the national average](#). [One million Canadian men](#) suffer from major depression each year, and homosexual men have higher rates of depression, suicide and substance abuse than heterosexual men. So why is men's mental health still taboo? There is so much shame around the issue. We suffer in silence. We don't reach out to friends or family members for help. We are told from a young age that we are weak if we share our emotions. For men, being vulnerable is still not ok. This leads to toxic masculinity. It leads to anger and uncontrolled emotions and depression. It leads to alcohol, drug and video game addiction. We see it in homeless shelters, youth centres and prisons. We even see it in our homes, in lines at shopping centres and on city streets.



## OVER 1 MILLION YEARS OF ADOLESCENT AND YOUNG ADULT LIFE LOST TO DRUG OVERDOSES

*Males collectively lost more years of life*

**Axios, February 1, 2022**

Adolescents and young adults lost an estimated 1.2 million years of life due to unintentional drug overdoses over five years, according to a study published in *JAMA*.

**What they found:** About 3,300 adolescents ages 10–19 years old died of an unintentional drug overdose in the U.S. between 2015 and 2019, representing about 187,078 years of life lost, researchers from Ohio State University said.

- That number rises to nearly 22,000 young people when expanding the age group to overdose deaths among those among 10–24 years old. Males collectively lost more years of life, the researchers said.

**Why it matters:** While previous reports have focused on adults, this specifically looks at the impact of unintentional deaths among young Americans. It's particularly alarming when [considering the record numbers of overdose deaths](#) reported since the conclusion of the study.

- Years of life lost, as the authors point out, offers "important context to the overdose crisis by better representing what is meant to society by the loss of adolescents and young people."



## **LONGER SCREEN TIME IN BOYS AT AGE 1 LINKED TO AUTISM**

### **DIAGNOSIS**

*Search for environmental risk factors continues as autism prevalence continues to rise worldwide*

**Medpage Today, January 31, 2022**

Boys exposed to more screen time at age 1 year were more likely to be diagnosed with autism at age 3, according to a multi-site Japanese study. Compared with 1-year-old boys who spent no time looking at screens, those who spent 1 or more hours looking at screens were two to three times more likely to be diagnosed with autism spectrum disorder (ASD), Megumi Kushima, MA, of the University of Yamanashi in Japan, and colleagues reported. However, the same did not hold true for girls, they noted in [JAMA Pediatrics](#). Screen time is one environmental factor that scientists have been investigating in connection to ASD, the study authors said. However, [past studies](#) have been inconclusive. In the past few decades, the prevalence of ASD has [gone up worldwide](#). The WHO estimates that [one in 160 children](#) in the world have an ASD, though this may be an underestimate. In the U.S., one in 44 children have been diagnosed with ASD, with boys being four times more likely to be diagnosed versus girls, [according to the CDC](#). [The WHO recommends](#) that children younger than 1 year should not have any screen time. The American Academy of Pediatrics (AAP) extends that recommendation to children younger than 18 months. "Problems begin when media use displaces physical activity, hands-on exploration and face-to-face social interaction in the real world, which is critical to learning," the AAP said in a [news release](#).



## **BOSTON DOCTORS CALL FOR MORE DATA ON BOOSTER SHOTS FOR TEENAGE BOYS**

*Even prominent vaccine experts disagree on risk-benefit analysis of the COVID-19 booster shot for teenage boys*

**NBC Boston, February 4, 2022**

Boston doctors can't say whether teenage boys should get a COVID-19 booster shot as data shows a greater risk of myocarditis among the demographic. Experts say

the risk is small for myocarditis, a rare inflammatory heart condition that has been found mostly in young men and is thought to be related to testosterone levels. U.S. regulators were hesitant to approve booster shots for younger people for that very reason, but [the Centers for Disease Control and Prevention ultimately encouraged older teens to get it.](#) Three top Boston doctors called for more data on the risk of myocarditis from booster shots in teenage boys but emphasized that it is safe for other children during NBC10 Boston's weekly "[COVID Q&A](#)" series Tuesday.



### [GENDER STEREOTYPES PREVENTING THIRD OF YOUNG MEN FROM PURSUING DESIRED CAREER PATHS, RESEARCH SHOWS](#)

*Perceived norms are deterring males from applying for social work roles in particular*  
**Wales Online, UK, February 4, 2022**

Harmful gender stereotypes are continuing to impact career choices for young people and men in England, new research shows. A study by social work charity [Frontline](#) that surveyed more than 2,000 men aged under 30 revealed that more than four in ten (43%) young men aged 18-30 still believe some jobs are better suited to men and others to women, despite over half (57%) stating gender shouldn't impact career choice. It found that gender norms are deterring men in that age bracket from social worker roles, as over a third (34%) say social work is a profession best suited to women, with nearly four in 10 (38%) admitting the thought of going against masculine norms would discourage them from applying. Currently only 14% of child and family social workers are men and according to the research, just one in six (16%) young men would consider social work as a career, compared to nearly a third (30%) of women. When it comes to choosing a career path, men are continuing to choose careers typically perceived as masculine in sectors such as science, engineering and technology (21%).



**PMY ANNOUNCES NEW PODCAST EPISODE**

Episode 4 Now Available!

January 31, 2022

**Gender and Sexuality**

Episode 4 of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, is now available on [Apple](#) and [Spotify](#). It is also available with more detail and recommended resources on PMY's website [here](#).

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## MEN IN NURSING: SHATTERING STEREOTYPES AND CARVING OUT OPPORTUNITIES

**Becker's Hospital Review, January 31, 2022**

When Sylvain "Syl" Trepanier, DNP, RN, stepped into nursing 32 years ago, he didn't have any reservations about entering a female-dominated profession. He chose nursing over medical or osteopathy school because of the profession's emphasis on holistic, whole-person care. While the choice seemed obvious to Dr. Trepanier, who now serves as system chief nursing officer at Renton, Wash.-based Providence, he was often greeted with surprise when telling people what he did for a living. "I would say, 'I'm a nurse,' and the immediate response would be, 'Oh, you're a male nurse?'" he told Becker's. "I don't hear that anymore. I think society has changed, and we are certainly more comfortable with it." Ernest J. Grant, PhD, RN, president of the American Nurses Association, shared a similar experience of surprise and mistaken identity. "When I first began my nursing career in the 1970s, male nurses were often mistaken as either orderlies or physicians," Dr. Grant told Becker's. "There was also a harmful preconceived notion and antiquated assumptions regarding gender roles around those men who chose to become nurses." Becker's spoke with several male nursing leaders about the profession's gender dynamics and how the pandemic has influenced men's interest in the field.



## WEIGHT LOSS AFTER BARIATRIC SURGERY LINKED TO HIGHER TESTOSTERONE FOR MALE ADOLESCENTS

**Healio, February 4, 2022**

Adolescent boys with severe obesity who lost weight loss with bariatric surgery saw increases in free and total testosterone, according to study findings published in the European Journal of Endocrinology. "Men usually achieve their peak testosterone concentrations at puberty, followed by a gradual decline — 1% per year — for the rest of their life," Sandeep Dhindsa, MD, professor of medicine and chief of the division of endocrinology and metabolism at Saint Louis University, told Healio. "Adolescent males with obesity start off with a lower testosterone. We do not know the long-term effects on fertility and sexual function. The good news is

that weight loss normalizes testosterone concentrations. In study participants who regained weight after the initial weight loss following bariatric surgery, we saw that their testosterone levels started to drift down."



## [\*\*MEN AND THE HUMAN PAPILLOMAVIRUS\*\*](#)

*In cervical cancer awareness month, Yan-Yi Lee delves into the topic of HPV, exploring why heterosexual men in particular may be less aware of the risks and consequences.*

**Varsity UK, February 5, 2022**

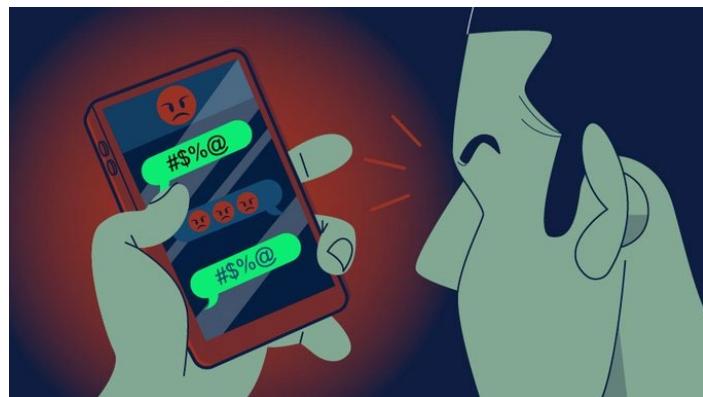
HPV comes in [\*\*more than 170 forms\*\*](#) (with [\*\*certain subtypes being more 'deadly' than others\*\*](#)) and typically transmits through sexual activity. Despite it spreading equally easily and causing cancer in both males and females, there tends to be surprisingly low awareness of what HPV is among men. It is unbelievable to me that the term doesn't even ring a bell among the highly educated male friends in my social circle, with some even confusing it with the Human Immunodeficiency Virus (HIV) or the Herpes Simplex Virus (HSV). Findings in recent scientific studies appear to align with my anecdotal observations. In the previous decade, data collected in one American university revealed that [\*\*despite rising death rates in HPV-related cancer among men, less than 30% of males were vaccinated\*\*](#). Another report painted a similar picture: the awareness of HPV and the importance of its vaccination [\*\*dropped by a whopping 10% among men\*\*](#) between 2013 and 2018. Sexuality also appeared to play a role in HPV awareness, with the LGBTQ+ community appearing to be more conscious of the threat posed by HPV. It was found that [\*\*men who have sex with men tend to be more aware of HPV and are more willing to get vaccinated for it\*\*](#) in comparison with heterosexual men.



## FRAGILE MALE EGOS HAVE MANY WOMEN 'FAKING IT' IN THE BEDROOM

**HealthDay, February 2, 2022**

A trio of new studies are confirming what millions of women already know: Reacting to your man's insecurities can have you pretending the sexual satisfaction you do not feel. The more a woman thinks her partner's ego is fragile, the more likely she is to protect those feelings and fake orgasms -- and then be less satisfied with the sex they do have, researchers discovered. "I was talking to one of the collaborators on this project, who hypothesized that men who were insecure in their masculinity would be less likely to ask for sexual feedback," said study author Jessica Jordan, a doctoral student at the University of South Florida. "And my immediate thought was, it doesn't matter, because if a woman senses her partner is insecure, she's never going to tell him the truth." In the first study, the researchers found that women who made more money than their partners reported they were twice as likely as those with lower incomes to fake [orgasms](#). This study surveyed 157 women anonymously, recruited from social media. In the second study, if women thought their partner had "precarious manhood" more, this indirectly predicted that they would fake satisfaction, which actually led to lower satisfaction, greater anxiety and less honest communication. That study included 283 women. For the third study, researchers asked 196 women to imagine a partner who was insecure. How did they react? They were less willing to provide honest communication about sex because of anxiety over their partner's anxiety.



## OVER ONE-THIRD OF YOUNG ADULT U.S. MEN INVOLVED IN TECHNOLOGY-RELATED ABUSE, STUDY FINDS

*Nearly 90% of young adult men believe health care providers should ask male patients about partner abuse.*

**University of Michigan, January 22, 2022**

In 2022, technology has the potential to both start relationships and keep them alive, even those crossing continents. Lifting a finger, literally, can land someone “face-to-face” with their partner or spouse. This increased accessibility – 81% of Americans own a smart phone and 75% own a computer – also allows for more unhealthy behaviors in relationships. A new study shows that one-quarter of young American men experience this technology-facilitated abuse – both by delivering and receiving it. “Most partner violence research and program focus on men as only delivering abuse,” said [Vijay Singh, M.D.](#), assistant professor of emergency medicine, family medicine and internal medicine at University of Michigan Health and senior author of the paper published in the Annals of Family Medicine. The Michigan Medicine-led study is one of the first to analyze abuse through the lens of technology in a nationally representative sample of adult men in the U.S. This diverse group of 18 to 35-year-olds completed anonymous surveys online. Researchers found that while 25% of men reported both delivering and receiving abuse using technology, 8% reported only receiving the abuse and 4% disclosed only delivering it. The findings are similar to results of another Michigan Medicine-led study from 2020, which revealed the [majority of men involved in intimate partner violence reported both perpetration and victimization.](#)



## BOYS DO CRY: STUDY FINDS MEN AT INCREASED RISK OF MENTAL ILLNESS FOLLOWING BREAKUPS

**Study Finds, January 28, 2022**

Outdated male stereotypes often paint men as stoic and unemotional following a breakup. In reality, however, emotions seldom discriminate by gender. Case in point, researchers from the University of British Columbia find that men are at an

increased risk of mental illness, such as anxiety, depression, and suicidal thoughts, after a relationship ends. "Most men experienced the onset or worsening of mental illness symptoms during a distressed relationship or following the breakdown of a relationship," says lead study author Dr. John Oliffe, a Canada Research Chair and UBC professor of nursing primarily focusing on men's mental health, in a [university release](#). "Stereotyped masculinity plays a role in [how men react](#) to a broken relationship," explains Dr. Oliffe, who also leads UBC's Reducing Male Suicide research excellence cluster. "For example, men's uncertainty for how to articulate and problem-solve in the relationship context resulted in many men isolating rather than reaching out for help. Most men in the study were battling with transitions in the partnership—like bereavement, parenting or infidelity—and their primary goal was to avoid conflict." Researchers say emotions and feelings like sadness, regret, and guilt are common after a breakup. Many men who reported dealing with these feelings also admitted to the use of alcohol and other substances to help numb the pain.



## [RESEARCHERS FIND NEGATIVE PARENTING LEAVES MALES MORE LIKELY TO DEVELOP NEGATIVE TRAITS](#)

**Medical Xpress, January 24, 2022**

Harsh and negative parenting has long been linked to the development of callous-unemotional traits in children and adolescents. Now, a study by Florida State University researchers has found that maltreated [males](#) are more likely to develop those callous-unemotional traits than females. Callous-unemotional traits include lying, cheating and a lack of guilt. Researcher Bridget Joyner, a doctoral student in criminology, led the study published in the journal *Child Abuse and Neglect*. Joyner said it's one of the first studies to analyze both male and female youths. "Most studies that have looked at similar associations have not included females in their samples; it's been strictly males," she said. Joyner said the [development](#) of callous-unemotional traits is a precursor to the emergence of psychopathy in adults, which in turn is a predictor of criminal behavior. Judith Rich Harris Professor of Criminology Kevin Beaver worked with Joyner on the study. "We know that males tend to respond to [adverse experiences](#) in more external ways, through behavior and other visible traits," he said. "Joyner said that the

development of callous-unemotional traits is thought to be an adaptive response by victims that helps shield them from further emotional stress.



## [GUYS ARE PAYING \\$10,000 TO BECOME REAL MEN AT WARRIOR CAMPS](#)

*Macho programs promise self-fulfillment through hardcore military-style training. But are they just a fix for an epidemic of male loneliness?*

**Vice, January 24, 2022**

The study of male psychology as something unique is surprisingly new. In 2018, the American Psychological Association (APA) released its [first guidelines](#) for conducting psychological practice with men and boys. On the whole, the APA operated from the perspective that traditional masculinity—which the [organization defined](#) as traits like “stoicism, competitiveness, dominance, and aggression”—was psychologically harmful and generally unattainable for men. “Though men benefit from patriarchy, they are also impinged upon by patriarchy,” said former APA president Ronald F. Levant. One of The Project’s head instructors Steve Eckert, a Marine veteran with bushy eyebrows and a bald head as shiny as a cue ball, has [a different perspective](#). “Men are either on one end of the spectrum, the two extremes: Either they think they have to be rah-rah-rah, kill, fuck, pillage, or, since they think that’s so horrible, they’re soft and weak and not speaking up, passive aggressive, afraid to show who they really are,” says Eckert. “But either way, you’re not allowed to be a man anymore, you’re almost a racist if you’re a man these days. It’s crazy.” The Modern Day Knight Project, which opened in 2019, is among a growing number of new men’s bootcamps and weekend retreats that promise a man an opportunity to dig deep, uncover his trauma, and recapture his primal essence that has been lost in our industrialized, materialistic society. The Project’s closest analogue is the \$10,000 [Wake Up, Warrior](#) program and its signature [Warrior Week](#), run by entrepreneur and success coach Garrett White in Laguna Beach, California.



## **PMY ANNOUNCES NEW BOARD MEMBER GABRIELA VARGAS, MD MPH**

PMY is pleased to announce the appointment of Dr. Gabriela ("Gaby") Vargas to its Board of Directors. She is an Attending Physician, Division of Adolescent/Young Adult Medicine at Boston Children's Hospital and an Instructor in Pediatrics at Harvard Medical School. After completing her Pediatrics Residency at Hasbro Children's Hospital, she started her adolescent medicine fellowship at Boston Children's Hospital. She completed her Master of Public Health at Harvard T.H. Chan School of Public Health in May 2019. Her clinical interests and expertise include both outpatient and inpatient care of adolescents. She has a specific clinical and research interest in adolescent male health. She is the director of the Young Men's Health Site, which has over 200,000 views globally each month. She is actively working on a review of young men's experiences of sexual violence as well as research studies regarding young men's sexual health.

"Gaby brings a passionate and youthful perspective to our work on behalf of young males," said David Bell, MD, MPH, PMY Board Chair. "Her enthusiasm for our work will be a tremendous asset as we move forward."

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## **MEN ARE GETTING LEFT BEHIND IN THE JOBS BOOM**

*Economic upheaval has been pushing a disproportionate number of men out of the workforce, and a growing number never come back. One solution lies in high school.*

**Bloomberg Opinion, January 24, 2022**

During each recession for the last 40 years, a sizable number of men — more than women — have left the labor force and not come back. So far, this has been true for the pandemic too, despite rising wages and the best job market in decades. The male prime-age labor force participation rate — the share of men age 25 to 54 who are either working or looking for work — has fallen over the years from 96% in 1970 to about 89% in 2020 before the pandemic. As of the last estimate in November 2021, only 88.2% of prime age men are participating in the U.S. labor force. Which makes it clear we need a new approach to jobs. Economists have offered many reasons to explain [why fewer men](#) are working in their prime career years. Regardless of the cause, the results are terrible for families and the economy. Time out of work is [associated with depression and poor health](#). Keeping people employed and productive is also important for a growing, vibrant, inclusive economy that offers the possibility of upward mobility. If prime-age males keep dropping out, we risk a permanent underclass that can't work to get ahead.



**PMY ANNOUNCES NEW PODCAST EPISODE**

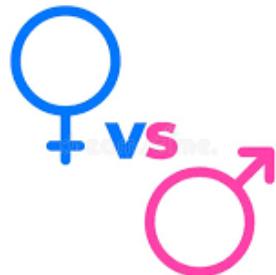
Episode 3 Now Available!

January 31, 2022

**Gender Equity and Consent**

Episode 3 of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, is now available on [Apple](#) and [Spotify](#). It is also available with more detail and recommended resources on PMY's website [here](#).

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## MEN AND WOMEN'S BRAINS REALLY DO WORK IN DIFFERENT WAYS, GENETIC STUDY REVEALS

**Study Finds, January 24, 2022**

Men and women's brains really do work in different ways, and scientists say it all comes down to their genes. A team from Stanford Medicine discovered over 1,000 genes that are much more active in the brain's grey matter of one gender or another. According to researchers, these genes are responsible for programming "rating, dating, mating, and hating." The findings have implications for a host of diseases including Alzheimer's, autism, and multiple sclerosis. "Using these genes as entry points, we've identified specific groups of brain cells that orchestrate specific sex-typical behaviors," says senior author Professor Nirao Shah in a [university release](#). The relationship guide "Men Are From Mars, Women Are From Venus" is famous for highlighting this phenomenon [between the genders](#). In the international best seller, American author and counselor John Gray claimed men and women are so incompatible they could literally be from different planets. Experiments on mice now suggest Gray was right. Male and female brains do indeed vary in important ways. Study authors believe their results will also apply to humans, highlighting important differences between the sexes.



## OPINION: PREVENTING SUICIDE AND CARING FOR BLACK MEN'S MENTAL HEALTH THE RIGHT WAY

**BET, January 28, 2022**

Recently, actress and director [Regina King's](#) son, Ian Alexander Jr., only 26 years old, [died by suicide](#). While the circumstances around what took him to that point remain unclear, it is but another sobering reminder that young Black men are dying by suicide at rates that are increasing faster than any other racial/ethnic group in America. In 2020, suicide rates decreased for some racial/ethnic groups, but in Black youth, suicide rates continued to increase—even in very young children. Research from the Association for Psychological Science shows that [Black boys as](#)

[young as 5](#) are twice as likely to die by suicide compared to their white counterparts,, and according to a [recent study](#) in Journal of American Academy of Child and Adolescent Psychiatry, from 2003 to 2017, the suicide rate of Black boys as young as 5, increased every year. And is it really any wonder? According to other research from the APS, Black boys as young as 5 are [more likely to be seen as aggressive](#), and [data from the U.S. Department of Education](#) shows Black boys are significantly more likely to be suspended than white boys for the same behaviors, which feeds into the school to prison pipeline. Black boys grow up to become Black men, and must deal with the stress of racism, which can cause depressive symptoms, thereby contributing to suicide risk.



## [IMPORTANCE OF SEX EDUCATION FOR YOUNG MALES](#)

New Age BD, January 29, 2022

About 47 per cent of the 15-year-old boys in Ukraine were found to have had sexual experience. In some cases, boys are also subjected to sexual abuse. There are numerous underlying factors behind the engagement of adolescent boys with sexual violence, especially with regard to girls. Sexual violence is defined as any sexual act and/or attempts to obtain a sexual act without a person's consent, unwanted sexual comments or advances and acts against a person's sexuality using coercion by any person regardless of their relationship to the victim in any setting, including but not limited to home and work. A wide range of sexually violent acts can take place in different circumstances and settings. These include, for example, rape within existing relationships, unwanted sexual advances or sexual harassment including demanding sex in return for favours, forced marriage or cohabitation, denial of the right to use contraception or to adopt other measures to protect against sexually transmitted diseases and forced prostitution and trafficking of people for the purpose of sexual exploitation. There is still a lack of comprehensive study about the involvement of adolescent boys in sexual violence. However, the most common reasons are curiosity, experimentation, impulsiveness, immaturity, delinquency, aggression, easy access to pornography, etc. Experts remark that social taboo on sex education, gender stereotypes, lack of information and orientation, especially from parents, mentors, caregivers, addiction and lack of value-based learning are the major causes that contribute to the increase of sexual

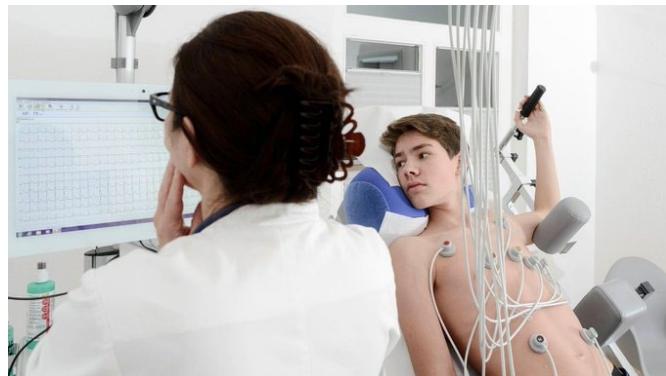
violence. In many instances, innocent adolescent boys become perpetrators of sexual violence because of a lack of proper orientation and information. Age-appropriate sex education is, therefore, an essential tool to prepare adolescent boys and girls for a healthy life.



## **ONE IN FIVE YOUNG SEXUAL MINORITY MEN AND TRANSGENDER WOMEN MAY ENGAGE IN TRANSACTIONAL SEX**

**Medical News, January 25, 2022**

About a fifth of young sexual minority males and transgender females are estimated to be engaging in transactional, or survival sex, according to results of a new survey study by Johns Hopkins Medicine researchers. The findings, which define the practice as trading sex for money, housing and other necessities (e.g., food, clothing), were published in the February 2022 issue of the Journal of Adolescent Health and first appeared online Jan. 16. The findings affirm that transactional sex may place young Black and Latinx gay or bisexual males and transgender females at risk for exposure to HIV. "Previous studies have focused on transactional sex among young gay or bisexual males and transgender females, but few have tried to understand the prevalence among Black and Latinx youth in these groups," says Johns Hopkins Children's Center adolescent medicine specialist Renata Sanders, M.D., M.P.H., Sc.M. She is the study's first author and an associate professor of pediatrics at the Johns Hopkins University School of Medicine. Some 22% (slightly more than one in five respondents overall) reported engaging in transactional (survival) sex. Among survey participants with HIV, 32% reported survival sex experiences. The researchers say a positive response to the question about transactional sex was associated with transgender identity, unstable housing in the previous 12 months, poorer perceived financial well-being, coerced sex and marijuana use. Youth and young adults who had a job were less likely to be engaged in transactional sex.



## **POST-VAX MYOCARDITIS MOST PERVERSIVE IN HIGH-SCHOOL BOYS**

*Reports of myocarditis remained rare in passive surveillance*

**MedPage Today, January 25, 2022**

Mounting data on mRNA vaccination against COVID-19 continued to suggest a small excess risk of myocarditis, especially in young men and adolescent boys. Based on voluntary reports to the passive surveillance Vaccine Adverse Event Reporting System (VAERS), the number of reported cases of myocarditis after mRNA vaccination from December 2020 to August 2021 exceeded what could be expected for several groups, noted Matthew Oster, MD, MPH, of the CDC in Atlanta, and colleagues. Myocarditis occurring within 7 days after the second vaccine dose was most common in:

- Adolescent males ages 16 to 17: 105.9 per million doses of the Pfizer vaccine
- Adolescent males ages 12 to 15: 70.7 per million doses of the Pfizer vaccine
- Young men ages 18 to 24: 52.4 and 56.3 per million doses of Pfizer and Moderna vaccines, respectively

Even though nearly all people with post-vaccination myocarditis were hospitalized and clinically monitored (95%), they typically experienced symptomatic recovery by discharge (87%) after receiving only nonsteroidal anti-inflammatory drugs (87%), the investigators reported [in JAMA](#). They deemed myocarditis a "rare but serious adverse event" and urged the public to weigh the benefits of COVID-19 vaccination [against the risks](#). This study confirms previous reports [from the CDC](#) and [others](#) about the higher risk of myocarditis in boys and young men, the higher risk after the second vaccine dose, decreasing risk with age, and self-limited symptoms that resolve with supportive measures, commented Biykem Bozkurt, MD, PhD, a cardiologist at Baylor College of Medicine in Houston.



## MORE YOUNG ADULT MALES DEVELOPING GASTROINTESTINAL CANCERS - AND DOCTORS DON'T KNOW WHY

**Study Finds, January 20, 2022**

After analyzing data provided by the South Australian Cancer Registry, study authors report an undeniable increase in young-onset (ages 18-50) gastrointestinal cancers over [the last three decades](#). Researchers stress the need for greater focus on this growing problem, both in Australia and around the globe. More specifically, they're calling for scientists to come together and identify the socio-demographic factors responsible for this influx in cancer diagnoses. "The trend observed in the young cohort of esophageal, stomach, colon and rectum, and pancreas cancer cases was not mirrored in older individuals aged over 50 years," says lead study author Associate Professor Savio Barreto in a [media release](#). "This increased incidence, though apparent in both sexes, was more pronounced in men compared to women. Improved survival in the young-onset cohort was only seen in patients with [colorectal cancers](#), but not those with cancer of the esophagus, stomach and pancreas." A look closer, however, reveals a concerning trend. The amount of young people with cancer [slowly increased](#) from 650 in the 1990s (9.3 for every 100,000 people) to 759 between 2010 and 2017. Moreover, the study finds [cancer incidence rates](#) increase by one percent every single year among younger males (ages 18-50).



## AUSTRALIAN MEDICAL ASSOCIATION LAUNCH ANTI-SOFT DRINK CAMPAIGN TARGETING YOUNG MALES

**The Examiner, January 23, 2022**

One of Australia's peak medical organisations has launched a new campaign aimed at eliminating the detrimental health impacts of soft drinks. The SicklySweet campaign is a creative and highly visual campaign being run by the Australian Medical Association - asking people to think about how much sugar they consume. AMA President Dr Omar Khorshid said the campaign had been designed to mimic soft drink ads directed at young people each summer, as a juxtaposition of how soft drinks are advertised versus the true health impacts. Dr Khorshid said Australian's drink at least 2.4 billion litres of sugary drinks every year, with young males the

biggest consumers. "It's a staggering figure, and we think Aussies need to know what they are consuming and the impact it can have on their long-term health," he said. "Sugary drinks used to be a special treat, but they're now an everyday product, bringing addiction, and major health problems." Launceston GP and AMA spokesperson Dr Jerome Muir Wilson said high sugar diets brought on by a high consumption of soft drinks were causing increasing rates of type two diabetes, heart disease, stroke and some cancers - along with high levels of obesity.

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### **PMY ANNOUNCES NEW BOARD MEMBER JUDY Y. CHU, Ed.D.**

PMY is pleased to announce the appointment of Judy Y. Chu, Ed.D., to its Board of Directors. She is a Lecturer in Human Biology and Affiliate of the Clayman Institute for Gender Research at Stanford University, where she teaches a course on Boys' Psychosocial Development. She received her doctorate in Human Development and Psychology at Harvard University, where she studied boys' development during early childhood and adolescence with Carol Gilligan. Her research highlights boys' relational strengths and examines how boys' gender socialization can impact their identities, behaviors, relationships, and well-being. She is the author of *When Boys Become Boys: Development, Relationships, and Masculinity* (NYU Press, 2014) and co-editor of *Adolescent Boys: Exploring Diverse Cultures of Boyhood* (NYU Press, 2004). She developed curricula for The Representation Project's film, *The Mask You Live In*, and currently serves as Chair of Movember's Global Men's Health Advisory Committee and Co-Chair of the Board of Directors for Promundo-US.

"We're very pleased to have Judy on board," said David Bell, MD, MPH, PMY Chair. "She brings a rich research background in young males' development to PMY. I am looking forward to hearing her voice in our Board deliberations."

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## **DESCENDANTS OF YOUNG MALE SMOKERS HAVE MORE BODY FAT, EXTENDING INTO FUTURE GENERATIONS**

**Medscape, January 21, 2022**

Scientists from the University of Bristol have previously shown that the sons of fathers who began smoking regularly before puberty (before age 13) had increased fat mass in childhood, a finding that continued through adolescence into early adulthood. In their new study, [published in Scientific Reports](#), the scientists wanted to find out whether exposure to the onset of regular smoking before puberty in ancestors had any effect on fat mass of the grandchildren and/or great-grandchildren. Professor Jean Golding, lead author of the report, said: "This research provides us with two important results. First, that before puberty, exposure of a boy to particular substances might have an effect on generations that follow him. Second, one of the reasons why children become overweight may be not so much to do with their current diet and exercise, rather than the lifestyle of their ancestors or the persistence of associated factors over the years."

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**PMY ANNOUNCES NEW PODCAST SERIES**

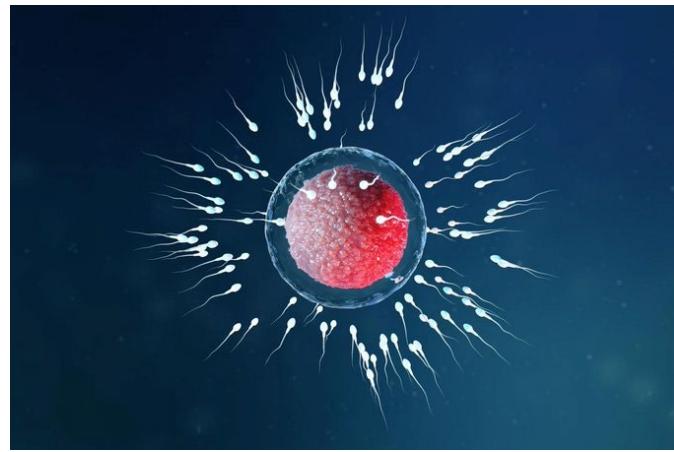
Episode 2 Now Available!

January 24, 2022

**Healing From Hardships**

Episode 2 of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, is now available on [Apple](#) and [Spotify](#). It is also available with more detail and recommended resources on PMY's website [here](#).

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## **IMPACT OF COVID-19 ON MALE AND FEMALE REPRODUCTIVE HEALTH**

**News Medical Net, January 19, 2022**

Recent studies have reported that in germ cells, Leydig cells, and Sertoli cells of testes and ovaries, the ACE2 receptor can be expressed. This suggests that the testes can serve as a possible target of SARS-CoV-2. A new review article published in the [American Journal of Translational Research](#) investigated the relation between SARS-CoV-2 infection and reproductive health.



## **HOW STEREOTYPIC PORTRAYALS OF MANHOOD DISADVANTAGE OUR BOYS**

*Boys can be stereotyped, too.*

**Psychology Today, January 18, 2022**

Nearly everyone is familiar with popular portrayals of men as aggressive, individualistic, emotionally stoic, and sexually promiscuous. Do these match your expectations for the boys you love and care for? These portrayals are especially common in the media, where movies, shows, music and social media can provide

models for boys on how to act and express themselves. They see men exhibiting aggressive and violent behavior to resolve problems; they witness men barely able to control their **sexual** desires as they pursue women; they hardly see men who feel sad or vulnerable. In short, teenage boys are bombarded with images of men as "damaged and damage-doing,"<sup>1</sup> and are imposed with "notions of misogyny and homophobia"<sup>2</sup> consistently throughout their development. Interestingly, boys do not typically accept these stereotypes of manhood. When researchers have polled boys individually, they have found that the majority are actually resistant to and even resentful of these stereotypic portrayals.<sup>3</sup> In fact, boys as young as 10 and 11 years old are able to detect and even articulate the negative implications of masculine bravado for their social and emotional lives.<sup>4,5</sup> That is the good news. The not-so-good news is that these portrayals of manhood have become nearly universal, and so they impose themselves on young boys with considerable frequency during their key developmental years.



## **DROWNING TOLL PROMPTS WARNING TO YOUNG MEN**

**Canberra Times, January 21, 2022**

A 32-year-old man who went swimming in a river and disappeared during a houseboat trip with family and friends. A 42-year-old man who did not resurface after swimming in a dam on Christmas Day. A 49-year-old man who disappeared near a waterfall while trying to rescue a child. These are some of the stories behind the statistics from Royal Life Saving's summer drowning toll, with 54 people dying in waterways across Australia since December 1. That figure is up from 48 drowning deaths in the same period last year. The toll reveals men aged 18 to 34 are most at risk, while more people drown in inland waterways like rivers, lakes and dams than at the beach. Royal Life Saving's new campaign, Make the Right Call, urges men to wear life jackets while boating, never go out on the water alone, avoid alcohol and always check the weather conditions, even on inland waterways. "One of the more significant factors in keeping men safe is calling for them to look after their mates," Mr Scarr said. Royal Life Saving's national research manager, Stacey Pidgeon, said men have long been at highest risk of drowning. "We tend to see males overestimate their abilities in the water, especially when alcohol is involved," Ms

Pidgeon said. "Swimming in a pool is a lot different to swimming in a river or at the beach. "Rivers can have really fast-flowing currents, similar to rips and waves on a beach." Regional and rural waterways present the greatest drowning risk because they are often isolated, so emergency help is further away and mobile reception may not be reliable, she said.

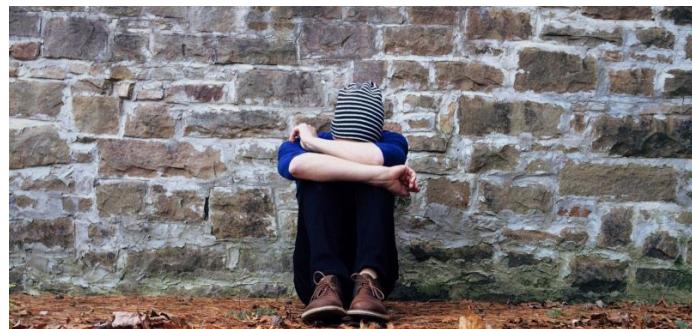


## **SHOULD TEEN BOYS GET BOOSTED?**

*Third shots for adolescent boys and young men were already a hard sell. Then came Omicron.*

**The Atlantic, January 11, 2022**

With so many Americans getting exposed to the coronavirus, vaccination is more important than ever. Yet the risk-benefit calculus around third shots—particularly for teenage boys and young men—may be even more complicated than it was before the present surge in cases. The new variant's knack for sneaking past immune protection, combined with its mildness relative to Delta, makes its actual value, in terms of harm averted, that much harder to assess. And whatever protection it does afford must still be weighed against the incremental (but very small) risk of heart inflammation that comes with each mRNA-vaccine injection. Simply put, Omicron has added substantial new uncertainty to what was already a difficult equation.



## **SURGE IN CALLS TO MALE SEX ABUSE HELPLINE IN 2021 DOWN TO**

## PANDEMIC: 'IT GAVE VICTIMS TIME TO THINK'

Pink News, January 10, 2022

**Safeline** has reported a dramatic surge in demand for its male sexual abuse helpline, with more than 7,000 calls, texts and emails received in 2021. The Warwickshire charity's CEO, Neil Henderson, told PinkNews that the number represents a 140 per cent rise in survivors making contact compared with the previous year. At least one in six boys are sexually assaulted before turning 18. This figure rises to one in four men across their lifetimes. While responses to such experiences are highly individual, the Safeline website highlights that, for men, they can often carry "thoughts and feelings of anger, shame, guilt, numbness, or flashbacks, nightmares, and physical or mental health problems". With misinformation around male sexual abuse and rape rampant, including the myth that men cannot be raped and fears around survivors of abuse becoming abusers themselves, men can often struggle with coming forward. Neil Henderson, CEO of Safeline, puts the huge rise down to the pandemic. "What we found when we spoke to a lot of new callers was that because male survivors were locked down at home, it gave them a lot of time to think about that abuse – and, more importantly, to think about getting help. That was a common feature throughout the whole of the sexual violence sector," he said.



## 'THE MOST INTENSE VIOLATION OF MY LIFE': A BELOVED CAMP, A LOST BOY AND THE LIFELONG IMPACT OF CHILD SEXUAL TRAUMA

USA Today, January 10, 2022

Peter said the abuse occurred over multiple summers in the late 1950s at Vermont's Camp Najerog, where parents sent their sons for an education on the outdoors. It would split Peter into the boy he deserved to be and the one he would become. The abuse he recalls, and the lingering questions about what the camp did and did not know, what the adults around him did and did not do, would come to define every aspect of Peter's life. Peter is 75 now, and if time is the measure, he has traveled far. But more than half a century after leaving the camp, those

summers are still achingly present. Peter never fell in love, was too afraid to have children, couldn't hold a job. Friends are hard to keep. Therapists, too. He has had more sexual partners than he can count, but never intimacy. He has struggled with his sexual identity. Gay, straight, bisexual – nothing ever really fit. His deepest relationship was with a parrot he rescued and refused to keep in a cage. When the bird died, Peter thought it was probably time he did, too. Researchers have found at least [\*\*1 in 6 men have experienced sexual abuse or assault\*\*](#), and the consequences of that abuse can ripple across a lifetime. The severity of trauma can vary based on existing vulnerabilities, predisposition to mental health problems and access to social supports. For many men, childhood sexual abuse distorts reality, keeps them from connecting with others – from forming the relationships crucial to healing – and leaves them perpetually questioning themselves. The experiences of male survivors are also complicated by homophobia – [\*\*96% of perpetrators against boys and girls are men.\*\*](#) Fears of being seen as gay can contribute to feelings of shame and a desire to hide the abuse, especially when their bodies have sexual responses under violence (which is physiologically normal for any survivor).



### **DEATHS OF DESPAIR: ARE MALES MORE VULNERABLE?**

*"Suicide, like other deaths of despair, has been increasing among white non-Hispanics in the United States since the late 1990s."*

**The Good Men Project, January 15, 2022**

Men aren't the only ones who lose hope and think about ending their lives, but males are at higher risk than females, and our risk is highest when we are younger and when we are older. In his book, *Dying to Be Men*, Dr. Will Courtenay alerts us to the troubling fact that too many males are killing themselves, sometimes slowly over the course of their lifetime or abruptly through impulsive risk-taking, violent encounters, and suicide.



### [PMY ANNOUNCES NEW PODCAST SERIES](#)

The Partnership announces the upcoming launch of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, on the range of health related issues that they face. **Starting January 20, 2022**, each episode will feature two experts who will discuss these issues in depth, from mental health to masculinity. Listen to the series' promotion [here](#).

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## **ADHD IN SEXUAL AND GENDER MINORITY COLLEGE STUDENTS**

*College students who identify as a sexual and gender minority who also have ADHD may be at higher risk of functional impairments, substance use, and psychiatric comorbidities.*

**Psychiatric Times, January 14, 2022**

College students with attention-deficit/hyperactivity disorder (ADHD) and college students who identify as a sexuality and gender minority (SGM), respectively, have an increased risk for functional impairments, psychiatric comorbidities, and engagement in risky behaviors.<sup>1</sup> According to Destiny Orantes, PhD, from Syracuse University, and her colleagues, research had not previously considered if these negative outcomes are further increased in SGM students who have ADHD. In a poster presentation at the American Professional Society of ADHD and Related Disorders (APSARD) 2022 virtual conference, Orantes and her colleagues shared their findings from their recent research on the topic. Orantes and her colleagues found ADHD prevalence was increased in SGM populations, 15% compared to 8% in non-SGM individuals. Additionally, the group of SGM students with ADHD reported the highest levels of functional impairments, substance use, and psychiatric comorbidities. The research suggests, Orantes said, that future studies should consider the underlying reasons for high rates of SGM students with ADHD, and how best to reduce these negative outcomes. Specifically, treatment plans should take into account the separate difficulties students face from their ADHD diagnosis and their SGM identities, as well as how best to target the risky behaviors and comorbidities.



## STARTING HORMONE THERAPY IN TEENS MAY IMPROVE MENTAL HEALTH FOR TRANSGENDER PEOPLE

**UPI, January 14, 2022**

Transgender people get greater mental health benefits if they start gender-affirming hormone treatment when they're teens instead of waiting until they're adults, a new study finds. "This study is particularly relevant now because many state legislatures are introducing bills that would outlaw this kind of care for [transgender youth](#)," said study lead author Dr. Jack Turban. He's a postdoctoral scholar in pediatric and adolescent psychiatry at Stanford Medicine in California. For the study, Turban and his team analyzed data from the largest-ever survey of U.S. transgender adults, conducted in 2015. Compared to those who began hormone treatment during adulthood, those who started the treatment in their teens were less likely to have thoughts of suicide, major mental health disorders and substance abuse problems.



## HOW MEN'S MENTAL HEALTH IMPACTS THEIR FAMILIES

*A man's mental health struggles can negatively influence a family in many ways.*

**Psychology Today, January 11, 2022**

Males have had a unique role in the family system as a [leader](#) and protector going

back thousands of years. This is most clearly exemplified in the animal kingdom. When you look at lions, the male leads the pack and protects them from predators, whereas the females do most of the hunting and raising of the young. But when a male lion is perceived as weak or is not at his best, the safety of the pride is threatened. Men are like these lions. The best way we can protect our pack is to make sure we are adequately caring for ourselves. Our pride relies on it. For example, a father's depression has been shown to have negative impacts on Children's [socioemotional development](#), including prosocial behaviors, [emotion regulation](#), and [self-control](#). In other words, when a father is depressed, their child is more likely to exhibit issues with social interaction and control of their behaviors and emotions. Further, depressed men are more likely to increase [family arguments](#) over time, which can exacerbate the depression. However, the research is not all doom and gloom: Generally, marital relationships have [better outcomes](#) when a depressed husband shares his difficulties with his wife.



## **[KNOW WHY YOUNG PEOPLE IN THEIR 20S ARE EXPERIENCING INFERTILITY](#)**

*Infertility has been on the rise in young people for a while now. Dr Manika Khanna addresses some of the common causes leading to an increase in cases of infertility in couples.*

**The Health Site, January 16, 2022**

Male factors may account for a third of all fertility difficulties, since low sperm count or quality, a lack of sperm production, testicular abnormalities, and trouble reaching climax are all male-driven causes of infertility. Among the underlying reasons are previous illnesses, infections, physical trauma, ageing, genetic problems, hormone troubles, varicoceles, and lifestyle choices such as smoking and exposure to heat or chemicals.



## GENDER IDENTITY: GIRLS AND BOYS SOUND DIFFERENTLY AS EARLY AS 5 YEARS OLD

**Study Finds, January 7, 2022**

The sound of a child's voice can indicate their gender starting at age five, scientists say. The way children speak contains clues about their gender, but these are learned from a young age rather than based on physical differences when they hit puberty, according to a recent study. Compared to adults, the voices of young boys and girls are very similar until they develop anatomical differences. But now, researchers report that [people can identify gender](#) by the sound of a child's voice well before their body starts to change at around age 11 or 12. "This is well before there are any anatomical differences between speakers and before there are any reliable differences in pitch or resonance. Based on this, we conclude that when the gender of individual children can be readily identified, it is because of differences in their behavior, in their manner of speaking, rather than because of their anatomy," study co-author Dr. Santiago Barreda, from the University of California, Davis, says in a [statement](#).



## ABNORMAL THYROID HORMONE LEVELS DURING PREGNANCY MAY INCREASE THE RISK OF PRESCHOOL BOYS' BEHAVIORAL PROBLEMS

**Science Daily, January 6, 2022**

Thyroid hormone levels during pregnancy may predict preschool boys' emotional and behavioral problems, according to a study published in the Endocrine

Society's Journal of Clinical Endocrinology & Metabolism. Thyroid hormones are crucial for normal development of a baby's brain and nervous system. During the first trimester -- the first three months of pregnancy -- a baby depends on its mother's supply of thyroid hormone, which comes through the placenta. Levels of maternal thyroid hormones, including thyroid stimulating hormone (TSH) and free thyroxine (FT4), change dynamically during pregnancy, and both high and low maternal thyroid hormone levels can affect children's behavioral development. The researchers found boys born to mothers with high thyroid hormone levels during pregnancy were more likely to be withdrawn, have behavioral problems and be anxious or depressed. Moderate and low thyroid hormone levels were associated with aggressive behavior in preschool boys.



## [AN EPIDEMIC AMONG YOUNG ADULTS PUTS COLLEGE EDUCATORS ON THE FRONT LINES OF MENTAL HEALTH](#)

**Baltimore Sun, January 6, 2022**

Just before final exams last month, I sent a private chat to one of my students during a class Zoom meeting. He hadn't handed in any assignments this semester and was attending class meetings sporadically, at best. He responded: "I'm sorry I haven't been in touch this semester. ... I've been in a dark place and wanted to end things." I gave him my mobile number and asked him to call me after class. He assured me that he wouldn't "do anything extreme" at this point, because he was "feeling better." After our conversation, I sent him the counseling center email, a suicide hotline number and pleaded with him to share his struggles with his parents and to set up a counseling appointment. Understand: This student isn't an anomaly. He's one of an exploding number who recently inspired an administrator at my university to send out a faculty survey that asked if freshmen were in danger of failing and were crumbling beneath overwhelming mental illness. Check and check. What I've been learning over the past year is that it's not enough just to teach anymore — not when we're experiencing a mental illness epidemic among young adults. College educators need training in how to recognize mental illness symptoms in our students, to point them toward services they sorely need and to

re-imagine what teaching in an era of epidemic mental illness needs to look like.



## OROPHARYNGEAL CANCER UP TO 3 PERCENT IN MEN

**The Medical Progress, January 2, 2022**

For the first time, researchers have analyzed oropharyngeal cancer trends in all 50 states and Washington, D.C., and the cross-sectional study shows the condition is increasingly common among older men. The researchers also found an increase in the proportion of regional stage oropharyngeal cancer (3.1% per year in men, 1.0% in women) and mortality among men (2.1% per year). There were also significantly higher rates of oropharyngeal cancer in Midwestern and Southeastern states, suggesting a need for improved prevention efforts. In addition to older men, an increasing number of people with oropharyngeal cancer are immunosuppressed patients who, like older men, present with advanced tumors. The new data present a picture of an evolving landscape. "Fifteen or 20 years ago, the increase was largely occurring among young individuals, but now, it has shifted. In our study, we found the most rapid rise now is among men aged 65 years and older, and a rise in mortality as a result of these increases," said lead author [Ashish A. Deshmukh, PhD, MPH](#), an assistant professor of health services, research, management, and policy at the University of Florida, Gainesville. The Southeast and Midwest aren't just hotspots for men. Although the incidence was lower among women overall, the Southeast and Midwest saw greater increases. The study, published Dec. 16, 2021, in [JAMA Otolaryngology – Head & Neck Surgery](#), also hints that the human papillomavirus (HPV) vaccine, first introduced in 2006, may be having an impact on oropharyngeal cancer incidence. When the researchers stratified incidence by age group, they found a decline among individuals younger than 45 from 2008 to 2017 of 2.1% per year. "It might be still quite early to say that the decrease is driven by HPV vaccination, but we are starting to see a decrease in oropharyngeal cancer incidence among the youngest age group, which is likely to benefit from HPV vaccination earliest," Deshmukh said in an interview.



### PMY ANNOUNCES NEW PODCAST SERIES

The Partnership announces the upcoming launch of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, on the range of health related issues that they face. Starting January 20, 2022, each episode will feature two experts who will discuss these issues in depth, from mental health to masculinity. Listen to the series' promotion [here](#).

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## STUDY SHOWS DIFFERENCES BETWEEN MALE AND FEMALE SURGEONS

*Canadian study finds fewer complications for female patients operated on by females*  
**Irish Times, January 7, 2022**

Female patients experienced fewer complications post-surgery when operated on by female surgeons, according to the first retrospective population-based study that looked at patient outcomes linked to the sex of the surgeon and sex of the patient. The Canadian study, which analysed the data of 1.3 million patients in the province of Ontario, found that the small percentage of patients with poor outcomes following surgery fared better when operated on by a female surgeon, and that female patients fared even better than male patients. Both female and male patients had statistically significant lower rates of death and re-admission to hospital following surgical procedures carried out by female surgeons, but female patients had even lower rates of death and re-admission than male patients when treated by a female surgeon. "We have demonstrated in our paper that we are failing some female patients and that some are unnecessarily falling through the cracks with adverse and sometimes fatal consequences," says Dr Angela Jerath, an associate professor and clinical epidemiologist at the University of Toronto and co-author of the study which was published in the medical journal, JAMA Surgery.



## WHY ARE CHINA'S GEN Z WOMEN REJECTING MARRIAGE, KIDS MORE THAN THEIR MALE COUNTERPARTS?

SCMP.com, January 6, 2022

For members of Generation Z in China, winning at life does not necessarily involve getting married or having children, no matter how much their parents and the government want them to. Young Chinese women, especially members of Gen Z born from roughly 1995-2010, are increasingly seeking diversity and individuality in their lives. Marriage is no longer among their priorities, let alone childbearing. And many find solace in knowing that their nonconformist outlook is shared by other young people, as evidenced by popular social media posts and advertising trends. There has also been a strong resistance against the public push to incentivise young adults to start a family – including an overhaul of family-planning policies to allow people to have three children. Gen Z women's willingness to get married also appears to be significantly lower than that of men in China. A survey by the Communist Youth League in October found that, among 2,905 unwed urban residents aged 18-26, a total of 43.9 per cent of women said they either had no intention of getting married or were unsure if it would happen. That was 19.3 percentage points higher than their unwed male counterparts.



## SO YOU'VE BEEN LIED TO ABOUT HOW MUCH MEN WANT SEX

Glamour, January 4, 2022

It's okay to turn down sex with anyone, at any time, no explanation needed. But until I saw it for myself, I was simply not aware of the concept of a man wanting sex at some times and not others. My assumptions about male sexuality were ignorant bordering on dumb, but not unique—there is a major mismatch between cultural beliefs about men and sex, and reality. Up until very recently, media taught audiences that men are insatiable perverts who, given the opportunity, would have sex with any remotely appealing human, tree, or porous material. This messed with our minds the same way that idealized, super-thin female bodies from the 2000s shaped how women diet today, even as those ideals have shifted. Yes, now major creators like Mindy Kaling, Issa Rae, Ilana Glazer and Abbi Jacobson put

women characters on screen who are [hornier](#) than their male love interests. But that's a recent phenomenon.



## [\*\*MIRROR, MIRROR... ARE MEN REALLY MORE VAIN? MEN LOOK AT THEIR OWN REFLECTION FOR FIVE SECONDS LONGER THAN WOMEN\*\*](#)

**Daily Mail, January 8, 2022**

Women are used to hearing grumbles about taking too long in front of the mirror but a new study has found that modern men are the vainer sex. Psychologists who timed young people in front of the mirror and tracked their gaze discovered that males look at themselves for about five seconds longer than females. 'Gaze duration was associated with self-esteem,' said study co-author Jonas Potthoff, from the University of Graz in Austria. The discovery came after a group of 68 adults, mostly students with an average age of 23, were recruited to help experts evaluate mirror exposure therapy, a treatment used for people with eating disorders or a negative body image. The team wanted to find out if personality traits such as self-esteem and narcissism affected the way people looked at themselves in the mirror – and the time they spent focusing on their faces. 'While some people enjoy looking at their faces in the mirror, others experience emotional distress,' said Dr Potthoff, whose results have been published in the scientific journal Behavioral Sciences. People with higher self-esteem spent less time gazing at themselves. 'High self-esteem indicates that, on the whole, individuals are satisfied with themselves and are not overly critical,' he said. 'Surprisingly, higher self-esteem was associated with shorter – possibly less critical – viewing of their own face. It is possible that people with high self-esteem need less time to evaluate themselves, while low self-esteem seems to be associated with a more thorough and more prolonged evaluation of one's facial appearance.'



## PANDEMIC POSES SHORT-AND LONG-TERM RISKS TO BABIES, ESPECIALLY BOYS

Kaiser Health News, December 21, 2021

Boys could face higher risks from covid, even before birth. Males are generally more vulnerable than females as fetuses and newborns; they're more likely to be born [prematurely](#) and to [die as infants](#). Preterm boys also have a higher risk of [disability and death](#). But coronavirus infection poses special dangers, said Sabra Klein, a professor of molecular microbiology and immunology at the Johns Hopkins Bloomberg School of Public Health. That's because boys are disproportionately affected by conditions linked to maternal infections. Boys are four times as likely as girls to be diagnosed with [autism](#) or [attention deficit hyperactivity disorder](#), for example, while men are 75% more likely than women to develop [schizophrenia](#). Scientists don't fully understand why boys appear more fragile in the womb, although testosterone — which can dampen immune response — may play a role, said Dr. Kristina Adams Waldorf, a professor of obstetrics and gynecology at the University of Washington. Men generally [mount weaker immune responses](#) than women and more often develop [severe covid infections](#). [Recent research](#) suggests boys with covid are more likely than girls to become seriously ill or develop a rare [inflammatory condition](#) called [multisystem inflammatory syndrome](#). New research on covid could help illuminate this vulnerability.



## **FIGHTING THE FAILURE TO LAUNCH IN YOUNG ADULTS**

*You raised him to leave, but he's still there. What to do about the young man on the sofa*

**AARP, December 20, 2021**

Ever wanted to evict your own son? One New York state couple did just that a few years ago, so fed up were they with their jobless 30-year-old offspring. The Rotondo family's failure-to-launch saga made international headlines, but a quieter version is unfurling all around us as record numbers of young men skip college and work to hang out — indefinitely — at Mom and Dad's. "Home was always meant to be a launchpad," says Julie Lythcott-Haims, a former Stanford University dean and author of *Your Turn: How to Be an Adult*. "But it sometimes has the softness of a couch." An estimated 60 percent of men ages 18 to 24 lived at home in March 2020, as did 22 percent of those ages 25 to 34, according to the "Current Population Survey." That's the highest proportion reported for the 25-to-34 age group in the past 60 years, and it's significantly higher than for women in the same range. About 6.8 million men were in college last spring, compared with 10 million women, the National Student Clearinghouse Research Center found. And guys 25 to 30 were less likely to have a job or to be looking for one than those of the previous generation, according to a 2019 U.S. Bureau of Labor Statistics report. Finding their way can be harder for boys, says clinical psychologist Meg Jay, an associate professor at the University of Virginia and author of *The Defining Decade: Why Your 20s Matter and How to Make the Most of Them Now*. A young woman might prioritize work, marriage or parenthood, and she has friends to talk to about it, Jay says. "Many men, however, feel like their lives cannot start until they find a way to get their footing in the workplace, and many don't know how to begin or where to turn for help." High rent, college debt, paralyzing societal (and parental) expectations and COVID's disruptions all contribute, mental health experts say.



## **A MENTAL HEALTH RESOURCE GUIDE FOR MALE COLLEGE STUDENTS**

*Don't wait to see if things get better. These tips can help!*

**Good Men Project, December 19, 2022**

The first thing all male college students should understand about mental health is that it should be taken seriously. You're not "weak" if you're suffering from

overwhelm, anxiety, or other mental health issues. You don't have to power through it without help. When you take your mental health seriously, it gets easier to talk about it. You might have been taught to suppress your feelings or never to talk about them, but that's not going to help you and will lead to huge problems as you navigate life. Bottling everything up makes dealing with your mental health infinitely more difficult. Talking about what you're dealing with is an important part of managing your mental health. It's important to speak with a professional when you're having trouble dealing with all that life is throwing at you, but just talking to friends and family can also be helpful. It probably won't be easy to talk about at first, but you'll probably be surprised by how much it can help. You need to know what is and isn't normal when it comes to mental health so you can get help when needed. Stress is normal for college students, but when it's chronic and unrelenting, it's a problem.



## [HESITANCY ABOUT THIS VACCINE IS CONTRIBUTING TO THROAT CANCER](#)

*Rates of oropharyngeal cancer, largely preventable by the HPV vaccine, are rising, especially in the Midwest and Southeast.*

**Cancer Health, December 29, 2021**

[A study published in JAMA Otolaryngology-Head & Neck Surgery](#) found that in the past 20 years, the incidence of and deaths from oropharyngeal cancer rose in all 50 states for both men and women. But rates have risen highest in states in the Midwest and the Southeast, reports a [press release](#) from The University of Texas Health Science Center in Houston. These states have historically low rates of HPV vaccination and make up more than half of all cases of oropharyngeal cancer. Between 2001 and 2017, investigators noted 260,182 new cases of oropharyngeal cancer and 111,291 deaths. They found that for men, incidence climbed 2.7% each year, with cases highest among non-Latino white men ages 65 and older and men living in the Midwest and Southeast. Among the 15 states with the most marked increases for men are South Dakota, Kansas, Iowa, Ohio, Indiana, Minnesota, Missouri, Nebraska, Kentucky, West Virginia and Tennessee. A breakdown showed that a total of 209,297 oropharyngeal cancer cases (80%) occurred in men; 168,674 of these (65%) were regional, meaning the cancer had spread to nearby lymph

nodes, tissues or organs; and 142,068 of these cases (55%) were in the Midwest and Southeast.

**Editor's Note:** During the past decade, oropharyngeal cancer surpassed cervical cancer to become the most common cancer caused by human papillomavirus (HPV). Oralpharyngeal cancer is more common among men than among women.



## [IU STUDY SHOWS DROPS IN SOLO AND PARTNERED SEX FROM 2009 TO 2018](#)

**PBS, December 30, 2021**

Both solo and partnered sexual activity in the U.S. [decreased from 2009 to 2018](#). That's according to a new study by IU researchers. The project compares data from the National Survey of Sexual Health and Behavior published in 2009 and in 2018. Debby Herbenick is a professor at the IU School of Public Health and led the study. She said the study hypothesized that penile and vaginal intercourse would decrease, and other types of sex would increase. But that turned out not to be the case. "We actually saw declines in all types of partnered sex that we measured, and for adolescents even declines in solitary masturbation," Herbenick said. Twenty-four percent of adults reported no intercourse in 2009. That went up to 28 percent in 2018. The percentage of adolescent males reporting neither partnered sex nor solo masturbation increased from 28 percent to 43 percent. The portion of adolescent women reporting no masturbation or sexual activity went from 49 percent to 74 percent. "It might still be that there are other forms of sex, whether it's sexting, or different forms of phone or video chat around sex, or sex toy use that have increased from those time periods that just aren't assessed here," Herbenick said.



## **EATING DISORDERS IN MEN AND BOYS ON THE RISE**

**News Nation Now, December 24, 2021**

It's not spoken about often, but the problem of eating disorders among men and boys is growing and affecting their lives in much the same ways it does women. NewsNation's Ileana Diaz spoke with Griffin Henry, a one-time high school baseball star who had hopes of making it to the pros someday. But when he met with college coaches, they wanted to see him become able to run faster. That led to him running several miles a day and then starting eat less and less in an effort to trim down to move faster. Griffin's parents noticed the weight loss and took him to several doctors, none of whom seemed concerned. Without the help he desperately needed, Griffin continued to lose weight. His weight got so low he could no longer compete, and his heart rate slowed to such a degree that he had to be hospitalized. "I really didn't realize I had an eating disorder until I was hospitalized for my heart rate," Griffin said. "It was scary." His mother, Linsey Henry, said, "We didn't know that boys could have eating disorders. That was the last thing on our list. We were thinking it was more G.I. issues or depression." While eating disorders among men and boys are still under the radar, a 2019 Australian study found that 45 percent of middle school boys tried to control their weight by exercising compulsively or skipping meals, or that they had an unhealthy relationship with food. Doctors say the cases with boys are especially dangerous because they're usually not detected early on.

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### AAP RECOMMENDS UNIVERSAL HIV SCREENING STARTING AT AGE 15 YEARS

**Helio, December 28, 2021**

The AAP updated its guidance to recommend that all adolescents aged 15 years or older be screened for HIV at least once in a health care setting and that youth at an increased risk be screened at least once annually after that. A 2011 policy statement from the AAP called for routine HIV screening for all adolescents at least once by age 16 to 18 years when the prevalence of HIV in the patient population was more than 0.1%. The update reflected changes in epidemiology, advances in diagnostic testing and updated recommendations for HIV testing, postexposure prophylaxis (PEP) and new guidance regarding HIV PrEP, which the CDC [now recommends](#) be discussed with all sexually active patients, including adolescents. The AAP published the updated guidance in a report in *Pediatrics* authored by Katherine K. Hsu, MD, MPH, FAAP and Natella Y. RakhmaninaMD, MPH, FAAP of the AAP's Committee on Pediatric AIDS. In the report, the authors noted that in 2018, an estimated 45% of 13- to 24-year-olds living with HIV in the U.S. were undiagnosed — making them "disproportionately overrepresented compared with all other age groups unaware of their infection."



### **MALE BODY IMAGE IN THE CINEMATIC SUPERHERO ERA: 'UNATTAINABLE AND UNREALISTIC'**

*The modern ideal male physique has a six-pack and shoulders that can carry the weight of the world, but how much is this image contributing to toxic masculinity and men's mental health issues?*

**The National News, December 25, 2021**

As the first Pakistani to play the first South Asian superhero in the Marvel universe, [Kumail Nanjiani](#) is well aware of the weight he carries on his shoulders. But it's not only in the areas of race and representation the star, 43, is feeling the pressure. While the actor found himself making international headlines when he won the role of Kingo in Marvel's latest superhero blockbuster [Eternals](#), he created a bigger stir when he shared a photo of himself on Instagram looking spectacularly

ripped, alongside the caption: "I never thought I'd be one of those people who would post a thirsty shirtless [photo], but I've worked way too hard for way too long so here we are." On the recent promotion tour for *Eternals*, Nanjiani was to be found in a thoughtful frame of mind when it came to his body shape, and the part his physical transformation might have played in the greater conversations being had around male body image. "It is aggression. It is anger," he told *GQ* of the connotations around sculpted bodies and gym culture. "A lot of times we are taught to be useful by using physical strength or our brain in an aggressive, competitive way. Not in an empathetic way. Not in an open, collaborative way... It's about defeating. And that's what the male ideal has been. Dominating. Defeating. Crushing. Killing. Destroying. That's what being jacked is." Dina Zalami, a counselling psychologist at Thrive Wellbeing Centre by Dr Sarah Rasmi, says that in recent decades, men have started to become more exposed to **male body image ideals** through the media and film industries, as well as social media, "which depict the ideal man as physically muscular and buff". "These physical traits reflect the expectations for men to be strong fighters and protectors. The aesthetic ideal is linked to the functionality of their bodies."



## **ORPHANHOOD DECLINES WITH RISE IN HIV ANTIRETROVIRAL THERAPY AND MALE CIRCUMCISION**

**Medical Express, December 30, 2021**

Researchers at Columbia University Mailman School of Public Health found marked decreases in orphanhood particularly double orphanhood, among adolescents in Rakai, Uganda, corresponding with the availability of antiretroviral therapy (ART) beginning in 2004 and of male medical circumcision in 2007. Until now, little had been known about the contribution of HIV combination prevention including ART and male circumcision to recent trends in orphanhood. The study is published in the *Lancet HIV*. Orphanhood declined from 52 percent in 2001–02 to 23 percent by 2016–18, while double orphanhood declined from 20 percent to 3 percent. The largest decline occurred in double orphanhood (83 percent), followed by paternal orphanhood (44 percent), and maternal orphanhood (29 percent).



## TOP STORIES OF THE YEAR ON MEN'S HEALTH

### **Helio, December 30, 2021**

According to the Pan American Health Organization, 36% of deaths among men are preventable compared with 19% of deaths among women. This year, Healio has covered research on the health risks that men face and how physicians can improve the health and longevity of their male patients. The most popular stories offered insights into treatment courses for men with UTI, prostate cancer screening measures, the benefits of plant-based diets and the impact of COVID-19 on men.

The top 10 include:

- Study supports shorter antibiotic course in men with UTI
- Data suggest 'potential overuse' of prostate cancer screening
- 'Good news': Healthful plant-based diets lower risk for urological conditions in men
- Daily e-cigarette use linked to erectile dysfunction
- COVID-19 reduces fertility in men, study suggests
- Q&A: Proper testosterone deficiency therapy starts with correct diagnosis
- Men more likely to test positive for COVID-19, have worse outcomes
- Yoga improves quality of life, immune response in men with prostate cancer
- YouTube lacks quality information on prostate cancer screening in Black men
- Men have 60% higher risk for death, worldwide study shows



## [\*\*CHINA'S BAN ON 'SISSY MEN' IS BOUND TO BACKFIRE\*\*](#)

**New York Times, December 31, 2021**

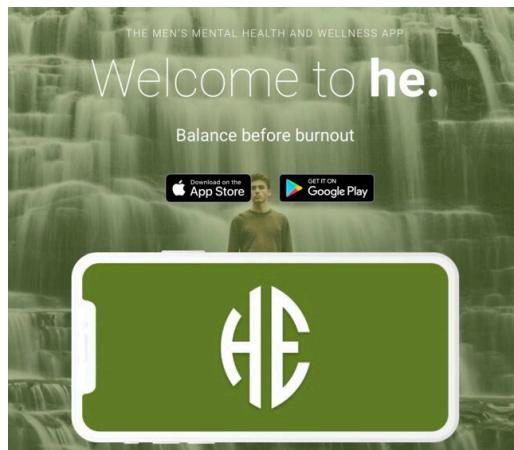
China is facing serious challenges on multiple fronts: [\*\*Great power competition\*\*](#) with the United States. [\*\*Trade disputes\*\*](#). The [\*\*future of Taiwan\*\*](#). But that doesn't mean it's too preoccupied to escalate a battle of another sort on the home front. The Chinese government, you see, has been fighting what state news outlets have called a "[\*\*masculinity crisis\*\*](#)" for the past few years, with one top official [\*\*warning\*\*](#) that "effeminate" men in popular culture were corrupting "a generation." The Chinese Communist Party mouthpiece [\*\*decreed\*\*](#) that young men need to have "toughness and strength," and censors have [\*\*blurred out male celebrities' earrings\*\*](#) in television and online appearances. That campaign has now taken a harsher turn. In recent months, the government has dialed things up into a full-blown culture war against unorthodox masculine expression, policing it in earnest. In a slur-laden directive, television regulators in September banned "[\*\*sissy men and other abnormal aesthetics\*\*](#)" from appearing on television. Then in late November regulators cracked down on [\*\*celebrities' online profiles, their fan groups and advertising\*\*](#), citing "abnormal aesthetics" and threatening to shut down the online accounts of those who failed to fall in line. The party appears to believe that national rejuvenation is possible only if young men work diligently toward its orders and priorities: Mr. Xi has said "[\*\*a nation is strong if its youth are strong\*\*](#)." By that (flawed) logic, femininity is a sign of weakness that, if unchecked, bodes ill for the nation's future. So while the prevalence of "effeminate" males was previously a source of general concern, it is now seen as a roadblock for Mr. Xi to clear. But the campaign, including the newly restrictive and more heavy-handed phase of recent months, is completely misguided and self-defeating. As the restrictions proliferate, they become impossible to enforce without undermining other governance priorities, like economic growth, that are vital components of national rejuvenation. Never mind that the objective of the campaign itself is ludicrous.



## UNSEEN, PART 5: SEX TRAFFICKERS PREY ON DRUG-ADDICTED YOUNG MEN

**WGBH, December 13, 2021**

Bruce Bemer made no secret of what his money could buy. The wealthy Connecticut businessman admitted to police and the FBI that he purchased sex from drug-addicted young men. But Bemer strenuously denied a far more serious charge: knowingly participating in a human trafficking operation. Three months ago, the Connecticut Supreme Court agreed with the 68-year-old defendant — ruling unanimously that a lower court failed to prove he was aware of the trafficking operation that provided the young men he paid to perform sex acts. Far more boys and young men are victims of commercial sexual exploitation than previously understood, a GBH News investigation has revealed, and the Connecticut case shows how difficult it is for prosecutors to hold alleged abusers accountable. It also points to how drug addiction and treatment facilities present key recruitment opportunities for predators, anti-trafficking advocates say. It is believed that the traffickers who provided Bemer with young men operated for almost 30 years, according to a Danbury detective who was involved in the case. Robert King and William Trefzger preyed on emotionally damaged and troubled youth, often using their drug addictions to gain trust before turning them into sex workers.



## **MEN SUPPORTING MEN**

*New course, app designed for men to support each other*

**Castanet, December 11, 2021**

A new mental health course specifically for men has been released; designed to engage and support them. Through a partnership between HeChangedIt and Discovery College, a Canadian Mental Health Association Kelowna initiative, they've created a free 'go at your own pace' style course that allows male participants to open up about their mental health, without any stigma attached. The course is the first collaboration between HeChangedIt, a mobile platform designed for men, and Discovery College. Through working with a dozen men to design the course, they were able to find out what men need in terms of support. "When we were working to develop this course we knew we had to do the research to really find out what was important to men when it comes to opening up about what's going on in their lives," said Discovery College Lead Beki Hardcastle. "So we took the time to bring a group of men from our community together and talked to them about what they found to be helpful, and in turn, incorporated that into our course." Some of the men who participated in the study opened up about their personal stories on the course videos as a way to further break down the feelings of seclusion that some men struggle with when it comes to talking about their mental health. The course pinpoints topics such as developing better communication skills and relationship building. Hardcastle says the course also encourages men to practice the skills they have learned and to talk online to other men who are completing the course.



## **SEVERE COVID-19 INFECTIONS MAY REDUCE MALE FERTILITY, STUDY FINDS**

**abc, December 15, 2021**

Researchers from the University of Georgia find that it may be possible for severe cases of COVID-19 to infect the testicles and reduce male fertility. Study authors reviewed all the possible ways the coronavirus may target and infect testicular cells

among male patients. "We know that in severe cases, the testis does not do well during COVID," says lead study author Clayton Edenfield, a doctoral environmental health science student in UGA's College of Public Health, in a [university release](#). "Fortunately, most people that are of reproductive age are fairly protected from severe cases, but in the 1% that is affected, the virus could cause a lot of damage," the researcher adds.



**NEW MODEL REVEALS ACHIEVING AN 80% HPV VACCINATION RATE COULD ELIMINATE NEARLY 1 MILLION CASES OF MALE OROPHARYNGEAL CANCER THIS CENTURY**

**AAAS Eureka Alert, December 15, 2021**

A nationwide effort to adequately vaccinate 8 in 10 adolescents against the human papillomavirus (HPV) could prevent 934,000 cases of virus-associated, male oropharyngeal cancer over this century, reported investigators at The University of Texas Health Science Center at Houston ([UTHealth Houston](#)) School of Public Health in The Lancet Regional Health—Americas. A nationwide effort to adequately vaccinate 8 in 10 adolescents against the human papillomavirus (HPV) could prevent 934,000 cases of virus-associated, male oropharyngeal cancer over this century, reported investigators at The University of Texas Health Science Center at Houston ([UTHealth Houston](#)) School of Public Health in The Lancet Regional Health—Americas. At the start of each decade, the Healthy People program of the U.S. Department of Health and Human Services establishes goals to reduce the most significant preventable threats to health, which include an 80% target for the HPV vaccination program. However, in the U.S., just 54% of adolescents and only 21% of young adults were adequately vaccinated as of 2019. To gauge the effect of accomplishing an 80% target on male oropharyngeal cancer, the most common cancer caused by HPV, UTHealth Houston researchers created a simulation model to project the development of this cancer over a lifetime and to measure the impact of the HPV vaccination.



### PMY ANNOUNCES NEW PODCAST SERIES

The Partnership announces the upcoming launch of "Let's Examine This: Unpacking Young Male Health", a podcast series for parents and other caregivers of young men, on the range of health related issues that they face. Starting January 20, 2022, each episode will feature two experts who will discuss these issues in depth, from mental health to masculinity. Listen to the series' promotion [here](#).

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### IS 'TOXIC MASCULINITY' STOPPING BOYS FROM SEEKING MENTAL HEALTH SUPPORT?

*As a charity finds teenage boys and young men are reluctant to ask for help, Abi Jackson talks to clinical psychologist Dr Nihara Krause about how parents can help*

**Irish News, December 16, 2021**

RE you a parent or guardian concerned about how you can help teenage boys to open up? There is growing awareness around supporting young people's mental health and wellbeing - laying the foundations for them to be able to ask for help when they need it. But this can be particularly tricky for males, and youth mental health charity stem4 says 'toxic masculinity' is still playing a part. The charity

surveyed 1,068 boys and young men aged 14-21 during October and found 37 per cent are experiencing mental health difficulties. Stress was the most common difficulty reported (47 per cent), followed by depression or low mood (33 per cent) and anxiety (27 per cent). Other problems included eating disorders (11 per cent), anger and behavioural issues (10 per cent) and self-harm behaviours (9 per cent). Of those experiencing difficulties, just one in five said they were receiving treatment, while 51 per cent had not spoken to anyone. Meanwhile, 46 per cent of all respondents said they wouldn't ask for help with a problem that was making them feel upset, anxious or depressed 'even if things got really bad'. When asked why, 36 per cent said they didn't have the courage, 32 per cent said they 'don't want to make a fuss' and 30 per cent said they would feel weak or ashamed. Plus, 21 per cent are worried people would laugh or think less of them, and 14 per cent said they would 'feel less masculine' if they asked for help.



## **STUDY SHOWS GIRLS LESS MOTIVATED BY FOOD THAN BOYS, FORM MORE COMPLEX RESPONSES**

**Sputnik, December 16, 2021**

Researchers found that adolescent boys are more likely to be motivated by food than girls, who, in turn, have a higher likelihood of forming a complex appetitive response influenced by the activation of the dopamine receptor 4 (DRD4) in the prefrontal cortex of the brain, according to a report in the journal Nature. The DRD4 gene produces inhibitory effects and is expressed in brain regions responsible for planning, executive function and rewards, the study said. The variations in the dopamine function can influence body weight and eating behavior in children and adults, causing emotional eating and high snack food intake, the research noted. "This is consistent with other evidence for enhanced food motivation in men compared with women throughout the lifespan, and especially during puberty and adolescence when sex differences in energy demands become pronounced," the researchers noted.



## WOULD ABOLISHING SINGLE-SEX SCHOOLS IMPROVE OUR UNDERSTANDING OF CONSENT?

**sbs.com.au, December 14, 2021**

According to The Good Schools Guide, Sydney has 26 all-boys high schools, 26 all-girls high schools and 213 co-ed high schools. In Melbourne, it's 13, 24 and 206 respectively. Earlier this year, Ms Contos appealed to her network on social media asking if they or someone close to them had been sexually assaulted when they were at school. In 24 hours, she received over 200 testimonies. Now, that number sits higher than 6,700. Many were made against men who attended elite private boys' schools. It joins a long list of disturbing accounts that have surfaced through media reports, including chilling muck-up day lists from both boys' and girls' schools containing sexual 'challenges,' and footage of students from Melbourne private boys' school St Kevin's. The 2019 footage showed the boys in school uniform on a tram shouting a chant which included the line, "I wish that all the ladies were holes in the road."



## FEARS ANOREXIA, EATING DISORDERS IN BOYS GOING UNDIAGNOSED AS BRAVE TEEN SHARES HIS STORY

**abc.net.au, December 18, 2021**

Ted's situation is not uncommon for adolescent boys, according to Eating Disorders Victoria chief executive Belinda Caldwell, despite eating disorders often being portrayed as "female" illnesses. Belinda Caldwell says there can be a professional blind spot when it comes to eating disorders in boys and men. (*Supplied: Eating Disorders Victoria*). "Some parents pick it up quite early, but they struggle to get the diagnosis from the GP because it's not on everybody else's radar," she said. Ms Caldwell said more clinicians needed to be trained to detect the signs, and more needed to be done to tackle the stigma around eating disorders. "It's important to explain to boys that this is essentially a neurobiological disorder — this isn't a weakness in a person's personality," she said. "You can't help getting it any more than a girl can." An estimated 37 per cent of people living with eating disorders are male, though in reality the figure could be higher. "Sometimes boys can get sicker, because they go undiagnosed for longer," Ms Caldwell said. According to a 2017 Butterfly Foundation study, 55 per cent of boys aged 12 to 18 said they wanted to alter their body in some way. The study found 40 per cent were dissatisfied or very dissatisfied with their appearance.



### **SOME MEN FEAR LOST ERECTIONS WITH VACCINES**

**Trinidad and Tobago Newsday, December 15, 2021**

Some men in Trinidad and Tobago fear that vaccination against covid19 could render them unable to have an erection, Health Minister Terrence Deyalsingh told the Senate on Wednesday. He was replying to a question on notice by Opposition Senator Jearlean John as to ways of investigating the reasons for vaccine hesitancy. Deyalsingh said it was a many-factored issue. "It has to do with socio-economic condition (and) education levels (but) not to say only the uneducated. There are many educated persons – doctors, lawyers and medical professionals – who are vaccine-hesitant. "One of the main areas, and I thank you for raising the issue, is the young male, especially between the ages of 20 and 49, who still believe the vaccine will affect their virility and their manhood and they (think they) can't get an

erection." He said the issue was being addressed one-on-one with young males.



## **COLLEGES NATIONWIDE FACE RAPID DECLINE IN MALE ENROLLMENT**

**Prescott News, December 17, 2021**

The gender gap at colleges has been slowly growing for decades, according to the Department of Education. Women outnumber men when it comes to both enrolling and staying in college. But this trend has reached unprecedented levels recently. The National Student Clearinghouse reported that women made up 59.5% of college students, while men made up 40.5% at the close of the 2020-21 academic year. This is a major shift in the collegiate population, which men historically have dominated. And it's happening across all ethnic and socio-economic groups. Although overall enrollment might be expected to drop in a national crisis, such as the pandemic, there's little research as to why men are not pursuing higher education.



## **BOYS 10 TIMES MORE LIKELY TO GET HPV VACCINE IN PROVINCES**

**WHEN PROGRAMS ARE PUBLICALLY FUNDED**

**Newswise, December 6, 2021**

Boys are 10 times more likely to be vaccinated against human papillomavirus (HPV) in provinces where the vaccine is publicly funded than in places where it is not, according to a new study published by a researcher at the Princess Margaret Cancer Centre and colleagues at McGill University, Université de Montréal, and the Jewish General Hospital. Reaching and maintaining high global HPV vaccine uptake has been challenging and the virus causes the majority of cervical, anal, and head and neck cancers. The impact of publicly funded school-based HPV immunization programs and the interplay of sociodemographic, psychosocial and policy factors in maximizing vaccination is poorly understood. In this study, Dr. Gilla Shapiro, a psychologist at Princess Margaret's Department of Supportive Care, used data from a nationwide survey of parents and guardians of nine to 16-year-old children from 2016 and 2017 to examine the social determinants of vaccination in boys and girls. The study breaks HPV vaccination rates down by gender and the availability of immunization programs during the two time periods. It finds that in provinces where the vaccine was available to boys in school – Alberta, Nova Scotia and Prince Edward Island – vaccination rates were higher than in provinces where it was not publicly funded – British Columbia, New Brunswick, Newfoundland and Labrador, and Saskatchewan. HPV vaccination programs are now funded for girls and boys across Canada. The study also identified other important factors related to increased vaccine uptake in both boys and girls including older child's age, parents' confidence in the safety of the vaccine, affordability, and healthcare provider recommendation. The findings appear Dec. 6 in the journal *The Lancet Regional Health - Americas*.



### **'BLACK BOYS ARE OFTEN VIEWED AS OLDER BUT MY PHOTOGRAPHY SHOWS THEM AS THEY ARE - JUST CHILDREN'**

My London, December 10, 2021

Kay Rufai has travelled all over the world showcasing young black boys for what they are - children. But now the 37-year-old has come back to his hometown of East London with the aim of raising awareness around the stigma attached to young black boys and focusing on their mental health. Young black males are 19 times more likely to be stopped and searched than the general population, according to a study done in 2020. An alarming number - and for young black boys, this could feel

like the beginning of a never-ending, demeaning experience. Kay works with 20 young black boys at a time and at the end of the eight-week project, he photographs them. The photographs not only break down the stereotype to other people but also shows the boys "a counter-stereotypical version of themselves". Speaking to MyLondon, he said: "The catalyst for this project started around three years ago. It was around the time there was a noticeable spike in serious violence affecting young people. "On both sides of the conversation, the victim and perpetrator were mainly black boys. The majority of the political and social discourse around was to increase police in minority communities, increase jail time. "Nothing was spoken about public health approaches, the causations for these outcomes. Nothing talking about the mental well-being of which violence is ultimately, potentially a symptom of ill mental well-being or lack of provisions for young people. "Nothing about the socio-economic inequality which creates outcomes of criminality to thrive." The project so far has seen Kay work with 20 schools across the city taking young black boys out of their comfort zone.

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## NEW READ

### [Men's Issues and Men's Mental Health: An Introductory Primer](#)

Devoted to various men's issues including male suicide, substance use issues in men, ADHD in boys, low educational attainment in young men and the impact of divorce on men's mental health.

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### [BOY SCOUTS SEX ABUSE: AS 82,000 SURVIVORS CONSIDER \\$1.9B](#)

## SETTLEMENT, SOME SAY ORG. STILL ISN'T SAFE

**People, December 9, 2021**

More than 82,000 former scouts who allege they were abused in the Boy Scouts of America (BSA) are fighting back. They are suing the nation's largest youth organization — an institution as quintessentially American as baseball and apple pie — for failing to protect them from predators who stole their innocence and left them with a lifetime of trauma. After filing for bankruptcy in 2020, the BSA is now offering to compensate survivors with a \$1.9 billion cash settlement. Claimants have until Dec. 28 to vote on whether to approve the offer, which includes a massive reorganization plan. "The Boy Scouts of America (BSA) has spent nearly two years working through a financial restructuring to come to a resolution that will equitably compensate survivors and we want to ensure that Scouting's mission continues," the BSA said in a statement to PEOPLE. But some argue that the plan doesn't go far enough financially, saying there is much more money to access. More importantly, some also say the plan doesn't go far enough to protect children. "Is the organization safe for youth today?" says Michael Johnson, former National Youth Protection Director for the BSA who left the organization in 2020 because he objected to the way scouts' safety was handled. "No, it isn't." If a majority of survivors vote yes to the sweeping plan — and a U.S. Bankruptcy judge approves it on Jan. 24, 2022 — then the ensuing restructuring would "put in strict measures to make sure this never happens again," attorney Ken Rothweiler, co-founder of [The Coalition for Abused Scouts For Justice](#), which supports the offer, says.



## YOUNG PEOPLE RECOVER QUICKLY FROM RARE HEART SIDE EFFECT OF COVID VACCINE

**Web MD, December 6, 2021**

It happens very rarely, but most teens and young adults who do experience heart inflammation ([myocarditis](#)) after a COVID-19 shot have mild symptoms and recover quickly, new research shows. The U.S. Centers for Disease Control and Prevention has said there appears to be a link between mRNA COVID-

19 vaccines and myocarditis, particularly in people under 39 years of age. To learn more, researchers analyzed data from 139 12- to 20-year-olds in the United States and Canada who had probable or confirmed myocarditis within a month of receiving a COVID-19 vaccine. Most were white (66.2%) and male (90.6%). In all, 97.8% of the cases followed an mRNA vaccine, with 91.4% occurring after the second dose. Symptoms began a median of two days after vaccination -- meaning half started sooner, half later. [Chest pain](#) was the most common symptom (99.3%), and [fever](#) and shortness of breath occurred in 30.9% and 27.3% of patients, respectively. About 19% patients ended up in intensive care, but none died. Most patients were hospitalized for two or three days. More than three-fourths (77.3%) of patients who received a cardiac [MRI](#) showed evidence of inflammation or injury to the heart muscle.



## [\*\*SEXUAL ABUSE OF BOYS: A ME-TOO WE DONT HEAR OR TALK ABOUT\*\*](#)

**The Times of India, November 29, 2012**

While speaking on child sexual abuse, the government often refers to 'penn kuzhanthaigal' (girls), but rarely 'aann kuzhanthaigal' (boys). The omission isn't intentional — and that is worrying because most of the public and well-meaning policymakers don't consider boys as potential victims of child sexual abuse. There is no dearth of research or evidence of sexual abuse of boys. A 2007 study by the Union ministry of women and child welfare, supported by Unicef and Prayas, found that more than 53% of children faced sexual abuse, and more than half of them were boys. Closer home, in a 2006 study by 'Tulir: Centre for Prevention and Healing of Child Sexual Abuse' among students of government-aided and corporation schools in Chennai, 48% of respondent boys said they were sexually abused. Among the girls, 39% said so. "It is often believed that boys are not sexually abused — a myth often dangerously reflected in parental, familial, community and professional attitudes," says the Tulir study. 'Out of the shadows: Shining light on the response to child sexual abuse and exploitation, a global study that scrutinised child rape laws in 40 countries in 2019, found that half the countries did not have legal protection for boys. "In many cases, laws were specific to girls and did not recognise boys as victims," reported 'The Guardian'. The study found India had the best legal framework. Thanks to the Protection of Children from Sexual Offences Act, 2012, India scored 86 out of 100 (the UK, which was the overall best, scored 73

on this count), but when it came to government commitment and capacity, India's score was a poor 48 (the UK scored 86 here). On the criterion of engagement of civil society and media, the UK scored 98, while India got 50 marks.

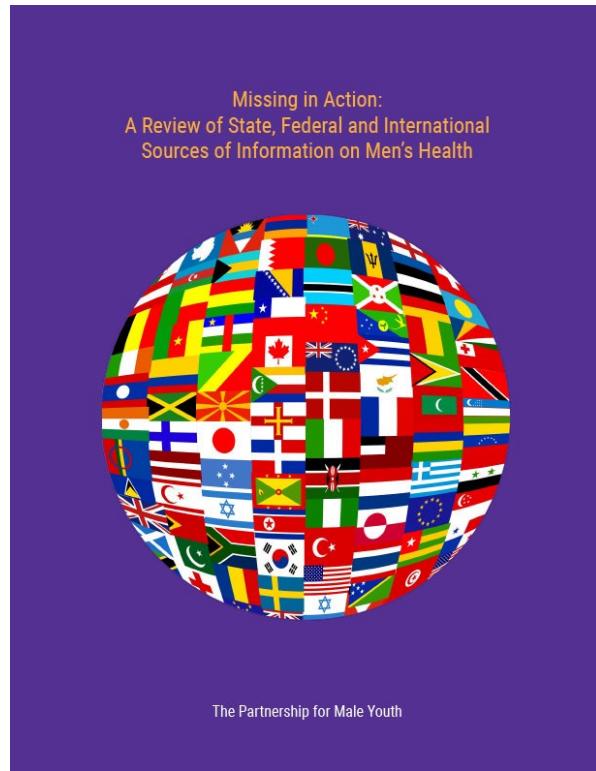


## **DRAG A BRO CHALLENGE AIMS TO COMBAT MALE SUICIDE**

**ABC AU News, November 28, 2021**

Being dragged along the beach for more than two kilometres doesn't sound like much fun, but it was a bonding experience for 50 men on the Gold Coast over the weekend. There were smiles, grimaces and plenty of abrasions from the Grow a Mow, Drag a Bro challenge held on Burleigh Heads Beach on Saturday. Its organiser Guy Anderson said the aim of the challenge was to reduce the suicide rate in Australian men. "Last year we lost 2,384 men tragically to suicide," he said. "It's time to let brothers know that they no longer have to be dragged through life alone. "We expect it to grow each year in terms of participation." Many of the men who took part in the challenge received abrasions. Mr Anderson said the inaugural event was held over a 2,384 metre distance which represents the number of male deaths by suicide. "Each year we hope that we don't have to drag 2,300 metres, and each year it can decline with the suicide rate," he said. "Shared suffering like this within a group, within a tribe of brothers, is truly powerful."

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**December 6,, 2021  
PMY Releases**

**Missing in Action: A Review of State, Federal and International Sources of Information on Men's Health.**

The report examines policies at the state, federal and international levels pertaining to men's health. In short, the report finds information on men's health in the US to be woefully inadequate. The report also compares encouraging men's health policy developments on the international level that could serve as models for how the US can more fully address men's health policy development at our own state and federal levels. Finally, the report contains recommendations for action. It can be found [here](#).

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## OPINION: TOXIC MASCULINITY CONTRIBUTES TO RISING MENTAL HEALTH ISSUES IN MEN

*The societal pressure placed on men hurts everyone*

**The Varsity, November 29, 2021**

In order to create a society in which men can be more emotionally vulnerable, it is necessary to start teaching children how to express themselves from a young age. Rather than saying “boys don’t cry,” all children should be encouraged to seek support when feeling pressured or upset. For the men who are already past this stage, it is important to reach out and let them know that they can find help. Furthermore, toxic behaviours must not be tolerated and must be called out when they are seen. Rather than drawing boundaries that define masculinity, individual expression should be encouraged in whatever form it may take. While most universities have mental health resources for everyone on campus, some have created support groups specific to men’s mental health and unlearning toxic masculinity. For example, students at Brown University started a program called Masculinity 101, in which students meet weekly to discuss what masculinity means to them and how to disengage from the negative behaviours associated with it to develop healthier relationships. Initiatives like this give students the space to talk about how they have been affected by certain issues and how they can improve going forward. Similar initiatives can be implemented at U of T by creating resources that are specific to certain groups and their experiences, such as a support group for men who have grown up surrounded by toxic masculinity.



## [\*\*NEARLY 7% OF U.S. KIDS HAVE HAD A HEAD INJURY OR CONCUSSION\*\*](#) **Healthday, December 1, 2021**

Blows to the head are common among America's kids, with close to 7% showing signs of a brain injury at some time in childhood, U.S. health officials report. Sports, falls and abuse are likely causes, experts say. Concussions and other head injuries are more common among white kids than Black or Hispanic kids. And prevalence increases with age — from 2% in children up to 5 years old to 12% in 12- to 17-year-olds, officials from the U.S. Centers for Disease Control and Prevention reported Wednesday. The researchers also found that boys are more likely than girls to suffer head trauma. "It will be important to continue to monitor these disparities in the hopes of better understanding the pathways that lead to both having a brain injury or concussion and seeking medical care," said researcher Benjamin Zablotsky. He is a statistician at the CDC's National Center for Health Statistics (NCHS), in Hyattsville, Md. Because [\*\*the study\*\*](#) relied on parent reports, Zablotsky noted the number of reported head injuries may be underestimated.



## [\*\*'BOYS DO CRY' IN NEW MENTAL HEALTH CAMPAIGN VIA THE HALLWAY\*\*](#) **Mumbrella.com, November 22, 2021**

Independent creative agency, The Hallway has launched a new campaign to raise awareness for men's mental health, reworking 'Boys Don't Cry' by The Cure into

'Boys Do Cry'. The campaign was created in partnership with the University of Melbourne's Centre for Mental Health and mental fitness foundation Gotcha4Life and Heiress Films, as well as support from industry charity, UnLtd and IPG Mediabrands agency, Initiative. Three years in the making, the campaign is the "brainchild" of partner and executive creative director at the Hallway, Simon Lee, taking learnings from his own experiences with mental health struggles and anxiety. The intention of the campaign is to bring to light the struggles men face in defying "masculine stereotypes", successfully reaching out to those around them to "reinforce the message that connecting and opening up is not just healthy – it can be the difference between living and dying". The campaign also comes with the message: "When the going gets tough, get talking", as Lee seeks to champion the benefits of reaching out for help. "Going and telling my GP that I was suffering from anxiety was more nerve-racking than any pitch presentation I have ever had to make. But admitting my vulnerability and reaching out for help is one of the best things I have ever done. My hope is that this campaign will help give other people the strength to do the same." The campaign research said that on average, seven men take their own lives each day in Australia, with suicide killing three times more men than road accidents, and it being the leading cause of death for Australians aged 15-49.

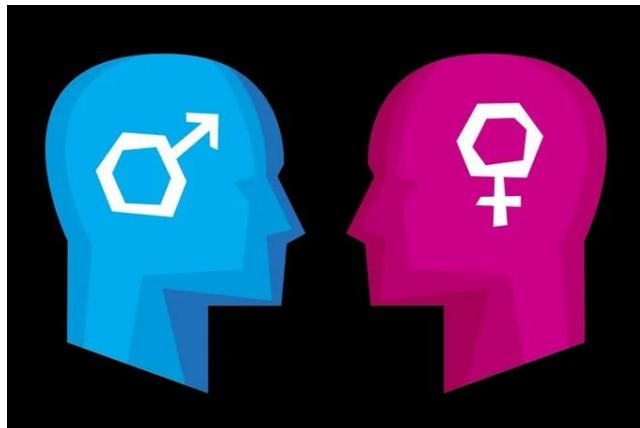


### **BOYS CRY TOO**

**Groundviews, November 23, 2021**

Boys are often under represented or even ignored in the fight against child sexual exploitation due to the stereotyping of gender traits with males being considered strong and invulnerable and less likely to be victimised or in need of support while females are considered vulnerable and more often abused and in need of support. "Such beliefs often hamper equitable and necessary discourse on the sexual exploitation of children of all genders, but especially for boys where the development of policies, practices, advocacy, and research methodologies about

the sexual exploitation of children regularly underrepresents, or even completely excludes boys," says [a report on Sexual Exploitation of Boys](#) produced by Protecting Environment and Children Everywhere, also known as PEaCE and operating as ECPAT Sri Lanka. Other factors that contribute to the sexual exploitation of boys include the erosion of family protective systems, the need for income and the influence of friends, while drug misuse is considered significant in keeping boys in sexually exploitative situations, the report said. Research indicated that 27.7% of males and 3% of females have experienced sexual abuse in childhood. On the legal front, since homosexuality is illegal, boys who are victimised end up being charged under the arcane law. The legal system still does not recognise sexual abuse of boys as rape. The PEaCE report is based on a survey of frontline social support workers from a range of services most likely to have contact with boys who have experienced sexual exploitation or abuse and an analysis of the legal framework that protects children from sexual exploitation, with a focus on boys.



**MANY MEN DON'T TAKE GOOD CARE OF THEMSELVES. COVID-19  
VACCINE RATES ARE THE LATEST IN A PROBLEM AS OLD AS MEDICINE**

Philadelphia Inquirer, November 23, 2021

For months now, to the surprise of few in the medical profession, men consistently have lagged behind women in getting a COVID-19 vaccine. As of mid-November, 57% of men and boys in the U.S. were fully vaccinated, compared with 61% of women and girls. The male reluctance to seek medical care is so well-documented, and so exhaustively talked about, that it's become a punch line. And that can make solutions difficult, said James Leone, a health professor at Bridgewater State University in Massachusetts. "The reason men often [live sicker and die sooner](#) is we allow it," he said. "As a society, we don't go beyond the surface levels, and just say, 'Oh, that's a shame. What's wrong with guys?'" So what's going on with men and their health? Doctors, psychologists, evolutionary theorists seem to agree that it all comes down to men having a higher tolerance for risk. But untangling the cause is complicated. Some researchers think the trait is a genetic holdover from ancient times, when men who engaged in aggressive, risk-taking behavior could out-compete their peers for mates

and food. Others say men's higher risk tolerance is primarily a learned quality, fostered by social and cultural norms of masculinity. During the pandemic, the male-female divide was put on stark display.



#### **'MALE REPRODUCTIVE HEALTH HAS BEEN LARGELY IGNORED'**

**Belfast Telegraph, November 23, 2021**

In a society where fertility is considered a female issue, responsibility for reproduction is usually shouldered by women. Such cultural attitudes have even influenced medical science with the result that doctors have focused more on treating women than on assessing men's reproductive health. Yet, in over half of cases, the problem originates in the sperm. This imbalance has led to women undergoing invasive treatments that are painful as well as expensive and, in some cases, potentially unnecessary. Professor Sheena Lewis, an internationally acclaimed expert in reproductive medicine and now CEO of Examenlab Ltd, a Queens University scale-up company, reveals how their sperm DNA tests are changing perspectives on male fertility. Known as Exact (in professional circles, COMET) this tool enables scientists to study the sperm's DNA, giving men an opportunity to improve their sperm quality prior to fertility treatment. "Male reproductive health has been largely ignored," says Professor Lewis. "Men simply haven't been looked after or diagnosed properly. "Usually, when men's sperm is tested during fertility workups (by semen analysis) doctors are trying to determine the number of sperm, how normal they look and how well they swim. It's the first test a man should have for sure, but it has its limits. It should be supplemented by tests to look at the sperm's DNA."



## JUST 42 PERCENT OF MEN ARE HAPPY WITH THE WAY THEY LOOK: POLL

**The Hill, November 23, 2021**

Less than half of men in the U.S. and U.K. are satisfied with their appearance, according to a new study. Just 42 percent of men in a study [conducted by the U.K. pharmacy site Superdrug](#) said they are happy with the way they look, and perceptions of “ideal” male bodies fell short of reality. Less than 32 percent of the 1,000 men surveyed said their body type was adequately represented in mainstream media, and 27 percent said male body positivity, overall, was well-represented. While they may have been willing to share this information anonymously, 30 percent of men said they feel “unmanly” talking about insecurities or issues with their body, according to the study. Men are societally encouraged less than women to express their emotions, and a [recent Unicef study](#) found that adolescent boys were much more likely than girls to be told they should not cry or express themselves. Research from the [University of Michigan](#) last month found that men are just as emotional as women, despite stereotypes.



## RECASTING MALE HEROES AS WOMEN RISKS DRIVING BOYS TO CRIME, CLAIMS TORY MP

*Nick Fletcher says likes of female Doctor and 007 mean only cultural role models left for boys are criminals*

**The Guardian, November 25, 2021**

Leading a Westminster Hall debate about international men's day, Nick Fletcher said discussions about women's safety, such as after the murder of Sarah Everard, risked achieving nothing because of a focus on the idea of toxic masculinity. Citing statistics showing poor male outcomes in areas such as school attainment, employment, suicide and rough sleeping, the Don Valley MP said men and boys needed better role models, including male teachers. In culture, Fletcher argued, "there seems to be a call from a tiny yet very vocal minority that every male character or good role model must have a female replacement. One only needs to consider the discussions about who will next play [James Bond](#) to see that. And it is not just James Bond: in recent years we have seen [Doctor Who](#), the Ghostbusters, Luke Skywalker and The Equalizer all replaced by women, and men are left with the Krays and Tommy Shelby [a character in the BBC drama Peaky Blinders]." He continued: "Is it any wonder that so many young men are committing crimes? Such programmes make crime look cool."



**STUDY: GAY MEN EARN UNDERGRADUATE AND GRADUATE DEGREES AT THE HIGHEST RATE IN THE US**

**phys.org, November 19, 2021**

Recent news about the significant shift of women outpacing men in attending college—now a 60/40 ratio—overlooks one of the highest-achieving groups of all: gay men. In addition, lesbian women's level of education is not accounted for in the new figures. A new study from a University of Notre Dame researcher reveals how, without including sexuality, broad statements about gender and education are incomplete and misleading. "Across analyses, I reveal two demographic facts," said Joel Mittleman, assistant professor of sociology at Notre Dame, whose study is forthcoming from the *American Sociological Review*. "First, women's rising academic advantages are largely confined to straight women. Although lesbian women historically outpaced straight women, in contemporary cohorts, lesbian and

bisexual women face significant academic disadvantages. Second, boys' well-documented underperformance obscures one group with remarkably high levels of school success: gay boys."



## [\*\*COMMUNITY RESOURCES ARE IMPERATIVE FOR YOUNG SEXUAL MINORITY MEN WITH STRESSFUL POLICE EXPOSURES\*\*](#)

**Phys.org, November 16, 2021**

More gay, bisexual, and transgender Black men, also known as sexual minority Black men, are victims of policing stop-and-frisk policies than their Hispanic and white counterparts, according to a new Rutgers study. Published in *PLOS ONE*, the study examined how young sexual minority men in New York City who have multiple minority statuses experience inequity in policing according to new research led by Perry N. Halkitis, dean of the Rutgers School of Public Health, and director of the Center for Health, Identity, Behavior & Prevention Studies. "Our data has indicated stop-and-frisk confrontations are disproportionately higher for young sexual minority Black men," says study co-author Kristen D. Krause, instructor at the Rutgers School of Public Health and deputy director of the Center for Health, Identity, Behavior & Prevention Studies. "These trends remain consistent even when including drug use data in our analysis and with a recent decline in total occurrences." Although racial and ethnic disparities in policing in the United States are well documented, police interactions with sexual minority men—who face extreme social and economic vulnerabilities which impacts their physical and mental health—are largely under-researched.



## **BLACK, MALE YOUTH AT INCREASED RISK OF ATTEMPTING SUICIDE WITHOUT SUICIDE THOUGHTS AND PLANS**

**Psychiatry Advisor, November 16, 2021**

Black and male youth were found to be at increased risk for suicide attempts without reported thoughts or plans of suicide, according to research published in Prevention Science. "To our knowledge, limited research exists for this specific group of youth," the researchers said. "Recent postmortem analyses have shown up to 30% of suicide deaths among youth occur seemingly without warning (e.g., no history or expression of suicidal ideation; Rodway et al., 2020). It is imperative to better understand who is in this group and what factors are associated with these types of suicide attempts." The researchers evaluated data from students who had reported in the 2015, 2017, and 2019 editions of the CDC's National Youth Risk Behavior Survey that they had suicidal thoughts, a plan, or an attempt within the past year (n=7491). More boys (63.8%) than girls reported suicide attempt without ideation. Boys were 3.5-times more likely than girls to attempt suicide without ideation and less likely (adjusted odds ratio (AOR), 0.77) to attempt suicide with ideation. Black youth (10.6% of the total sample) were more likely than White youth (52.4% of the sample) to report they attempted suicide without having suicidal thoughts or suicide plans (Black [n=81] 26.4%; White [n=82] 38.5%). Black youth were 4.3-times more likely than White youth to attempt suicide without ideation.

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New Report

## **A CALL TO STRENGTHEN MEN'S MENTAL HEALTH**

.As the spotlight on the importance of individuals, communities, and systems to prioritize mental health continues to grow, it is critical to acknowledge that men face unique challenges. The basic facts surrounding men's mental health are alarming, particularly when juxtaposed with women's mental health. The Jed Foundation (JED) looks forward to working with champions and changemakers to

drive awareness, amplify recommended practices, and promote evidence-based interventions and resources to bolster men's mental health. Together, we can build a culture where healthier and happier young men can contribute to stronger families, schools, workplaces, and communities.

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## [RESEARCH SHEDS LIGHT ON WHAT'S KILLING YOUNG PEOPLE, ESPECIALLY BOYS AND YOUNG MEN](#)

NPR, November 19, 2021

Since 1950, the death rate of young females ages 10 to 24 has gone down by 30%. But for males in this age group, it's only gone down by 15%. And in many countries, the gap in mortality rates between the genders is broadening. In 2019, 61% of all deaths among this age group were among young men. These numbers come from a major analysis [published](#) by The Lancet in late October. About a dozen researchers, aided by several hundred collaborators, wanted to understand where — and why — young people are dying. Their intent was to provide governments and nonprofit groups with data that show where public health efforts are needed. Using data from the Institute for Health Metrics and Evaluation in Seattle, which maintains a massive database of health statistics from around the world, researchers analyzed the number of deaths, years of life lost and mortality rates by sex and age groups of young people in 204 countries. The findings surprised them. "The scale of the difference in mortality burden between males and females is quite striking," says lead author [Dr. Joseph Ward](#) with University College London. The data also showed that the gap in mortality rates for young people in the worst-performing countries and the best-performing countries increased over time. The inequities, the authors write, "reveal a persistent failure by policymakers to adequately address global health risks during adolescence" — an age group that the researchers define as 10- to 24-year-olds.



## TITANS WR A.J. BROWN OPENS UP ABOUT CONTEMPLATING SUICIDE, ENCOURAGES OTHERS TO TAKE DEPRESSION SERIOUSLY

WKRN.com, November 18, 2021

If there is one thing that stands out about Tennessee Titans wide receiver A.J. Brown, other than him being an incredible NFL talent, it's his big smile. But a smile can sometimes hide what a person might be struggling with when nobody is watching. That was the case for the Brown during the 2020 season, and last week he shared a TikTok video explaining that things got so dark, he contemplated taking his own life. On Wednesday, before Titans practice, the 24-year-old took to the podium to further discuss his message. "I posted the video because I wanted to encourage others to seek help whenever they are down," Brown said. "I didn't take into consideration what depression really was. I grew [up] just brushing off my feelings, and this got the best of me. I just wanted to put out a positive message that I'm still here, I'm growing, I'm blessed and have a lot to be thankful for."



## AMERICAN YOUNG ADULTS REPORT HAVING FEWER SEXUAL PARTNERS, HIGHER RATES OF ABSTENTION

**University of Michigan News, November 10, 2021**

A number of behaviors in younger adults that increase risk for the transmission of

HIV/AIDS have declined or changed between 2010 and 2020, according to the national Monitoring the Future study. In the ongoing national study of high school graduates 21-30 years old, investigators at the University of Michigan have been tracking risk and protective behaviors related to the transmission of HIV/AIDS. Each year since 2004, high school graduates have been surveyed as part of the Monitoring the Future study. While substance use is the primary focus of the study, it also looks at risk and protective behaviors related to the spread of HIV among young adults as they pass through their 20s—an age band that accounts for a disproportionate number of new HIV infections, according to the Centers for Disease Control and Prevention. An important risk behavior for the transmission of HIV is having more than one sexual partner. Between 2010 and 2018, the proportion of young adult females showed little change in having multiple sex partners (from 21.1% to 21.9%). However, males reporting two or more partners fell from 28.3% to 21.7% over the same time frame. That decline among males has largely closed the gender gap in having two or more sex partners. There does remain a gender gap in having a larger number of sexual partners. In the 2020 survey 11.5% of young adult males reported having four or more sexual partners in the prior 12 months vs. 7.5% of females. Those having no sexual partners in the prior 12 months have the least risk for the transmission of HIV—and the investigators have found that such abstinence has been growing. Among 21-to-30-year-old males, abstinence rose significantly between 2008 and 2020, from 14.4% to 23.5%—an increase of nearly two-thirds. Among females of the same age, abstinence also rose, though by less, rising from 12.8% in 2008 to 16.5% in 2020—an increase of just over a quarter. Young adult males now have a considerably higher rate of abstinence than young adult females due to their greater absolute increase up until 2018. Since 2018, the rate of abstinence has leveled for both genders.



## [NO EVIDENCE VIOLENT VIDEO GAMES LEAD TO REAL VIOLENCE: STUDY](#)

US News, November 8, 2021

Will boys fixated on gore-filled video games become violent in real life? Many

parents may worry that's the case, but new and reassuring research finds violent video games don't trigger actual violence in kids. The study included boys aged 8 to 18, the group most likely to play violent video games, and examined two types of violence: aggression against other people, and destruction of things/property. The researchers found no evidence that the boys' violence against other people increased after playing a violent video game. However, parents did report that their children were more likely to break things after playing violent video games. The study was published recently in the Journal of Economic Behavior & Organization. "Taken together, these results suggest that violent video games may agitate children, but this agitation does not translate into violence against other people – which is the type of violence which we care about most," said study author Agne Suziedelyte. Previous research has found little evidence of a connection between violent video games and real-life violence. The possible link is often brought up after mass shootings where perpetrators had an interest in violent video games. But some experts suggest that other factors, such as mental illness and/or easy access to guns, are more likely explanations for mass shootings.



## [SUICIDE RISK AMONG BLACK AND LGBTQ YOUTH IS RISING. A NEW CENTER WILL STUDY WHY](#)

**WHYY, November 8, 2021**

Penn Medicine researchers were recently awarded a \$14 million grant from the National Institutes of Health to launch Penn Innovation in Suicide Prevention Implementation Research (INSPIRE), a first-of-its-kind suicide prevention center. In an effort to reduce disparities and increase the understanding of suicide in diverse populations, the new center will develop and adapt researched-based suicide prevention interventions for underserved groups. For years, suicide researchers have observed [unequal distribution of suicide risk across racial groups](#), sexual orientations, and genders. Research has shown how risk rises dramatically in adolescence. Typically, suicide affects boys more than girls. [And in the United States, white men have one of the highest suicide rates, exceeded only by American Indian or Alaska Native peoples.](#) That's meant suicide research has traditionally not included other racial and ethnic groups, because scientists just

didn't think there was significant risk within those populations. And for those who identify as LGBTQ, population surveys such as the U.S. Census and [many epidemiological studies just have not tracked sexual orientation and sexual identity](#), making it really hard to identify suicide disparities within this group. But that's changing.

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### **PROMUNDO US SEEKING DIRECTOR OF DEVELOPMENT**

Promundo-US is currently hiring for a Director of Development to support an exciting array of funding partners, including foundations, UN agencies, bilateral partners and corporate sector partners committed to feminist approaches to work on masculinities and engaging men and boys. For more information go [here](#).

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### **CONGRESSIONAL COMMITTEE AIMS TO TACKLE ISSUES PLAGUING BLACK MEN**

CBS Miami, November 10, 2021

A bipartisan commission created by Congress to address disparities that plague Black males made history Tuesday. "This is a population that we have to pay attention to," said Rep. Frederica Wilson, referring to Black men and boys. After more than 20 years of pushing for help for what she calls a marginalized group, a bipartisan effort led by Sen. Marco Rubio in the Senate and Wilson in the House emerged to create a commission to address the disparities that plague Black males became law. "Never in the history of our nation has Congress ever addressed the disparities for a Black man and boys, never," reiterated Wilson. The Commission on the Social Status of Black Men and Boys Act met Tuesday for the first time, and the group voted to conduct a systematic study into the causes of the disparities plaguing Black males. "Black men only represent 13 percent of the population yet

they're almost 60 percent of the prison population. We are going to be addressing healthcare disparities, most black men don't even live to collect their Social Security, they're dead," said Wilson.



## NEARLY EVERYONE HAS HEARD OF CRYPTOCURRENCY BUT IT'S STILL MOSTLY YOUNG MEN TRADING IT

Fortune, November 12, 2021

Cryptocurrency has been a constant in the news in 2021, and a [Thursday report from Pew Research Center](#) shows that Americans are now more familiar than ever with the concept. Forty-three percent of men ages 18 to 29 years old had either invested in, traded, or used a cryptocurrency compared to women in the same age group (19%) or men between 30 and 49 years old (30%). People who had heard a lot about cryptocurrency tended to be younger and male, but also more diverse. Forty-three percent of Asian males said they had heard a lot about cryptocurrency, followed by 29% of Hispanic adults and about a quarter for Black and white adults.



## PLASTIC SURGEON TO THE STARS DUBS 2021 'YEAR OF THE MALE'

## BREAST REDUCTION' SAYING DEMAND HAS DOUBLED SINCE LOCKDOWN

My London, November 12, 2021

Over the past decade, plastic surgery has moved from being a frowned upon rarity to a common procedure for many. In fact, going under the knife is so commonplace that it is no longer a surprise to see familiar celebrity faces transform before our eyes as wrinkles are eradicated and lips are plumped. Mr Allen Rezai is a renowned Harley Street and Dubai plastic surgeon. Over his long and extensive career, he has worked with a number of celebrities. An expert in all things surgery, Mr Rezai has hailed 2021 "the year of the male breast reduction and the anti-reality TV star look". The expert surgeon also said there has been a sharp rise in men coming in for breast reductions and removals since lockdown. In the months following lockdown, the number of patients coming to Mr Rezai for this procedure doubled, he said. The medical term for the development of female-like breasts in men is gynecomastia. Mr Rezai told MyLondon that the condition is "surprisingly common, especially in adolescent boys." "Overall, almost half of all men may experience the condition at some time in their lives. It can also appear or re-appear later in life, in middle age and older adulthood."



## NEARLY TWO-THIRDS OF THOSE WHO DIED YOUNG IN 2019 WERE MALE, RESEARCH FINDS

*Boys and young men neglected in efforts to tackle mortality in 10- to 24-year-olds, Lancet report says, with a failure to address violence, substance use and accidents*

The Guardian, November 1, 2021

Boys and men are more likely than women to die as teenagers or young adults, according to new research that warns the gender gap in mortality rates for that age group is widening in many countries. In 2019, nearly two thirds (61%) of all deaths among 10- to 24-year-olds worldwide occurred in males, said the research [published in the Lancet](#) last week. Since 1950, mortality rates in males aged 10 to 24 have decreased by 15.3%, lagging behind improvements in female mortality rates, which decreased by 30% in this age group. Differences in mortality were greatest in Latin America and the Caribbean, where the mortality rate in men aged 20 to 24 was more than three times that for women. Interpersonal violence and conflict were the leading cause of death for men aged 15 to 24 in this region,

where, over the past 20 years, there has been little to no improvement in mortality for this age group, said the research. Leading causes of death for men in 2019 varied according to age and region. In men aged 10 to 14, most deaths were due to accidents in all regions except high-income ones, where cancer was the leading cause, and south Asia and sub-Saharan Africa, where it was [diseases from consuming contaminated food or water](#). In men aged 15 to 24, the most common cause of death was “transport injury” in almost all regions.



## THE COVID-19 PANDEMIC INCREASED EATING DISORDERS AMONG YOUNG PEOPLE -BUT THE SIGNS AREN'T WHAT PARENTS MIGHT EXPECT

*Newer research suggests that males may account for up to half of all cases of eating disorders.*

**The Conversation, November 2, 2021**

Eating disorders began to spike among young people shortly after the onset of the COVID-19 pandemic. Experts believe the increase occurred due to disruptions in daily living, emotional distress and more time spent on social media – which research has shown can lead to lower self-esteem and negative body image. One peer-reviewed [study](#) indicates that eating disorder diagnoses increased 15% in 2020 among people under 30 compared to previous years. Other studies have suggested that patients who already had an eating disorder diagnosis got worse during the pandemic. The researchers reported an increase in eating disorder symptoms along with anxiety and depression. Eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder and other specified feeding and eating disorders such as atypical anorexia. The peak age of onset is 15-25 years old, but individuals can develop eating disorders at any age. Historical research on diagnosing eating disorders has focused on females. This has made it harder for doctors, families and patients to recognize eating disorders in males. For example, adolescent boys may be more prone to focus on muscle strength and steroid use – indicators that are not captured in traditional, female-focused screening tools and diagnostic criteria. However, newer research suggests that males may account for up to half of all cases of eating disorders. While males have likely been underdiagnosed in all categories of eating disorders, male adolescents seem to be

more prone to avoidant restrictive food intake disorder. This is a relatively new eating disorder that involves inadequate food intake but not distress about body shape or size.



## THIS IS HOW WEIGHT-RELATED BULLYING IMPACTS KIDS

Scary Mommy, November 2, 2021

When people think about eating disorders, they often link these conditions to women, but men can also develop eating disorders. According to [Verywell Mind](#), "The most widely-quoted study estimates that males have a lifetime prevalence of 0.3 percent for anorexia nervosa, 0.5 percent for bulimia nervosa, and 2.0 percent for binge eating disorder." These numbers may seem small, but they are significant. "Eating disorders are still under-detected and under-diagnosed in males of all ages. Males presenting with eating disorders may also report bullying based on weight. We also know that males with restrictive eating disorders such as anorexia nervosa, are more likely to have higher weights in childhood, prior to the onset of their eating disorders. These males may be at increased risk of childhood weight related bullying," said Tanner. She went on to explain that unlike women who want to be thinner, men tend to be interested in lean masculinity. This can be a [more common factor in athletes](#) and racial/ethnic, sexual and gender minority males, she said.



## **THE OPEN SECRET TO LOOKING LIKE A SUPERHERO**

*How performance-enhancing drugs helped create the new male body standard.*

**Vox, November 5, 2021**

Using steroids and other performance-enhancing drugs (PEDs) to get bigger, faster, stronger isn't, by any means, a new enterprise — especially for men in certain circles. Historically, these drugs made news when it came to Olympic and professional athletes like [Lance Armstrong](#), [Mark McGwire](#), and [A-Rod](#) using them to achieve peak superhuman condition. In those high-profile sports cases, the implication is that those athletes were cheating. Cheating, especially when you're caught, is bad. But real life isn't the Olympics or a professional sports league. In the US, it's [not legal](#) to use steroids and PEDs without a prescription for personal and aesthetic gains, but it also isn't considered "cheating" per se. And these drugs work very well — they wouldn't be banned from the Olympics if they were duds. That's made PEDs, to doctors' dismay, more popular than ever.

These drugs are dangerous and their long-term effects are understudied, experts say, but with what they offer, those concerns seem to get lost in the shuffle. We're accustomed to buying what we need to improve our appearance, performance, and job prospects, and while PEDs are nominally forbidden to the average consumer, sources say they're surprisingly easy to obtain. What's more, PEDs have already suffused our culture. We see their effects on the [action heroes](#) of mainstream movies, on the fitness [influencers](#) of Instagram, maybe even on the people lifting next to us at the gym. PEDs are becoming [mainstream](#). That's changed the way the larger culture, especially men, think about men's bodies, what they look like, and what we think they're supposed to look like. Steroids and other PEDs have skewed our sense of what's normal and attractive. What's desirable might not be realistic or safe, and there are already many men out there willing to risk their health to achieve it.



## **TUTORIAL: THE RISKS OF ANABOLIC STEROIDS**

**Open Access Government, November 1, 2021**

Anabolic steroids are the most common Appearance and Performance Enhancing Drugs (APEDs). Often, they are just referred to as 'steroids.' They are synthetic hormones, similar to testosterone, which have anabolic (bodybuilding) effects due to the fact they stimulate the growth of **skeletal muscle**. They also have androgenic (male) effects which enhance typical male characteristics. When you see a male bodybuilder, many will have been using steroids in order to create this appearance. Anabolic steroids have serious side effects and risks. Young men should be firmly discouraged from turning to these drugs despite any pressure they feel from the **excessive media hype about unrealistic body image**. Men need to be fully aware of the dangers of using these drugs. Don't confuse anabolic steroids with ordinary steroids (prednisolone) which are powerful anti-inflammatories and sometimes prescribed by the doctor. Around 1 million UK adults, mostly men, are currently taking anabolic steroids, according to a **2016 IPED survey** – this equates to about 3% of the male population. 56% of those surveyed said that they were taking them for cosmetic reasons or to improve their appearance. The typical anabolic steroid user will be a male, non-athlete, in their 20's or 30's. Usage is rare in females, and in teenagers. Most men who use anabolic steroids are suffering from **body dysmorphic syndrome**, a psychological condition arising from or exacerbated by, watching unrealistic portrayal and exaggerated male physiques on film, television, in magazines, and other media. In fact, men who use anabolic steroids are also more likely to be experiencing psychological symptoms, such as depression and low self-esteem. They may have had previous suicide attempts. They also tend to have poor knowledge of health.



## [\*\*HIGH RATE OF SUICIDE AMONG YOUNG, AFRICAN AMERICAN BOYS, DATA SHOW\*\*](#)

**ABC News, November 4, 2021**

We all know life has taken a toll on Americans in the last 20 months. But there is a group experts say is really going through it - young, Black boys.

The latest studies show there's been an uptick in suicides in that demographic, and now, advocates are hoping we can ban together and put an end to the suffering in silence. According to the latest data, Black children ages 5 to 12 are two times more likely to attempt suicide than their white counterparts. NAMI, the CDC, and other mental health agencies said there are a number of factors contributing to hopelessness nowadays. Bullying, grief over losing a loved one, losing the lifestyle they were used to pre-pandemic, and social media pressures all play a part. Black boys who act out in school are miscategorized and overly disciplined. "Far too often when we see a child, I call it 'coloring outside the lines,' they're punished. They're placed in separate classrooms, in-school suspension. Alternative education programs, when really it's not what's wrong with them. The question is, what happened to them?"



## **STUDY FINDS RACIAL DISCRIMINATION LEADS TO ANXIETY, DEPRESSION & SUICIDAL IDEATION IN BLACK MEN**

**hiphopwired.com, November 4, 2021**

When it comes to the leading causes of death of Black men in America, heart disease and cancer are often brought up as they should be since they're [at the very top](#) of the killer list across ages. Homicide is also often brought up, especially by white people who lean on it as an illogical justification for their racism. But one relatively common cause of death among Black men and boys that is rarely discussed is suicide—the [leading cause of death for Black males ages 15 to 24](#), according to the Centers for Disease Control and Prevention. According to a [study](#) conducted by [Janell R. Goodwill](#), an assistant professor at the University of Chicago Crown Family School of Social Work, Policy and Practice, suicide is a leading cause for Black males in general, "yet empirical investigations that focus on the experiences of this group are limited." "Therefore, we aim to interrogate the impact of everyday discrimination as a risk factor for depressive symptoms and suicide ideation among African American men," the study states in its opening.



## **59% OF MEN WERE WORRIED ABOUT A MALE FRIEND'S MENTAL HEALTH IN THE PAST YEAR, MOVEMBER RESEARCH SHOWS**

**hotpress.com, November 1, 2021**

New research has found that 59 percent of men admitted being concerned about a male friend's mental health in the last year. Worryingly, the same men don't know how to check in on their mates. Almost a third of men in the survey taken for Pringles' new report in consultation with [Movember](#) said they would be unlikely to speak to their male friend about their mental wellbeing. To raise awareness about the latest research, Pringles and Movember have activated clean art installations across Dublin's streets to open up conversations relating to male mental health.

Stephens Green, Dawson Street and Temple Bar have been clean art, among other busy streets, to raise awareness of the simple questions men can use to start conversations around mental health. With more than 25 pieces of clean art scattered across the capital, Pringles is hoping the eyes-down graphics will help people look up and reach out to a friend, colleague or family member.



## [U.S. ADOLESCENTS ARE RECEIVING LESS SEX EDUCATION IN KEY TOPICS THAN 25 YEARS AGO](#)

*Rutgers researcher finds concerning inequities in adolescents' access to comprehensive sex education*

**Newswise, November 4, 2021**

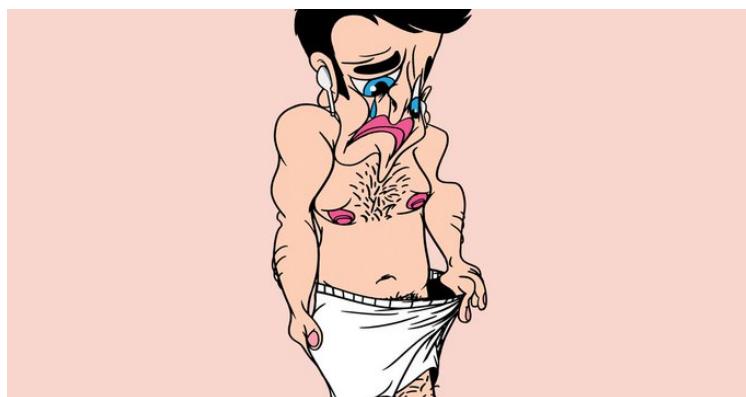
Only half of young people in the United States are getting sex education that meets minimum standards, according to a Rutgers researcher who found that adolescents are not receiving critical information. Of even greater concern is that a significant percentage of young people do not receive any information about birth control and sexually transmitted disease prevention before they begin to have sexual intercourse. The study, published in the Journal of Adolescent Health and conducted in collaboration with the Guttmacher Institute, also found significant gender and racial disparities in adolescents' access to comprehensive sex education. Females were more likely than males to report receiving instruction in waiting until marriage to have sex, while males were more likely than females to report instruction in condom use. The study also found that significantly fewer Black and Hispanic males than White males received instruction in saying no to sex, birth control and HIV and STI prevention. Queer youth were less likely than their straight peers to report instruction about HIV/STI prevention and where to get birth control.



## [HIGH SCHOOL FOOTBALL WON'T RAISE LIFETIME RISK FOR SUICIDE AMONG MALES: STUDY](#)

**Medicine Net, October 29, 2021**

Some parents may worry about whether playing high school football might put their kids at risk for depression and suicidal thoughts in adulthood, but new research suggests they can relax. It included more than 2,300 U.S. males who enrolled in the study at average age of 15 and were assessed again at an average age of 29. At the start of the study, about 28% of the participants said they played or intended to play football. As young adults, about 10% of participants said they had been diagnosed with depression at some point during their lives, and nearly 6% said they had suicidal thoughts over the past year. But rates of suicidal thoughts and depression were not significantly different for young men who played football as teens. In contrast, the researchers found a strong association between mental health problems during the teen years and suicidal thoughts in young adulthood. As teens, about 11% of the study participants said they had received mental health counseling. At age 29, men in this group were more than twice as likely to report being diagnosed with depression as other participants, about 20% vs. nearly 9%. "There is societal concern that playing football might be associated with increased risk for later in life depression, suicidality and suicide," said study leader Grant Iverson, from Harvard Medical School, and colleagues. But it "is overly simplistic, and inconsistent with the published literature, to link suicidality with playing high school football," they said in a journal news release.



[THE HEALTH-CARE BRAND HIMS WANTS TO LEVERAGE YOUNG MEN'S](#)

## ANXIETY OVER ERECTIONS AND HAIR LOSS INTO A MULTIBILLION-DOLLAR EMPIRE

Intelligencer, October 26, 2021

At some point in the past few years, I looked around at my male friends and realized that they were on drugs. Not Lexapro or benzodiazepines or Wellbutrin — which everybody was also on — but the kinds of drugs that are taken for age-related complaints. The most common seemed to be Viagra. I was hearing about testosterone therapy, too. Testosterone, to treat a supposed hormone deficiency called “low T,” had risen from a negligible market in 2000 to a multibillion-dollar one in 2020, driven partly by demand from cis males, many of them young. There was another drug I heard about often: minoxidil, the active ingredient of Rogaine. My friends were not buying Rogaine-branded products, because having a bottle of Rogaine in the shower was not a seductive quality in a young male. Finasteride raises the level of testosterone in such a way that promotes hair growth. Hims was one of a flock of direct-to-consumer telemedicine companies — basically, apps that connect you with doctors who can write prescriptions — that had been founded in the late 2010s to offer minoxidil, generic Viagra, and finasteride to young men. Hims, which launched in 2017, featured close-up shots of clear-skinned millennials, sometimes embracing; another company, Roman, featured queer couples lounging in the morning-after sheet tangle. A third firm, BlueChew, sold itself as a rough-and-ready erection-pill merchant with traditional gender roles in mind. In one ad, a husband who cleans the house is rewarded with a BlueChew packet, then starts making out with his wife. The Hims Man could order sildenafil while waiting in line for Sweetgreen, changing in the Equinox locker room, obtaining knitwear on Mr Porter. In the first three years, annual revenue grew 128 percent, to \$130 million, and the number of patient consultations via the app quadrupled to 2 million by the middle of 2020. Most of the customers were men in their 20s or 30s, and they were spending most of their money on sildenafil.



## YOUNG MEN'S CONSUMPTION OF SOFT DRINKS HAS MARKED EFFECT ON SPERM PARAMETERS

## **Focus on Reproduction, October 29, 2021**

A global decline in total sperm counts, especially among men in western countries, continues to spark doomsday predictions. The most striking warning came from a meta-analysis in 2017 which found a 50-60% worldwide fall over nearly four decades among men, with no evidence of any levelling-off.(1) Describing this as 'the canary in the coalmine' for male health, the authors predicted that the implications reached far beyond fertility and into scenarios of shortened lifespan and chronic disease. Last year a group from Harvard University called these dramatic findings into question, for reasons (among others) that 'declining sperm counts do not predict declining fertility'.(2) However, a degree of panic around male fertility has been building since the 1990s, with multiple studies over the years repeating the message that men are producing fewer sperm and of poorer quality. From chemicals in packaging to tight trousers, this spiralling trend has been attributed to multiple factors. High sugar intake as part of unhealthy modern lifestyles is now another on the risk list, with several studies linking sugary drinks with testicular function. The latest study on sugar-sweetened beverages (SSBs) – and the largest to date – concludes that a high daily intake of 220 ml on average of these drinks may adversely affect sperm count and concentration, as well as other parameters.(3)



## **AT LEAST 65,000 MORE MEN THAN WOMEN HAVE DIED FROM COVID-19 IN THE US**

Brookings, October 19, 2021

Men are much [more likely to die](#) from COVID-19 than women. This is true globally – where the death rate has been [about 50% higher for men](#). Notably, this gap does not appear to be explained either by differences in the [number of confirmed cases](#) or in [pre-existing conditions](#). With the [pandemic cutting life expectancy of American men by more than two years](#), it is important to understand and mitigate risks associated with COVID-19 mortality among men. Building on earlier work with Tiffany Ford from May 2020, "[COVID-19 much more fatal for men, especially taking age into account](#)," we draw here on updated CDC data to examine the gender mortality gap by age, and over time in the U.S. Our main

findings are:

- The overall death rate for men is 1.6 times higher than the death rate for women;
- The gap is widest in the middle of the age distribution, with 184 male deaths for every 100 female deaths.
- As death rates have fallen, the gender gap has narrowed slightly
- The gap is not explained by a higher number of cases among men, or differences in pre-existing conditions



## STUDENTS AT AUSTRALIA'S TOP UNIVERSITIES FACING GENDER-BASED DISCRIMINATION FROM PEERS

*Male students say universities initiatives are discriminating against them, while female students say they are facing rampant 'mansplaining'.*

**Sun Herald, October 27, 2021**

Male and female students at Australia's leading sandstone universities face gender-based discrimination from their peers, a study has found. A leading gender analyst in science, Monash University researcher Camilla Fisher, has called for interventions in classrooms to make women feel more welcome.

While women say they face "mansplaining" and "snickering" from men, males say equity programs that promote women discriminate against them, the research shows. Non-binary and sexually [diverse students in science also suffer public humiliation](#) and isolation, the study of 386 undergrads from eight Australian universities found. Around 200 of the students surveyed came from Monash University and the rest from primarily G8 institutions. "While female discriminatory experiences are focused around issues with group work, male students reported initiatives to [recruit more women into STEM](#) as discriminatory against men," Ms Fisher said. The findings come as female students in STEM are under-represented and at more risk of attrition. While females make up 57 per cent of the cohort in courses such as biology, more male-dominated courses include physics, in which only one in four students are women.



## SUPREME COURT RULINGS ALWAYS INCLUDE THE PERSPECTIVE OF A WHITE MALE, BUT OFTEN EXCLUDE VIEWPOINTS OF BLACK AND LATINA JUSTICES

**The Conversation, October 26, 2021**

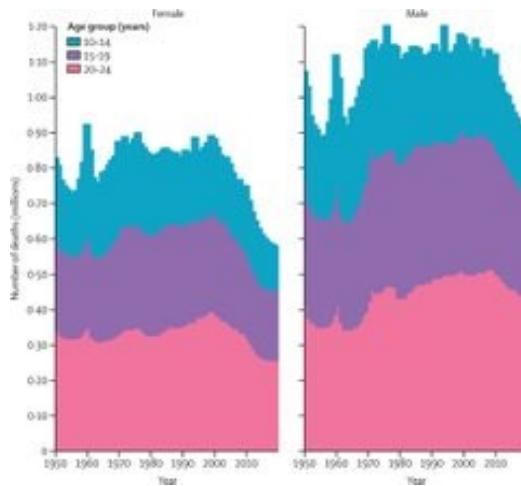
In recent decades, much progress has been made in diversifying the [Supreme Court](#). While only white males served as justices for [more than 175 years](#), the court now includes three female justices, one Black and one Latina justice. Despite the increased diversity, however, the court's voting rules often exclude minority viewpoints. Two justices who are especially likely to have their views not reflected, and therefore must write dissenting opinions, are [Sonia Sotomayor](#) and [Clarence Thomas](#). Consider the [court's cases from its 2019-20 term](#), not including non-controversial 9-0 decisions. When there were disagreements among the justices, Sotomayor dissented in 44% of cases, according to the news site [SCOTUSblog](#). In those cases, the court's decisions lacked the perspective of its only minority female member. Similarly, Thomas also dissented in 44% of cases when the court [vote was not unanimous](#). In those cases, the court's decisions lacked the perspective of its only minority male member. No other justice's voice was excluded as often as were those of Sotomayor and Thomas. And with five white male justices on the court, it's numerically impossible for the court to render a decision that lacks the perspective of a white male justice.



## LOUISIANA FATHERS FORM 'DADS ON DUTY' GROUP TO HELP STOP VIOLENCE AT THEIR CHILDREN'S HIGH SCHOOL

People, October 27, 2021

Michael LaFitte Jr. said he was one of several parents who felt compelled to take action after nearly two dozen students got arrested, suspended, or expelled within three days at Southwood High School in Shreveport, Louisiana, according to [Good Morning America](#). Wanting to find a way to stop the violence, LaFitte Jr. sat down with four other dads in his office and came up with the idea to start a crisis intervention team at their kids' school called "[Dads on Duty USA](#)," GMA reports. "Dads on Duty" brings the fathers together as they take shifts protecting the grounds of Southwood High, according to [CBS News](#). While there, they would interact with students in a positive manner while also helping to prevent fighting and violence on campus. "We're dads," they told CBS News. "We decided the best people who can take care of our kids are who? Are us." "Although we're titled 'Dad's on Duty,' we also serve as uncle's on duty, we serve as men of the community on duty," LaFitte Jr. explained to the outlet. "Because there are some folks who don't have a father or don't have such a great relationship with their father, and it's our goal to let them see what the right relationship with a male figure is supposed to look like." "The kids see them as they're walking in, in the morning," the principal of Southwood High said. "They greet the kids. They tell corny jokes. When I do my rounds to classrooms, they walk with me. They're making sure that kids are leaving school safely. People are able to talk to them." One student added to CBS News: "I immediately felt a form of safety. We stopped fighting; people started going to class."



## GLOBAL, REGIONAL, AND NATIONAL MORTALITY AMONG YOUNG PEOPLE AGED 10-24 YEARS, 1950-2019; A SYSTEMATIC ANALYSIS FOR THE GLOBAL BURDEN OF DISEASE STUDY 2019

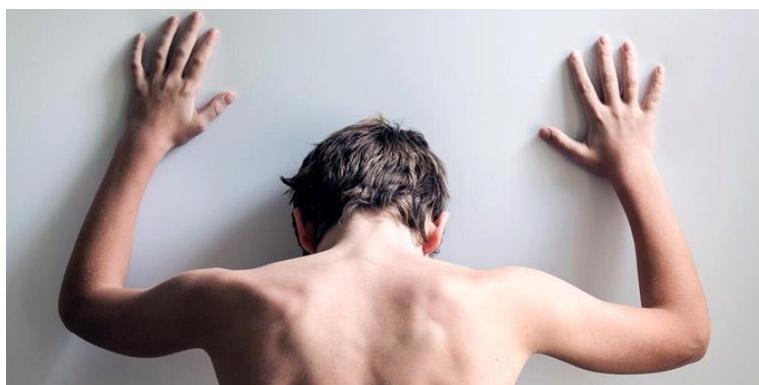
**The Lancet, October 30, 2021**

### **Background**

Documentation of patterns and long-term trends in mortality in young people, which reflect huge changes in demographic and social determinants of adolescent health, enables identification of global investment priorities for this age group. We aimed to analyse data on the number of deaths, years of life lost, and mortality rates by sex and age group in people aged 10–24 years in 204 countries and territories from 1950 to 2019 by use of estimates from the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2019.

### **Findings**

In 2019 there were 1·49 million deaths (95% uncertainty interval 1·39–1·59) worldwide in people aged 10–24 years, of which 61% occurred in males. 32·7% of all adolescent deaths were due to transport injuries, unintentional injuries, or interpersonal violence and conflict; 32·1% were due to communicable, nutritional, or maternal causes; 27·0% were due to non-communicable diseases; and 8·2% were due to self-harm. Since 1950, deaths in this age group decreased by 30·0% in females and 15·3% in males, and sex-based differences in mortality rate have widened in most regions of the world.



### **SOCIAL MEDIA IS BECOMING INCREASINGLY TOXIC FOR BOYS' BODY IMAGE, TOO**

**Jason Nagata, San Francisco Chronicle, October 18, 2021**

As a pediatrician specializing in the care of teens with eating disorders, I've seen the impact Instagram can have on teenagers' body image. While Instagram's impact on teenage girls' body image made the [news](#) recently, few have thought about its effect on teenage boys and young men. Although there is a [stereotype](#) that eating disorders occur exclusively in females, males represent [a third](#) of people struggling with eating disorders. The masculine body ideal has become increasingly large and more muscular in recent years. Given these pressures, [a third](#) of teenage boys report trying to bulk up. Because of social media, boys' bodies are on display now more than ever, especially through influencer accounts. Teenage boys are more likely than girls to allow for [public followings](#) on Instagram, making these images even more accessible. Male selfies are more likely to be full-body photos, compared

to female selfies which are more likely to feature faces. An [analysis](#) of 1,000 male body image-related Instagram posts showed that a majority depicted muscularity and leanness, and that images featuring this body type received significantly more likes and comments. Boys receive positive reinforcement for posting muscular content through likes, follows and even [advertising deals](#) with the muscle-building supplements industry. Boys who view or post content related to fitness or muscularity on social media are subsequently bombarded by other images of bulking teens, leading to a vicious cycle of constantly comparing their body with others and possible social media addiction. Instagram use is linked to increased risk of meal skipping and [disordered eating](#) in teenage boys as well as muscle and height dissatisfaction in men. Men using Instagram are more likely to think about using harmful muscle-enhancing products such as [anabolic steroids](#). These pressures can lead to muscle dysmorphia, also sometimes called bigorexia or reverse anorexia, which is when individuals become preoccupied with the idea that their bodies are too small and not muscular enough.



## [\*\*LEADING PEDIATRIC GROUPS DECLARE 'NATIONAL EMERGENCY' IN CHILDREN'S MENTAL HEALTH\*\*](#)

*Policymakers being called on to address the crisis*

**ABC, October 22, 2021**

Several leading pediatric health organizations - the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry (AACAP) and the Children's Hospital Association - have declared a national emergency in children's mental health. Dr. Jennifer Katzenstein is the Co-Director of the Center for Behavioral Health at Johns Hopkins All Children's Hospital in St. Petersburg, Florida. She said experts were concerned about the mental health of children before the pandemic and now the situation is much worse. "As we continue through the pandemic, we continue to see the toll taken on our kids in terms of increased stress and anxiety, increased substance abuse, eating disorders, and suicide," said Dr. Katzenstein. Research from the Centers for Disease Control and Prevention shows mental health emergency room visits went up by 24% for children ages 5 to 11 and 31% for children ages 12 to 17 between March and October 2020. Now, leading pediatric medical associations are calling on policymakers to increase federal funding for mental health services, among other measures to address this crisis.

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## WEBINAR

### **The Urgency and Strategies for Improving Young Adult COVID-19 Immunization Rates**

**October 27, 2021**

**3-4 PM Eastern Time**

Health Resources and Services Administration, DHHS

Young adults have the lowest COVID-19 vaccine rate of all adults. We all have an important role in promoting COVID-19 vaccines among young adults. We invite you to learn from young adult leaders about strategies to increase vaccine uptake among this unique population.

[Register](#)

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### **YOUNG MEN UNDER 30 WHO RECEIVE THE MODERNA COVID-19 JAB ARE MORE LIKELY TO DEVELOP RARE HEART INFLAMMATION THAN THOSE WHO RECEIVE THE PFIZER SHOT, CDC REVEALS**

**Daily Mail, October 21, 2021**

Young men under age 30 who receive the Moderna jab instead of the Pfizer jab face an increased risk of myocarditis, the CDC revealed on Thursday. For every one million recipients of each jab, there are up to 21 more cases of myocarditis in people aged 18 to 39 that received the Moderna jab. The risk of developing the condition significantly falls off once a person turns 30. Four Nordic countries, including Sweden and Denmark, have restricted use of the Moderna vaccine in

young people over heart inflammation concern.



### PREGNANT WOMEN PASS FEWER CORONAVIRUS ANTIBODIES TO UNBORN BOYS THAN GIRLS, A CLUE AS TO WHY MEN ARE MORE VULNERABLE TO SEVERE COVID-19

Business Insider, October 23, 2021

It's one of the pandemic's most persistent mysteries: Why are men and boys more vulnerable to severe COVID-19 than women and girls? A [new study](#) from Boston-based researchers suggests it may have to do with innate differences in their immune responses. The study looked at 38 women who were infected with the coronavirus during pregnancy, half of whom were carrying baby boys. Most of the women had mild or moderate COVID-19. The researchers measured the levels of antibodies in the expectant mothers' blood, and the fetuses' antibody levels using placenta tissue and blood samples from the umbilical cords. The results showed that the women pregnant with baby boys had fewer antibodies than those carrying girls. Additionally, pregnant women seemed to pass along fewer coronavirus antibodies to male fetuses than to females. "There's obviously some crosstalk that's happening between the fetus and mother's immune system," Andrea Edlow, a maternal-fetal medicine specialist at Massachusetts General Hospital who co-led the study, told Insider. The findings may hint at broader differences in how men and women respond to COVID-19. Male fetuses seemed to develop an inflammatory response to the virus that wasn't detected among female fetuses. Edlow said that inflammation may be interfering with a mother's ability to pass coronavirus antibodies to her unborn baby boy.



## [\*\*EXPERTS SOUND ALARM ON THE CRISIS IN SEX EDUCATION ACROSS THE U.S.\*\*](#)

**Medical Net, October 21, 2021**

Experts at the Society for Adolescent Health and Medicine (SAHM) are calling attention to a crisis in sex education, specifically the continued creation and endorsement of [abstinence](#)-only curricula being taught across the U.S. The commentary in the Journal of Adolescent Health is a response to the Medical Institute for Sexual Health's recently released K-12 Standards for Optimal Sexual Health, which the authors find deeply flawed for its scientific inaccuracies, omitted topics, and misdirected focus on marriage and abstinence as solutions to adolescent sexual health. The authors sound the alarm on the decline in sex education across the country. Despite substantial evidence that comprehensive sex education works to promote sexual health among adolescents, as well as strong support for its implementation from health professionals and parents alike, delivery of sex education in the U.S. has declined over the last 25 years. When taught, comprehensive curricula provide adolescents with accurate information on essential sexuality topics, opportunities to explore their identities and values, and skillsets in communication and decision-making. The National Sex Education Standards (NSES) are referenced in the paper as a prime example of standards that provide clear, age-appropriate instruction to reduce risk behaviors among adolescents and improve their overall health and wellbeing.



## **BOYS DON'T CRY? SURVEY FINDS MEN ACTUALLY WEEP MORE THAN WOMEN**

**Study Finds, October 21, 2021**

A new survey shows that men tend to cry more often than women. Are 21st century men more sensitive than generations past? According to the poll of 2,004 Americans, men cry on average about four times a month. Women, on the other hand, weep about three times in a given month. That's 48 times a year for men and only 36 for women. The stereotype that men don't seek professional help for their mental health also seems inaccurate — as two-thirds of male respondents have done so at some point in their lives, compared to just half of the women. Despite those numbers, the survey — conducted by [OnePoll](#) on behalf of [Vida Health](#) — still finds evidence of a stigma surrounding men seeking help. Other stereotypes appear to hold true, as men (63%) are almost twice as likely as women (34%) to hide the fact that they're getting treatment for their mental health.



## **WHAT DOES IT MEAN TO BE ANDROSEXUAL?**

**Healthline, October 20, 2021**

Someone who's androsexual is attracted to men and masculine people. Although

the “-sexual” suffix suggests that it refers exclusively to sexual attraction, the term can include people who are romantically or physically attracted to men and masculine people. Some androsexual people are exclusively attracted to men, while other androsexual people might be attracted to anybody who’s masculine in their identity, gender expression, or appearance. It’s possible to be androsexual while also identifying with another term, like heterosexual, [bisexual](#), or [pansexual](#). The key difference between terms like “androsexual” and terms like “heterosexual” is that androsexual focuses on the gender of the person you’re attracted to as opposed to your own gender. While “homosexual,” for example, means that you’re attracted to people of the same or a similar gender as you, “androsexual” can apply to anyone who’s attracted to men, no matter their gender.



## [\*\*BOYS OF COLOR WERE HIT HARD BY THE PANDEMIC. WHAT DO THEY NEED NOW?\*\*](#)

**Chicago Chalkbeat, October 5, 2021**

School systems have long vowed to shrink the disparities in graduation, college enrollment, and other outcomes that leave Black and Latino boys consistently behind girls of color. The pandemic’s disruption [further widened such gaps](#). In Chicago and nationally, data show a [steeper drop in attendance and a more marked increase in failing grades](#) for male Black and Latino students. The country’s reckoning over race has brought a greater sense of urgency to the search for solutions, and districts are flush with billions of federal pandemic relief dollars. But so far, most efforts to rethink learning for male students of color seem to be relatively small-scale, often driven by nonprofits rather than schools and colleges, say experts such as Roderick L. Carey, professor at the University of Delaware who studies the educational experiences of Black and Latino boys and young men. “I’m not seeing many concrete steps to reimagine schooling in the wake of what we have experienced with racial unrest and COVID-19,” Carey said. “Folks seem to be just trying to get back to business as usual.”



## **BOYS IN CRISIS: SCHOOLS ARE FAILING YOUNG MALES. HERE'S WHAT NEEDS TO CHANGE IN CLASSROOMS**

*Imagine being bombarded with a chorus of, "Pay attention. Stop fidgeting. Don't touch that!" Yet, that's what many boys experience in school each day.*

**USA Today, October 9, 2021**

In a recent [New York Times essay, "It's Become Increasingly Hard for Them to Feel Good About Themselves."](#) Thomas Edsall reviews a variety of research studies highlighting the plight of young men in the United States. As a frontline educator who's worked in boys' schools for 30 years and served as the head of a boys' school for the past 20 years, I've been an unhappy witness to this dilemma. Data supports the claim that boys are falling behind, and dramatically so. For example, there is a growing gender gap in high school graduation rates. According to the Brookings Institution, in 2018, [about 88% of girls graduated on time](#), compared to 82% of boys. For college enrollment, the gender gap is even more striking with men now trailing women in higher education at record levels. Last year, women made up 60% of college students while men accounted for only 40%, [according to statistics from the National Student Clearinghouse](#). College enrollment in the U.S. has declined by 1.5 million students over the past five years, with men accounting for 71% of that drop.



## [FINLAND SUSPENDS MODERNA COVID-19 SHOTS FOR YOUNG MEN AND BOYS](#)

**Los Angeles Times, October 8, 2021**

Finland has joined other Nordic countries in suspending or discouraging the use of Moderna's COVID-19 vaccine in certain age groups because of an increased risk of heart inflammation, a rare side effect associated with the shot. The Finnish Institute for Health and Welfare said Thursday that authorities won't give the shot to men under 30. They will be offered the Pfizer-BioNTech vaccine instead. The government agency said it found that young men and boys were at a [slightly higher risk of developing myocarditis](#). The move by Finland followed similar decisions by three neighboring countries Wednesday. Sweden suspended the use of Moderna for people under 30, Denmark said those under 18 won't be offered the Swiss-made vaccine and Norway urged those under 30 to get the Pfizer shot instead. All four countries based their decision on an unpublished study that Sweden's Public Health Agency says identifies "an increased risk of side effects such as inflammation of the heart muscle or the pericardium" — the double-walled sac containing the heart and the roots of the main vessels. It added: "The risk of being affected is very small."



## OPINION: UNREALISTIC BEAUTY STANDARDS EXIST FOR BOYS, TOO

**Scot Scoop, October 6, 2021**

I think everybody would agree that in a world run by social media, society has inadvertently created unrealistic beauty standards for girls.

Seeing curated photos of already beautiful girls while scrolling through Instagram on a daily basis can cause immense **psychological damage** and lead to the development of insecurities, and in some cases even **eating disorders**. But in this day and age, most people seem to know that. The harmful effects of social media on girls' body image have become a serious topic and are finally being acknowledged by society. That's great, right? Let's talk about the boys. Unrealistic beauty standards for boys exist too; people just don't talk about it as much. Social media promotes the idea of the perfect person, regardless of gender. In the boys' case, "perfection" is defined by a never-ending list of requirements: being at least six feet tall, muscles, abs, jawline, and more. This concept of "the perfect boy" is promoted all over apps such as Tik Tok and Instagram, in a way that I would argue is much more blatant for males than it is for females. I have seen numerous posts on these apps of girls posting videos saying things like "Sorry boys, I only accept you if you're six feet tall with a six-pack."



**The Observer**

## HOW DO WE TALK TO TEENS ABOUT SEX IN A WORLD OF PORN?

*Teenage boys' easy access to violent sexual images is creating a crisis for them – and for women, argues the anti-porn campaigner*

**The Guardian, October 10, 2021**

Last weekend, the very first virtual international conference about how to teach sex education from a feminist perspective and a porn-critical lens took place. Taking On Porn: Developing Resilience and Resistance through **Sex** Education was organised by Culture Reframed, a US-based NGO founded by the academic and anti-porn activist Gail Dines. Part of it focused on how to help parents to have conversations with their children about what Dines calls the "public health crisis of the digital age". Inspired partly by demand from the UK educational world, the conference is

responding to concerns from many parents about “pro-porn” programmes running in some schools since relationship and sex education became mandatory in September 2020. Dines points to one teacher guide that puts forward the argument, “Porn is entertainment, like a film, not a ‘how to’ guide. However, that doesn’t mean people can’t learn things from porn they might not learn in other places. Just as movies can sometimes contain valuable insights, so can porn.” Online pornography has become the primary form of sex education for young people, and the average age for kids to start accessing it is 11. Porn sites get more visits each month than Amazon, Twitter and Netflix combined. Like other feminist campaigners against the sex trade, Dines has been accused of being an anti-sex moralist who wishes to censor sexual expression, but, she says, nothing could be further from the truth. “Any progressive, humanitarian approach should focus on dismantling the porn industry,” says Dines, “and not the continuation of its insidious commercialisation of abuse and misery.”

## YOU TUBE

### [\*\*CHILD SEXUAL EXPLOITATION: HOW WE CAN SUPPORT BOY VICTIMS\*\*](#)

Christine, Wekerle, McMaster University  
October 1, 2021



**THE PARTNERSHIP FOR MALE YOUTH**  
PROMOTING HEALTH FOR ADOLESCENT AND YOUNG ADULT MALES

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### [\*\*WEEKLY NEWS ROUNDUP: October 4, 2021\*\*](#)

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## **TEEN CREATES COMMUNITY FOR BOYS TO BE VULNERABLE, DISCUSS MENTAL HEALTH**

*15-year-old Zach Gottlieb created 'Talk With Zach' to help teens share feelings about everything from school anxiety to bullying to dating.*

**Today, September 30, 2021**

At the beginning of the COVID-19 pandemic, Zach Gottlieb, 15, frequently heard the media talk about teens' mental health and how tough life is for them. But no one he knew — especially boys — were talking about how they felt. That's when Zach had an idea: What if he started a conversation for teenagers about mental health? "I really wanted to create a space where we could all talk about things and I also wanted to model that guys can talk about what they're feeling," Gottlieb, a high school sophomore in Los Angeles, told [TODAY Parents](#). "It's things teenagers want to talk about but they feel like they can't." He created [Talk with Zach](#), an online community dedicated to teen mental health and wellbeing. On Instagram and TikTok, he shares video of him addressing everything from grappling with breakups to back-to-school anxiety to toxic masculinity to complaining. And, he encourages boys to discuss their mental health. "My message is that vulnerability is a strength rather than a weakness," he said. "We're told that it's not OK to talk about our feelings, like if we fall, we should just get up and push through it ... Instead what I'm trying to say is talking about what we feel, you're putting yourself out there, and I feel you're really strong for doing that." While Zach answers some queries himself, he often turns to experts for their insight into issues. His mom, Lori Gottlieb — a psychotherapist and author of "Maybe You Should Talk to Someone," who has appeared on TODAY — connected him to Jonathan B. Singer, an associate professor of social work at Loyola University in Chicago. He joined Zach for a discussion about suicide. He says that "Talk with Zach" normalizes chatting about mental health in a way in which teens can relate.



## **PLAYING FOOTBALL IN PRIMARY SCHOOL IS GOOD FOR BOYS' MENTAL HEALTH**

*Boys who take part in sport are less likely to experience depression and anxiety*  
**i.news.UK, September 27, 2021**

Playing a sport in early childhood is good for boys' [mental health](#) but doesn't appear to make a difference for girls, a new study suggests. Researchers have found that boys who participate in [football](#), rounders and other sports are less likely to experience depression and anxiety a few years down the line. The study also suggests that the process works the other way round as well, with boys who experience less "emotional distress" likely to be more physically active in adolescence. The researchers looked at the sporting and physical activity habits reported by the kids at ages five and 12, as well as by their parents, and at symptoms of emotional distress from ages six to 10 that were reported by the childrens' teachers. "We found that five-year-old boys who never participated in sports were more likely between the ages of six and 10 to look unhappy and tired, had difficulty having fun, cried a lot, and appeared fearful or worried," said Professor Linda Pagani, of Université de Montréal. "Also, boys who exhibited higher levels of depressive and anxious symptoms during middle childhood were subsequently less physically active at 12 years old. For girls, on the other hand, we did not find any significant changes," she said.



## **EXPLORING SUICIDE AND YOUNG BLACK MEN: WHY THE BROTHERS FEEL SO ALONE**

*A 30-year increase in suicide attempts among Black adolescents towers over all other groups. We explore the reasons why and talk to some of the experts who are determined to address it.*

**BET, September 30, 2021**

Between 1991 and 2017 Black male adolescents have represented the largest increase in suicide attempts of any group at 162.4 percent, [according to a study by the Journal of the American Medical Association](#). Factors like social isolation, unaddressed mental health problems and the generations-old issues of institutionalized and systemic racism, have formed a gauntlet for young men over the past generation that many find hard to survive. There is a narrative that young Black men and boys feel hindered when it comes to talking about their feelings or the issues they may be struggling with internally. Their inability to be open only leads to further internalization of their emotions and potentially externalization of their pain. The phenomenon goes even deeper than that. In addition to the cultural need for young men to be seen as super men, multiple societal factors can also lead to the depression that causes suicide attempts.



## **TEENS WHO DIE BY GUN SUICIDE MAY NOT SHOW RED FLAGS FIRST**

*Teens who die by gun suicide don't display typical suicidal behaviors, according to a new study that points to the need for strong gun safety measures in homes where teenagers live.*

**Futurity, September 27, 2021**

NOTE: In adolescents and young adults, suicide rates are 2–4 times higher in males than in females

The study found that adolescent [firearm suicides](#) fell into three categories based on data from the Centers for Disease Control and Prevention's National Violent Death Reporting System (NVDRS). The first group was the largest and included teenagers with an overall low-risk of having common risk factors for suicide. The

second group contained those struggling with mental health problems, including depression and suicidal behavior. The final group, the smallest, was comprised of adolescents who were having difficulties at school. The researchers found substance abuse relatively low in all three groups.



## [\*\*SEXTORTION CASES JUMP BY 62 PERCENT, TEEN BOYS BIGGEST TARGET\*\*](#)

**ctvnews.ca, September 25, 2021**

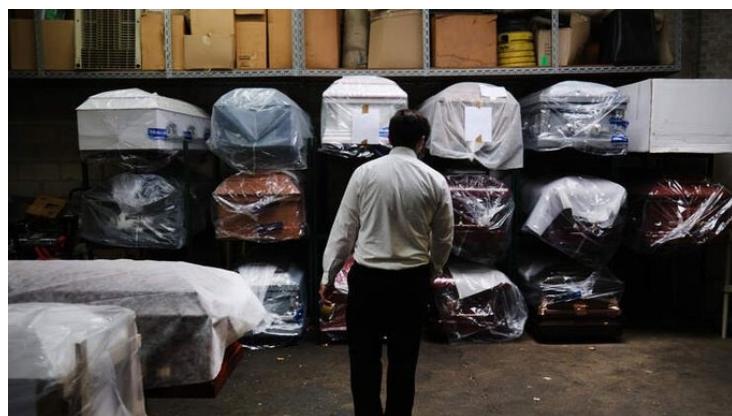
A disturbing new report shows cases of sextortion have increased by 62 per cent over the last six months, with teen boys being the biggest target. The report was authored by Cybertip.ca, Canada's national child sexual abuse and exploitation tipline run by The Canadian Centre for Child Protection. "So sextortion is essentially blackmail related to the distribution and recording of sexual abuse and exploitation material," said Stephen Sauer, Cybertip.ca's director. "A teen may be engaged in an online conversation with an individual. They may be coerced into undressing or a sexual act that is then recorded, and then the individual comes back to them and threatens to share that recording with family and friends if they don't pay a certain amount of money." Cybertip.ca's report found that males aged 15-17 are most at risk for sextortion. "They are online exploring their sexuality. They are connecting with individuals they don't know and they are really looking for an outlet for social interaction," said Sauer. "I think the individuals who are exploiting these youth really understand how youth are vulnerable in this space and understand that often they will quickly comply once they are threatened because they don't want anybody to find out that this happened to them."



## [NEW CLUES HINT THAT YOUNG BOYS WHO GET SERIOUS VIRAL INFECTIONS MIGHT BE MORE LIKELY TO DEVELOP AUTISM](#)

**Business Insider, September 28, 2021**

Scientists may be a step closer to understanding what causes autism and how to treat it. A [study](#) released this month offers evidence that severe infections in childhood might make a future diagnosis of autism spectrum disorder more likely in men who are genetically predisposed to the condition. Scientists at the University of California, Los Angeles performed the study on mice, so it's too early to say what its implications are for humans. But other research hints at a similar association: Data collected by researchers at the University of Chicago and used in the same new study found that boys diagnosed with autism were more commonly hospitalized with infections between the ages of 1.5 and 4 than boys who didn't have autism. (That dataset included more than 3.6 million children with a host of different infections, though the UCLA study didn't explore whether any particular virus was associated with autism.) "These parallels are so striking that they're highly unlikely to be unrelated," Alcino Silva, director of UCLA's Integrative Center for Learning and Memory, said of the mouse and human data.



## [LIFE EXPECTANCY FOR MEN SAW LARGEST DROP SINCE WORLD WAR II DUE TO COVID-19](#)

**iheart.com, September 27, 2021**

A new study published in the International Journal of Epidemiology [details the decline in life expectancy in 2020](#) due to the global coronavirus pandemic. The researchers found that American men saw the largest decline in life expectancy since World War II as it dropped by 2.2 years. The pandemic has hit minority populations especially hard. Hispanic males saw their life expectancy drop by 3.7 years, which was the largest decline of any group. In addition, life expectancy for Black people fell by 2.9 years to the lowest level since 2000. In Europe, the drop in life expectancy was driven by adults over the age of 60, while in the United States, the decline was caused more by working individuals who were under 60. "Despite having a younger population, the USA also has higher co-morbidities in these age groups compared with European populations with greater vulnerability to COVID-19. Other factors, such as those linked to unevenness in healthcare access in the working-age population and structural racism, may also help to explain the increased mortality. Recent research from the USA, for example, shows that socially disadvantaged populations such as Blacks and Latinos experienced losses three times higher than those reported here at the national level," [the researchers wrote.](#)

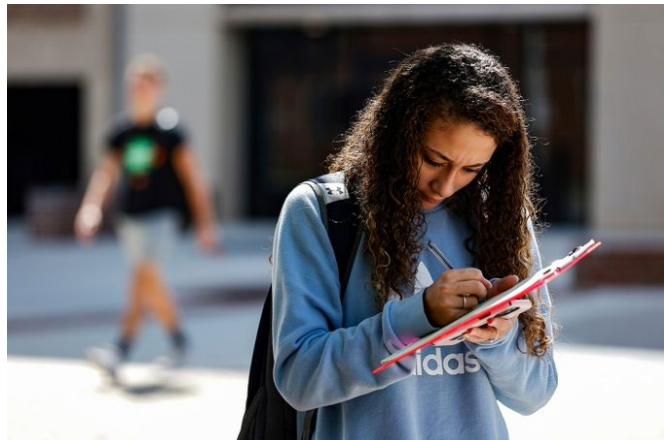


[\*\*EXPERTS EXPLAIN EXACTLY HOW CLOSE WE ARE TO A MALE CONTRACEPTIVE PILL\*\*](#)

**Unilad, September 26, 2021**

In 2019, the male contraceptive pill passed its first round of human safety tests. However, according to the [BBC](#), doctors at the Endocrine Society's annual meeting have said the pill may still take a decade to be made available to the general population. The pill would be required to be taken once daily and could act as a preferred option to a vasectomy or condoms, however it won't protect against sexually transmitted diseases. It would temporarily block new sperm cells being created by hormones, without lowering hormone levels so much that any side-effects would become an issue, reported the BBC. It would also relieve the pressure on women, who the responsibility has majorly fallen onto, to take contraception to

prevent unwanted pregnancies. By 2019, the latest version of the male contraceptive pill had been tested by researchers at LA BioMed and University of Washington. The researchers concluded that the pill should indeed achieve its initial goals of temporarily lowering hormones. The first phase of safety tests involved 40 men and were reported to the Endocrine 2019 meeting in New Orleans as looking 'promising'.



## [OPINION: WHY IT'S NOT SURPRISING THAT YOUNG MEN ARE ABANDONING COLLEGE](#)

**Washington Post, October 1, 2021**

The recent surge in stories about young men abandoning higher education — college women [outnumber](#) men 3 to 2 — may have surprised a few headline writers, but the graffiti about the decline of men and boys has been on the wall for decades. We're merely seeing the culmination of 50 years of feminist advances combined with economic shifts that have left men unemployed and socially sidelined. Early warning signs were clear in the 1990s when men began organizing — a dissonant concept, I admit — around grievances about divorce and subsequent custody battles. Fathers were feeling increasingly displaced by child-custody arrangements that often “repurposed” fathers as weekend visitors in their children’s lives. “Trickle down” may not work in economics but it sure does in society and culture. The lesser regard for men’s interests was also manifesting among younger-aged males as girl power seized the public imagination. School curriculums were being adjusted to become more go-girl and less boy-centric.



## **'IT'S BECOME INCREASINGLY HARD FOR THEM TO FEEL GOOD ABOUT THEMSELVES'**

**New York Times, September 22, 2021**

Is there a whole class of men who no longer fit into the social order? There are a number of research projects that illuminate the ongoing controversy on the subject of men and their role in contemporary America. The bigger question is how the country should deal with the legions of left-behind men, often angry at the cataclysmic social changes, [including family breakdown](#), that have obliterated much that was familiar. In 2020, white men [voted for Donald Trump 61 percent to 38 percent](#). Many of these men have now become the frontline troops in a reactionary political movement that has launched an assault on democracy. What's next?



## **MEN ARE LOSING THEIR GRIP IN THE NEW ECONOMY**

*Job growth and education are putting women in a prime position to dominate. Should we rejoice or worry?*

**Bloomberg, September 20, 2021**

It's no longer a man's world. Pundits have speculated for more than a

decade [about the end of men](#). After centuries of dominating the economy, most of the job growth is in industries where women traditionally work. And those jobs require more education. The latest piece of data is that women are [dominating college enrollment](#). In a few years, two women will earn a degree for every one man. On the one hand it's tempting to say ... finally. Women were effectively shut out of the labor force for decades and [still earn less](#). And it's worth noting that men are still well-represented in STEM degrees at college and universities, which tend to lead to higher-paying jobs. But the economy is not zero sum, and a large population of men falling behind doesn't help anyone. Men with lower earnings prospects and less education are less likely to marry. And to make matters worse, coming from a single-parent household lowers [the odds a boy will go to college](#) (the impact on [girls from single parents is not as profound](#)), creating a vicious cycle of single parenthood and more men not going to college.



## [HOW TO HELP BOOST YOUR TEEN SON'S SELF IMAGE](#)

*Raising your son to be a 'big, strong man' can do more harm than good*

**The Telegraph, September 26, 2012**

Parents of [adolescent boys](#) may not be surprised to hear that a study from the Children's Society, published last month, has found for the first time that teenage boys are just as [self-conscious about their body as girls](#). Ten years ago, around 7.8 per cent of boys aged 10 to 15 expressed unhappiness about their appearance (compared with 15.7 per cent of girls). This has now risen to around 13 per cent of boys. How our boys feel about themselves and the way they look is closely linked to what society teaches them about being male from early on. And, says Dr Kilbey, gender stereotypes for boys are "as narrow and constraining" [as for girls](#), if not more so. "For boys to fall outside of the stereotypical male presentation attracts a lot of attention. It's still quite taboo."

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[Obama Foundation searching for a new Executive Director of the My Brother's Keeper Alliance](#)

The Obama Foundation is searching for a new Executive Director of the My Brother's Keeper Alliance and Director of Youth Opportunity Programs. If you are interested, or know someone who might be, click [here](#) to learn more.

The Executive Director will lead a diverse, impact-oriented team to execute President Obama's national call to action to build safe and supportive communities where boys and young men of color feel valued and have clear pathways to opportunity. This individual will also work across the Obama Foundation to help evaluate, design, and refine programs focused on building pathways to opportunity in communities of color.

Click [here](#) to read the full job description and apply.

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## [\*\*TO BOOST BLACK MEN IN MEDICINE, ADVOCATES TURN TO SPORTS\*\*](#)

*High-performing athletes possess many of the skills and attributes that physicians need, supporters of the strategy say*

**Smithsonian, September 21, 2021**

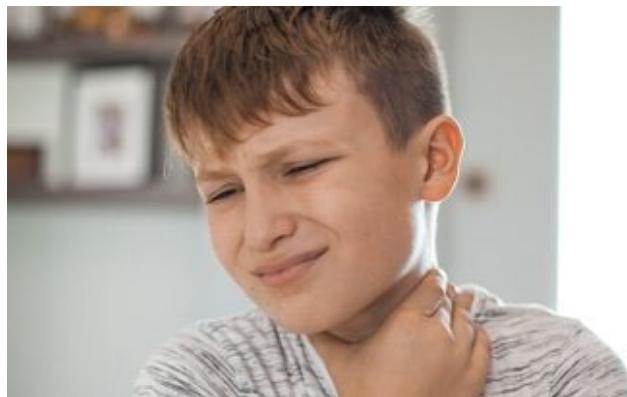
Whereas Black players comprise more than half the football and basketball teams at the 65 universities in the top five athletic conferences, and bring in [millions of dollars](#) for their schools year after year, the graduation rates for Black male college athletes are significantly lower — 55 percent as compared to 69 percent for college athletes overall — according to a 2018 [report](#) from the USC Race and Equity Center. Many Black college athletes end up without either a professional sports contract or a clear career path. Now some educators and advocates are looking to reverse this trend by connecting sports, an area in which African American men are overrepresented, and medicine, where the opposite is true. As of 2018, 13 percent of the U.S. population, but just 5 percent of doctors — [according to](#) the Association of American Medical Colleges — identified as Black or African American. [Decades of efforts](#) to increase diversity at medical schools have made progress with other demographics, including Black women — but barely any with Black men.



## [COVID-19 VACCINE: ARE BOYS AT INCREASED RISK OF HEART INFLAMMATION?](#)

**Medical News Today, September 23, 2021**

A new, non-peer-reviewed study concluded that healthy boys aged 12–17 years had a higher hospitalization rate due to heart inflammation after their second mRNA COVID-19 vaccination than the expected hospitalization rate for COVID-19 in that age group. A non-peer-reviewed study reports on scientific research that other experts in the field have not evaluated before publication; it should not guide clinical decision-making. In the case of this paper, there are several issues with the data that the researchers used, which limits the accuracy and applicability of the study's findings. A CDC analysis of reports of heart inflammation after COVID-19 vaccines is currently under review at a major peer-reviewed journal.

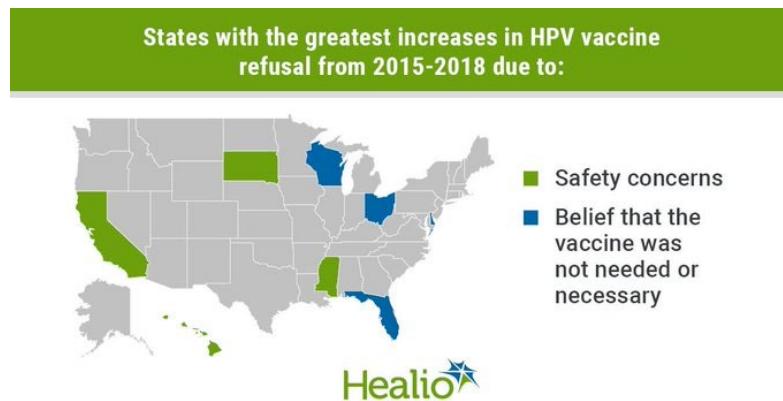


## [COVID-19: 2 MORE CASES OF MUCOSAL SKIN ULCERS REPORTED IN MALE TEENS](#)

**Medscape, September 22, 2021**

Irish dermatologists are reporting two more cases of a rare skin ulcer known as reactive infectious mucocutaneous eruption (RIME) in teenage males who were infected with COVID-19. A similar case in an adolescent, also with ulcers affecting the mouth and penis, was reported earlier this year in the United States. "Our cases show that a swab for COVID-19 can be added to the list of investigations for mucosal and cutaneous rashes in children and probably adults," said dermatologist

Stephanie Bowe, MD, of South Infirmary-Victoria University Hospital in Cork, Ireland, in an interview. "Our patients seemed to improve with IV steroids, but there is not enough data to recommend them to all patients or for use in the different cutaneous presentations associated with COVID-19." The new case reports were presented at the 2021 meeting of the [World Congress of Pediatric Dermatology](#) and [published online](#) September 20 in *Pediatric Dermatology*.



## [MISINFORMATION FUELS SIGNIFICANT INCREASES IN HPV VACCINE REFUSAL](#)

**Healio, September 21, 2021**

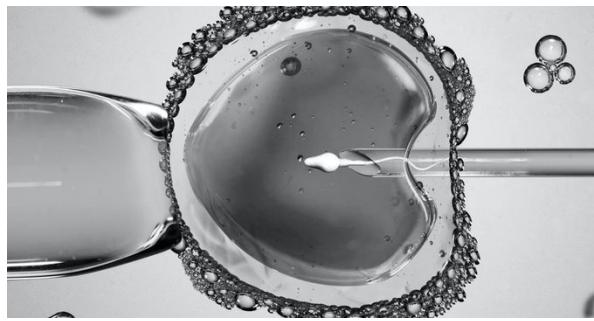
Between 2015 and 2018, the proportion of parents and caregivers who refused the HPV vaccine for their adolescents due to safety concerns increased 79.9%, according to findings published in *JAMA Network Open*. However, the rate of adverse events following receipt of the HPV vaccine decreased from 44.7 per 100,000 doses in 2015 to 29.4 per 100,000 doses in 2018, Kalyani Sonawane, PhD, an assistant professor of management, policy and community health at UTHealth School of Public Health in Houston, and colleagues wrote. The researchers attributed the "negative perception of HPV vaccine safety" to vaccine misinformation on traditional and social media. "We were surprised to see that misperceptions regarding the [safety of the HPV vaccine](#) have not improved despite the vaccine being licensed and recommended for more than a decade now," Sonawane told Healio Primary Care. "Instead, HPV vaccine safety concerns have increased in recent years."



## WEIGHT LOSS IN CHILDHOOD MAY PROTECT BOYS AGAINST FUTURE INFERTILITY

US News, September 24, 2021

Even short-term weight loss might partially reverse weight-related alterations in reproductive function, researchers said. Childhood obesity can have serious effects on adulthood health, including a risk of cancer, heart disease and type 2 diabetes. Obesity has also been linked to fertility problems in men and women. For the study, Dr. Solène Rerat and colleagues at Angers University Hospital in France studied how a 12-week weight-loss program in 34 boys, aged 10 to 18, affected markers of reproductive health and metabolism. Over the three months, the boys lost weight, and had improved insulin levels and increased testosterone levels, the investigators found. There were also signs that Leydig cells in the testes, which had been altered by obesity, had reversed. Leydig cells are an indicator of fertility. The findings were scheduled for presentation Thursday at the virtual annual meeting of the European Society for Pediatric Endocrinology. Findings presented at medical meetings should be considered preliminary until published in a peer-reviewed journal.



## MALE INFERTILITY IS ON THE RISE, EXPERTS SAY. HERE'S WHAT YOU NEED TO KNOW

Inverse, September 20, 2012

Research into infertility in males is sorely lacking. That's disturbing, especially considering [reports](#) of rising rates of male infertility. In cisgender, heterosexual couples who experience problems conceiving, roughly one-third of the time the problem stems from the man — and these issues are complicated. If you are male,

understanding the nuances of your reproductive system matters regardless of whether you are becoming a parent or not. Technically, male infertility is defined simply as the inability to fertilize a female egg. Still, a man who gets the diagnosis could be experiencing a range of problems, [Jeff Foster](#), a physician specializing in men's health, tells Inverse. Foster is also the author of [Man Alive: The Health Problems of Men and How to Fix Them](#) and spoke to Inverse about this exceedingly common diagnosis. Foster tells Inverse that a person's lifestyle may be the root of their infertility challenges in some cases. In other cases, genetic or biological issues may be responsible. Only 10-15 percent of men with fertility problems experience [Azoospermia](#) or a complete lack of sperm. The treatments available to men, Foster explains, also exist on a spectrum. "Some men will only need mild lifestyle changes," he says. "Others will need surgical procedures to extract sperm."



## [MOJO, A MEN'S SEXUAL HEALTH STARTUP THAT'S PUSHING THERAPY NOT PILLS, GETS \\$4.4M SEED](#)

*NOTE: The most common sexual problems among young men include premature ejaculation (PE) (20%) and erectile disorder (ED) (45%).*

**Yahoo, September 23, 2021**

A number of sexual health startups have spun up in recent years offering men discreet help with the awkward issue of erectile dysfunction. Companies like [Numan](#) and [Roman](#). But "help" in this context usually means making it easier to get hold of drugs like Viagra. U.K.-based startup [Mojo](#) has been taking a different tack. It's built a subscription service to support men's sexual well-being by providing on-tap access to dedicated therapies -- partnering with professional psychosexual therapists to provide online courses that are billed as offering a longer-term solution to male sexual health problems versus just popping some blue pills. This approach means Mojo sits within a wider digital health trend where the smartphone in the pocket is being appropriated by app makers to deliver targeted, non-pharmaceutical support -- be it for [insomnia](#), [dietary needs](#), [musculoskeletal disorders](#), [mental health](#) or indeed sexual well-being. (The latter category

includes dedicated apps for women, too.)

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## **BOYS AND AMERICA'S FUTURE: LET'S BE HONEST ABOUT THEIR ACHIEVEMENT, AND THE BROADER PROBLEMS FOR OUR SOCIETY**

*After years of dormancy, the "boy troubles" are unexpectedly back in the news.  
New York Daily News, September 13, 2021*

On Sept. 6, The Wall Street Journal published a lengthy analysis of the pandemic-driven plunge in college enrollment among men. If this keeps up, soon there will be one male earning a college degree for every two women, we're told. Not surprisingly, three days later The New York Times answered with a column downplaying the problem. Growing gender gaps in college are not a worry, the analysis asserted; women faring better in college doesn't mean the men are doing worse. The punch-counterpunch should not be surprising. Conservative publications have always loved the boy troubles, a backdoor way of striking back at feminists while exploiting male grievances. And progressive publications love to downplay the gender gaps to keep the focus on championing women's causes. Men still dominate the key majors such as technology and engineering, the writer points out. So who's got the right take here? All this brings back some not entirely satisfying memories. In 2011, after finishing my first book, "Why Boys Fail," I invested another six months fighting over the issue in op-eds and panel sessions. After that, I was eager to move on and forget about it. Why? Only a few things have changed over the past decade. Colleges have given up trying to hide the fact that they routinely discriminate against women to pry more men into their freshmen classes. And there's genuine alarm at the shocking decline of men in community colleges, a sign that a generation of men have given up on moving up the economic ladder. Both the Times and the Journal did an excellent job arguing

their disparate viewpoints. What both missed, however, were the societal implications.



### **EDUCATIONAL DECLINE AMONG MALES PUTS INSTITUTION OF MARRAIGE AT RISK**

*Some might note this female preeminence and shout hurrah for feminism. But I'd keep the champagne corked.*

**Chicago Sun Times, September 16, 2021**

"Men are abandoning higher education in such numbers that they now trail female college students by record levels." So declares the opening sentence of a Wall Street Journal piece that is creating quite the buzz. Here are some of the eye-popping statistics: Women now account for 59.5% of college students in the United States. They also earn 58.5% of master's degrees and 52.9% of Ph.D.s. Women have been earning the majority of doctorates for 13 straight years. In the 2020-21 academic year, a million more women than men applied to college. You can be forgiven if you find these numbers startling. The popular press focuses on the challenges women face, not on their achievements. We are constantly warned about silencing girls' voices, discrimination against female athletes, glass ceilings, pay gaps, "mansplaining" and the paucity of women in the top ranks of corporate America. There are innumerable programs, scholarships and inducements to increase the share of girls and women who study STEM subjects (the only fields where men continue to earn more Ph.D.s than women). And the assumption persists that it's a man's world. But that's debatable. While it's true that men still outnumber women among law firm partners, CEOs and college presidents, that may well be an artifact of age. The rising cohort is lopsidedly female, and the ranks of women managers and partners have been expanding accordingly. Top leadership will likely follow eventually (although it should be noted that women more frequently than men forgo the corner office in order to balance family and career — a subject I discuss in my 2018 book "Sex Matters.")

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### **Webinar: [IF NOT NOW, WHEN?](#)**

#### **Global Action on Men's Health September 27, 2021**

The COVID-19 pandemic has made very clear the need for an urgent and comprehensive men's health policy response. This webinar will share information about progress on men's health policymaking around the world and about how the case can be made for its further development. There will be presentations on national men's health policies, local men's health policies, how men's health has been incorporated into other health policies, current campaigns for men's health policies, and plenty of time for discussion. GAMH's latest report, [\*\*\*Delivering Men's Health: A Guide for Policymakers and Service Providers\*\*\*](#), will also be launched at the webinar.

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## **BLACK MEN ARE PUSHED TO PURSUE SPORTS. WHY NOT MEDICINE?**

*Dedicated athletes share qualities that can bring success elsewhere—with a little encouragement.*

**Mother Jones, September 16, 2021**

Whereas Black players comprise more than half the football and basketball teams at the 65 universities in the top five athletic conferences, and bring in [millions of dollars](#) for their schools year after year, the graduation rates for Black male college athletes are significantly lower—55 percent as compared to 69 percent for college athletes overall—according to a 2018 [report](#) from the USC Race and Equity Center. Many Black college athletes end up without either a professional sports contract or a clear career path. The proportion of Black men enrolling in medical school hasn't changed much since 1978. Now some educators and advocates are looking to reverse this trend by connecting sports, an area in which African American men are overrepresented, and medicine, where the opposite is true. As of 2018, 13 percent of the U.S. population, but just 5 percent of doctors—[according to](#) the Association of American Medical Colleges—identified as Black or African American. (The AAMC data notes that an additional 1 percent of doctors identified as multiracial.) [Decades of efforts](#) to increase diversity at medical schools have made progress with other demographics, including Black women—but barely any with Black men. "No other demographic group is broken down with such a large split between men and women," says Jo Wiederhorn, president and CEO of the Associated Medical Schools of New York. "And none of them have stayed stagnant, like that group has."



### **A GENERATION OF MEN GIVE UP ON COLLEGE: 'I JUST FEEL LOST'**

*The number of men enrolled at two- and four-year colleges has fallen behind women by record levels, in a widening education gap across the U.S.*

**Wall Street Journal, September 6, 2021**

Men are abandoning higher education in such numbers that they now trail female college students by record levels. At the close of the 2020-21 academic year, women made up 59.5% of college students, an all-time high, and men 40.5%, according to enrollment data from the National Student Clearinghouse, a nonprofit research group. U.S. colleges and universities had 1.5 million fewer students compared with five years ago, and men accounted for 71% of the decline. This education gap, which holds at both two- and four-year colleges, has been slowly widening for 40 years. The divergence increases at graduation: After six years of college, 65% of women in the U.S. who started a four-year university in 2012 received diplomas by 2018 compared with 59% of men during the same period, according to the U.S. Department of Education. In the next few years, two women will earn a college degree for every man, if the trend continues, said Douglas Shapiro, executive director of the research center at the National Student Clearinghouse. No reversal is in sight. Women increased their lead over men in college applications for the 2021-22 school year—3,805,978 to 2,815,810—by nearly a percentage point compared with the previous academic year, according to Common Application, a nonprofit that transmits applications to more than 900 schools. Women make up 49% of the college-age population in the U.S., according to the Census Bureau. American colleges, which are embroiled in debates over racial and gender equality, and working on ways to reduce sexual assault and harassment of women on campus, have yet to reach a consensus on what might slow the retreat of men from higher education. Some schools are quietly trying programs to enroll more men, but there is scant campus support for spending resources to boost male attendance and retention. “Is there a thumb on the scale for boys? Absolutely,” said Jennifer Delahunty, a college enrollment consultant who previously led the admissions offices at Kenyon College in Gambier, Ohio, and Lewis & Clark College in Portland, Ore. “The question is, is that right or wrong?” Ms. Delahunty said this kind of tacit affirmative action for boys has become “higher education’s dirty little secret,” practiced but not publicly acknowledged by many private universities where the gender balance has gone off-kilter.



## **BOYS MORE AT RISK FROM PFIZER JAB SIDE-EFFECT THAN COVID, SUGGESTS STUDY**

**The Guardian, September 10, 2021**

Healthy boys may be more likely to be admitted to hospital with a rare side-effect of the Pfizer/BioNTech Covid vaccine that causes inflammation of the heart than with Covid itself, US researchers claim. Their analysis of medical data suggests that boys aged 12 to 15, with no underlying medical conditions, are four to six times more likely to be diagnosed with vaccine-related myocarditis than ending up in hospital with Covid over a four-month period. Most children who experienced the rare side-effect had symptoms within days of the second shot of Pfizer/BioNTech vaccine, though a similar side-effect is seen with the Moderna jab. About 86% of the boys affected required some hospital care, the authors said. Saul Faust, professor of paediatric immunology and infectious diseases at the University of Southampton, who was not involved in the work, said the findings appeared to justify the cautious approach taken on teenage vaccines by the UK's Joint Committee on Vaccines and Immunisation.

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## [WHO EXERCISES MORE, MEN OR WOMEN?](#)

**MD Linx, September 10, 2021**

Findings of a cross-sectional [study](#) published in *JAMA Pediatrics*, which involved 9,472 US adolescents and young adults, suggested striking disparities in exercise among adolescent boys and girls, as well as racial differences. Overall, 50.4% of the sample were male participants, with a mean age of 20.6 years. Female participants across all demographic categories reported less physical activity than did male participants. White male participants were most likely to exercise (89.3%). Black female participants aged between 18 and 24 years were least likely to exercise (45%). In those who exercised, Black male participants aged 18 to 24 years reported the longest duration of 77.9 minutes per day, with Black female participants aged 25 to 29 years reporting the shortest duration at 33.2 minutes per day. After compensating for covariates, White race, younger age, and higher income were linked to greater levels of physical activity. The researchers found that the number of adolescents and young adults who were physically active dropped from adolescence to young adulthood. This drop was steepest from age 12 to 17 years to age 18 to 24 years vs age 25 to 29 years, with differences greatest in male participants.



**EATING DISORDERS ARE STEREOTYPED AS ONLY IMPACTING WOMEN AND GIRLS, BUT YOUNG MEN ARE ALSO OBSESSING ABOUT DIETING AND APPEARANCE LEADING TO MUSCLE DYSMORPHIA**

Business Insider, August 22, 2021

For many living through the COVID-19 era, exercise has been a lifeline, a coping mechanism. [RunRepeat reports](#) an 88% increase in the among of people who, before the pandemic, would exercise 1-2 times a week, with 60% of men saying their top reason was for their mental health. But for some, the pleasure of getting fit and in shape will spiral into obsession leading to eating disorders and muscle dysmorphia. When someone, most often men, suffers from muscle dysmorphia, they're hyper-fixated on building muscle and looking "ripped," with weight and muscle goals that can ruin their lives. Muscle dysmorphia is a subset of body dysmorphia disorder, which is a subset of [OCD](#). Professor Jason Nagata, an expert in eating disorders and Assistant Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco, told Insider: "A lot of the patients that I take care of do a range of activities that can really add up to even more than five hours a day. "Exercise becomes dangerous when it takes away from other things that people might want to enjoy, like being with their friends or family. It becomes a disorder when this problematic behavior really reduces their quality of life."



### **EATING DISORDERS: THE PANDEMIC HAS CREATED THE 'PERFECT STORM'**

*The chaos generated by the pandemic has fueled a rise in eating disorders among boys and young men who are looking to create order in a time of disorder*

**Irish Examiner, September 10, 2021**

In January this year, the HSE highlighted the impact of the pandemic on children, including increased presentations of anxiety and anorexia. Hospitalisations for eating disorders were up 66% compared to 2019. And between March and September 2020, 40% of admissions were males – notably higher than any previous year. BodyWhys' PiLaR support programme for family members/parents/carers had 683 attendees in 2020 – a 121% increase on 2019. And the organisation's figures for boys/men seeking help in 2021 show a 77% rise in January-August for online support. From January to June there was a 144% increase in those seeking email support and a 94% upsurge in calls to the helpline compared to the same periods in 2020.

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### **Webinar**

#### **2021 STATE OF THE ART IN ENGAGING MEN AND BOYS IN HEALTH AND DEVELOPMENT: A TECHNICAL MARKETPLACE**

September 21, 2021

Learn about recent research, programming, approaches, and tools for engaging men and boys in health; network with colleagues working on engaging men and boys across health and development areas around the globe.

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### **Webinar (recording)**

#### **+M: INTRODUCING POSITIVE MASCULINITY**

(August 9, 2021):

Hear from world leaders in boys' education as they explore key aspects of positive masculinity, how it applies to your son and how, as parents, we can help him to be set up with the right 'tools' to be the best version of himself? In a changing world, intervention is needed to encourage boys to embody healthy expressions and identities of masculinity. You will be provided with a ground-breaking model in Positive Masculinity (+M) developed at Brighton Grammar together with Orygen: The Centre for Youth Mental Health (University of Melbourne).

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### [EXPERT STRESSES IMPORTANCE OF BREAKING 'MAN UP' STEREOTYPE AFTER MALE SUICIDES HIT 20-YEAR HIGH](#)

**Unilad UK, September 6, 2021**

Last year, it was found that male suicide rates across England and Wales had [hit a 20-year high](#), with 4,303 of 5,691 recorded suicides being men – a statistic that's becoming all too common. Meanwhile, elsewhere in the world, men have been found to be twice as likely to take their own lives compared to their female counterparts. In some countries, this is even higher – for example, in Eastern Europe, the risk is up to seven times higher for men than it is women. According to [Our World in Data](#), as of 2017, the global suicide rate for women was 6.3 deaths per 100,000, compared to 13.9 per 100,000 for men. According to Melanie Griffin, suicide and self-harm prevention coordinator at The Kaleidoscope Plus Group, men who have experienced some kind of loss are more likely to take their life; whether that's the loss of a relationship, a job, or a loved one. She explained to UNILAD, 'One reason is relationship break-ups – it's sad. Women, being very generalised, are usually the caregivers, and when a relationship breaks down it's usually the man that's expected to move out.' Melanie also noted that fathers are often expected to continue to pay towards the mortgage of the home they've moved out from, particularly if their young child still lives there, on top of having to pay for their own, new accommodation. This can then lead to financial struggles, with the man turning to payday loans or gambling to keep themselves afloat.



## **NUMBER OF YOUNG CHILDREN PRESCRIBED ANTIDEPRESSANTS HAS RISEN BY 41% SINCE 2015**

*NHS data also reveal that the majority of those patients aged 5–12 years prescribed antidepressants between 2015 and 2021 were males.*

**Pharmaceutical Journal, September 6, 2021**

Prescribing of antidepressants in children aged 5–12 years has increased by more than 40% between 2015 and 2021, figures obtained by The Pharmaceutical Journal reveal. NHS data obtained via a freedom of information request, provided on 10 August 2021, show a steady increase over the past six years in the number of unique patients in England aged 5–12 years who were prescribed antidepressants, which were dispensed in primary care settings. Between April 2015 and April 2021, the number of unique patients aged 5–12 years prescribed antidepressants increased by 41%, from 1,299 to 1,831; of these patients, the majority were males (772 and 1,112, respectively). In March 2020, the number of unique patients aged 5–12 years prescribed antidepressants reached a peak of 2,031 (792 females, 1,224 males, and 15 ‘unknown’) — a 15% increase compared to March 2019. Kirsten Shukla, a consultant child and adolescent psychiatrist at Oxford Health NHS Foundation Trust, said antidepressants could be prescribed for moderate-severe depression as well as anxiety in children aged as young as five years. “The [National Institute for Health and Care Excellence] guideline — published in 2019 — states that, following multidisciplinary review, [prescribers can] cautiously consider fluoxetine if moderate to severe depression in a child (5–11 years) is unresponsive to a specific psychological therapy after four to six sessions, although the evidence for fluoxetine’s effectiveness in this age group is not established.” Shukla said that, in her view, antidepressants were “overprescribed” in children, particularly in this age group.



## WITH FERTILITY NEEDS IN FLUX, MEN EYE FREEZING THEIR SPERM

*A crop of companies want to make sperm-freezing a routine procedure for young men, as employers start to offer it as a benefit*

**Wall Street Journal, September 8, 2021**

For decades, the conversation about waning fertility has been focused largely on women. Think of Marisa Tomei stomping on the floorboards of a front porch to emulate her biological clock ticking in "My Cousin Vinny." More employers cover the cost of [cryogenic egg freezing](#) as a workplace benefit. Recently, a small group of biotech startups have hatched, dedicated to what they say is an underserved market: male fertility. Armed with recent scientific research suggesting that the quality of sperm is declining in the West, the companies are trying to make sperm-freezing a routine procedure for young, healthy men, one covered by health insurance and free of stigma. "My fundamental belief is that if the product is affordable, this should be a no-brainer for every man," says Khaled Kteily, the 32-year-old founder of Legacy Inc., one of the companies that Mr. Alam used to freeze his sperm. "I believe that in the future," he adds, "this will be something that parents will buy for their kids as a not-so-subtle gift." The push to make a case for its business is starting to catch on. The company recently struck a deal to eventually provide free sperm testing and storage to all active duty service members in the U.S. military, starting with the Navy SEALs, of which there are about 1,200 a year, and expanding next to all special operations forces. The Navy didn't respond to a request for comment.

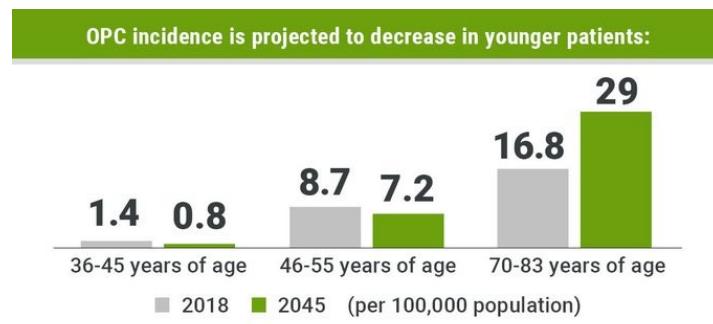


## [\*\*'SEX ISN'T DIFFICULT ANY MORE': THE MEN WHO ARE QUITTING WATCHING PORN\*\*](#)

*Addiction to pornography has been blamed for erectile dysfunction, relationship issues and depression, yet problematic use is rising. Now therapists and tech companies are offering new solutions*

**The Guardian, September 6, 2021**

The debate about pornography is focused on the supply end of a multibillion-pound industry – and the fraught business of keeping it out of children’s bedrooms. In its darkest corners, pornography has been shown to trade on sex trafficking, rape, stolen imagery and exploitation, including of children. It can also pervert expectations of body image and sexual behaviour, with frequent depictions of violence and degrading acts, typically against women. And it has become almost as available as tap water. The result, say pornography campaigners and a small but growing network of specialist therapists, is a rise in problematic use, particularly among men who grew up in the age of high-speed broadband. They say casual consumption can escalate, leading users to seek out more extreme content to satisfy their urges. They blame pornography for contributing to depression, [erectile dysfunction](#) and relationship issues. Those who seek help often find their problems are misunderstood. Sometimes, they stumble into a fast-evolving world of online advice that has itself become controversial. It includes moral abstinence programmes with religious overtones – and a fierce debate about whether pornography addiction even exists.



## HPV VACCINATIONS WILL SLOW OROPHARYNX CANCER RATES BUT MAY TAKE 25 YEARS TO SEE IMPACT

*It is estimated that about 3,500 new cases of HPV-associated oropharyngeal cancers are diagnosed in women and **about 16,200** are diagnosed in men each year in the United States*

**Helio, September 8, 2021**

According to projections in JAMA Oncology, it will take over 25 years to slow increasing oropharynx cancer incidence by human papillomavirus vaccinations because the disease will be observed in older population not yet vaccinated. "HPV vaccination will eventually prevent oropharynx cancers (OPC), but it will take more than 25 additional years to see these impacts in the United States," lead author, Yuehan Zhang, MS, a PhD candidate in cancer epidemiology at Johns Hopkins Bloomberg School of Public Health, told Heilio Gastroenterology. "Overall incidence of oropharynx cancer is projected to continue to increase between 2020 and 2045 because most of these cancers will occur among older individuals who have not yet been vaccinated."



## IT'S TIME FOR BOYS TO TALK ABOUT EMOTIONAL HEALTH

**Time, September 3, 2021**

The entire world was shutting down, and every headline that wasn't about masks or sanitizers or the number of coronavirus cases was about mental health—especially for teens. Parents were told: Talk to your teenagers about what they're feeling. Teens were told: Talk to adults about what you're going through. But like many boys, I wasn't sure that message was for me. I heard the word "strong" so many times during those months, whether it was in response to feeling isolated from quarantine, starting high school on Zoom, or adjusting to life without my grandfather. "You're strong!" they'd say, thinking it would reassure me, but instead it just made me feel like something was wrong with me. Why couldn't I "just be strong"? A few weeks ago, I took this a step further and created @talkwithzach, a community on Instagram and Tiktok where we can all begin having conversations

about the things we need to talk about. In a time when we're expanding our understanding of gender and its many expressions, what if our generation took the lead in expanding our understanding of emotional health as something not reserved for some genders, but as something essential for every single one of us?



### **DOES YOUR SON NEED A 'MANHOOD MENTOR'?**

*Navigating teenage years has never been so tough for young men, but older role models are helping to smooth the road to adulthood*

**The Telegraph, August 28, 2021**

Ten adolescent boys are sitting in a circle, discussing their emotions. This may sound like the start of a bad joke. To most parents or grandparents of teenagers, it's more like fiction – where are the monosyllabic grunts, the screens, the sound of doors slamming? In fact, boys' circles are popping up around the country where, over the course of an hour or two, youngsters aged between 12 and 17 get to open up about drink, drugs, porn, sexuality, sexting, online bullying, addiction, intimacy, consent – all the stuff parents need to discuss with them but are often afraid to ask about. Given recent news of "routine sexual harassment" in Ofsted's review of sexual abuse in schools and colleges, such interventions appear to be patently necessary. Meanwhile, men's health campaigners continue to highlight the grave disparity between the high number of male suicides and the low number of men seeking help. Times are clearly tough for teenage boys right now. Boys' circles could be the answer. They are, according to Luke Harney, co-leader of the charity [Journeyman](#), the "missing piece supporting boys' transition into adulthood".

**Webinar:**  
**IF NOT NOW, WHEN?**

**Global Action on Men's Health**  
**September 27, 2021**

The COVID-19 pandemic has made very clear the need for an urgent and comprehensive men's health policy response. This webinar will share information about progress on men's health policymaking around the world and about how the case can be made for its further development. There will be presentations on national men's health policies, local men's health policies, how men's health has been incorporated into other health policies, current campaigns for men's health policies, and plenty of time for discussion. GAMH's latest report, [Delivering Men's Health: A Guide for Policymakers and Service Providers](#), will also be launched at the webinar.

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**CHINA BANS 'SISSY MEN' FROM TV AND DEMANDS 'MASCULINE' ROLE MODELS**

**Men's Health, September 3 2021**

China's state-controlled TV regulator has banned "sissy men" from screens and called for the promotion of "masculine" role models as part of a broader Communist Party campaign to tighten controls over society and enforce official morality. Broadcasters have been instructed to "resolutely put an end to sissy men and other abnormal aesthetics", whatever that means. During the announcement, the TV regulator used a derogatory slang term for effeminate men: 'niang pao', which literally translates as 'girly guns'. The bizarre ban reflects official concerns that Chinese celebrities are emasculating young men across the country, having been influenced by the look and style of actors, singers and entertainers in product commercials and pop culture from neighbouring South Korea and Japan. For example: K-pop stars like BTS, pictured above.

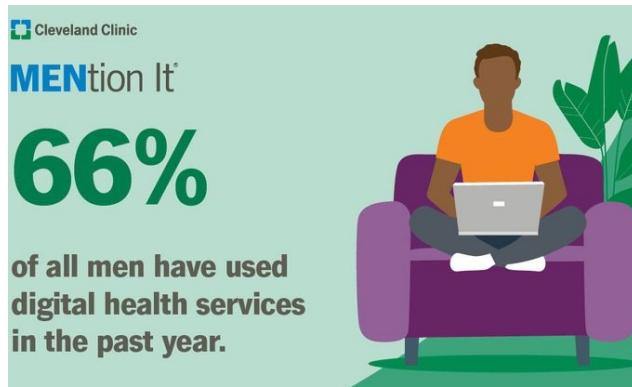


### **THE "INCEL" PROBLEM**

*The "incel" mindset harms everybody, including those involved in it.*

**Psychology Today, August 29, 2021**

"Incel" means "involuntary celibate" but there is a difference between people who struggle with romantic and sexual relationships and those who have an "incel" mindset. A young man, Jake Davison, who was linked with "incel" online platforms, killed five people before taking his own life in a mass shooting in Plymouth on August 12, 2021. Some of these forums are well-known platforms that promote anti-masturbation (and anti-porn), in some cases because they believe that "semen retention" enhances masculinity. These platforms are part of what is called "the manosphere," promoting ideas of toxic masculinity and misogyny. Toxic masculinity is a term describing a set of ideas (or ideologies) that some men prescribe to as their guide to express their masculinity. These "ideals" of masculinity are rigid, untrue, misogynistic, and homophobic. Some of those forums are also linked with **racism** and antisemitism.



## CLEVELAND CLINIC NATIONAL SURVEY FINDS SOME MEN PREFER SEEING THEIR DOCTOR VIRTUALLY

National MENtion It® campaign examines shift toward the use of virtual healthcare after Cleveland Clinic sees 37,000 virtual visits in 2019 increase to 1.2 million in 2020  
**Cleveland Clinic, September 1, 2021**

A new national survey by Cleveland Clinic reveals that some men prefer seeing their doctor virtually, especially when it comes to discussing men's health issues. According to the survey, 44% of all men said they prefer discussing sexual health issues with a doctor online or over the phone because they are too embarrassed to do it in person, and 66% of all men have used digital health services in the past 12 months. Cleveland Clinic, which went from 37,000 virtual visits in 2019 to 1.2 million in 2020, is fully open for in-person care but continues to see the trend toward increased use of virtual healthcare in 2021. The survey was issued as part of Cleveland Clinic's sixth annual educational campaign, "MENtion It®," which aims to address the fact that men often do not "MENtion" health issues or take steps to prevent them. This year, the survey dug deeper into how some barriers impact the ability for men of color to access care as well as the cultural differences that exist when it comes to discussing men's health issues that could be considered taboo in certain cultures, like infertility or erectile dysfunction.

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### Webinar

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September 21, 2021

Learn about recent research, programming, approaches, and tools for engaging men and boys in health; network with colleagues working on engaging men and boys across health and development areas around the globe.



## HIGH IMPACT EXERCISE BUILDS BONE STRENGTH IN BOYS DURING ADOLESCENCE

**Helio, September 1, 2021**

Boys who engaged in high-impact [exercise in early adolescence](#) experienced greater gains in bone mineral density compared with boys who reported no exercise practice, data from a population-based study show. “Interest on early strategies to prevent diseases like osteoporosis is increasing due to a wide consensus that the optimization of peak bone mass in the early years may be reflected on bone health later in life,” Elisabete Ramos, MPH, PhD, auxiliary professor of epidemiology and research fellow in the unit of cardiovascular research and development at the University of Porto Medical School, Portugal, and colleagues wrote in the study background. “Because during growth the rate of bone modeling is highest, childhood and adolescence are the target periods to [maximize bone accrual](#). Among the set of modifiable factors that are able to modulate peak bone mass, evidence suggests that diet and exercise practice play an important role.”

## SYMTOMATIC ACUTE MYOCARDITIS IN 7 ADOLESCENTS AFTER PFIZER-BIONTECH COVID 19 VACCINATION

**Pediatrics, September 2021**

### **Abstract**

Trials of coronavirus disease 2019 (COVID-19) vaccination included limited numbers

of children, so they may not have detected rare but important adverse events in this population. We report 7 cases of acute myocarditis or myopericarditis in healthy male adolescents who presented with chest pain all within 4 days after the second dose of Pfizer-BioNTech COVID-19 vaccination. In this report, we provide a summary of each adolescent's clinical course and evaluation. No causal relationship between vaccine administration and myocarditis has been established. Continued monitoring and reporting to the US Food and Drug Administration Vaccine Adverse Event Reporting System is strongly recommended.



### [\*\*TALKING TO KIDS ABOUT GENDER AND SEXUALITY IS HARDER THESE DAYS - OR IS IT?\*\*](#)

**CBC, August 28, 2021**

Recently, controversy erupted over a P.E.I. radio personality's reposting of a social media meme that drew criticism from the local LGBTQ community. Ocean 100 morning show co-host Kerri Wynne MacLeod and Stingray Radio apologized for the post, and in the social media furor that ensued, Pride P.E.I. issued a joint statement with the station supporting her. The post was a meme that talked about the challenges of parenting and how difficult it must be for parents these days to have the "birds and the bees" talk with their kids, since there seem to be more genders and sexual preferences than in the past. But is it really more challenging to talk to kids about sexuality and gender now, as more people openly identify as lesbian, gay, bisexual, transgender, queer, non-binary or any other shade of the rainbow?



## **GENDER NORMS AND THE MENTAL HEALTH OF BOYS AND YOUNG MEN**

**The Lancet, August 2021**

Over the last half-century, the women's health movement has been a powerful driver in health policy linking gender norms to sex differences in health and wellbeing. Even though gender norms also affect males, there has been little emphasis on gender in health policies for males, especially in relation to the mental health of boys and young men. Gender norms around masculinity commonly confer power and status to boys and young men, which might in part explain why norms around masculinity are difficult to shift. Paradoxically, these dominant masculinities carry risks for poor mental health. Globally, the rate of male suicide is two to four times that of females, and males fare poorly on indices of substance misuse, risk taking-related injury, conduct problems, violence, aggression, and by extension incarceration. Sex differences in mental health typically emerge across late childhood and adolescence. This time is also when gender norms become entrenched, persisting into later life whereby they continue to shape mental health and help-seeking. Traditional gender norms commonly drive young men to present as strong, competitive, in control, and unburdened by vulnerability. These cultural scripts prize toughness, anger, hostility, and emotional control. Conversely, emotions characterised by vulnerability, including sadness, anxiety, and fear, trigger shame and become a barrier to help-seeking.



## [\*\*HOW TO HELP STRUGGLING COLLEGE FRESHMEN BOYS WHO HIDE FAILURE, ACCORDING TO AN EXPERT\*\*](#)

CNN, August 17, 2021

When a young man I work with in my therapy practice headed off to college in 2019, his future looked bright. He made friends, joined a fraternity, and reported to his parents that he was adjusting well, thriving socially and doing well in classes. The reality was much darker. He stopped attending classes after the first week. He began smoking weed throughout the day. He started binge-drinking and playing video games nearly all the time, switching up whom he spent time with every few hours to elude detection. He told nobody, at that point, what was really going on in his life. The past seven years or so, up to and through the pandemic, about 35 of my colleagues nationwide and I have witnessed a growing phenomenon -- young men of all races and ethnicities who start college and get very far off track within weeks or a month or two. None of us had run into this phenomenon before. It consistently involves male first-year students (with only one or two exceptions over the years) and it is worsening each year. One clinician describes it as the "fresh-man crash."

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### **Webinar:**

[\*\*Addressing the Intersection of Mental Health Concerns and Sexuality for  
College-Age Men\*\*](#)

American Psychological Association, August 11, 2021

PAYWALL

In the era of #MeToo, women are finding platforms to reclaim their lives and their sexualities. But what is happening for men as they navigate blind in seas of defensiveness? The current cultural narrative warns against "toxic masculinity," but there is little discussion of healthy masculinity. Among male college students, there

is evidence of rising rates of anxiety, depression, suicide, and trauma. Further, 50 years after the sexual revolution, young male adults still report sexual worry and confusion. This intermediate workshop addresses interventions for young male emerging adults in the closely related areas of mental and sexual health.

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### **TAUGHT TO TOUGH IT OUT: MALE ATHLETES AND MENTAL HEALTH**

**Babson Edu, August 19, 2021**

Teddy Sourlis '22 still remembers the quiet. He was a senior in high school when he learned that a good friend had taken his life. A member of the lacrosse team and someone blessed with a wonderful, infectious laugh, Sourlis' friend was 16 when he died. The news left the school in shock. "No one spoke the next day," Sourlis says. "The silence in the hallway was eerie." For Sourlis, who has long struggled with his own mental health issues, his friend's death made the specter of suicide all too real. "I thought, 'That could have been me,'" he says. "It was probably one of the hardest times in my life." In the aftermath, Sourlis tried to be supportive of others. That need to help others, to be there when they may be in pain inside, has not left Sourlis. Today, he is the CEO and founder of [Men's Mental](#), a nonprofit platform that focuses on the mental health of male athletes, a group that too often feels the need to suppress feelings and tough things out, while ignoring their own mental well-being. "Mental health is not something that is talked about in locker rooms," says Sourlis, a member of Babson's men's basketball team. Men's Mental provides mental health resources, sells merchandise (with profits going to mental health research), and offers stories from male athletes talking about their internal struggles. "My goal is to ensure that no one feels alone," Sourlis says. "My hope is to spread as much awareness as possible. I want people to realize they are not the only ones going through this."



## [COVID-19 RISKS IN YOUNG ADULT MALES MAY BE UNDER RECOGNIZED - STUDY](#)

**Reuters, August 17, 2021**

Coronavirus infections in younger age groups are going undetected and young men in particular may be silent drivers of infections in older adults, a Canadian research team wrote in [Annals of Internal Medicine](#) on Tuesday. The new study suggests that high reported infection rates in older adults may result partly from more frequent testing in this group due to more severe disease. "When people look at the numbers during the pandemic, sometimes we forget that how many cases we see really depends on how much testing we do. And that testing is different across age groups," said coauthor David Fisman of the University of Toronto.



## [FIFTH OF TEENAGE BOYS DO NOT BELIEVE CONSENT NECESSARY PRIOR TO SEXUAL ACTIVITY](#)

*Research reveals significant gap between perceptions of consent in males and females*  
**Irish Times, August 26, 2021**

A fifth of Irish teenage boys do not believe it is always necessary to gain consent before engaging in a sexual activity with someone, new research reveals.

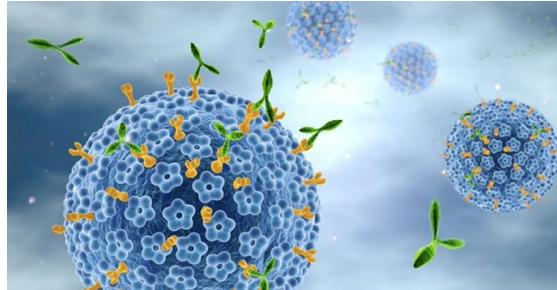
Researchers from the National University of Ireland, Galway surveyed more than 600 transition- and fifth-year students, finding a significant gap between the perceptions of consent held by males and females. Consent was viewed as a necessary precursor to sexual activities by 93 per cent of teenage girls, while 79 per cent boys said the same. When specifically asked about verbal consent 58 per cent of males and 67 per cent of females said it was necessary for participating in sexual acts. Non-verbal cues were a valid form of consent some of the time, according to 59 per cent of males and 61 per cent of females. While the students were very attentive to the presence of a “no”, more indirect comments or reluctant body language were often not viewed as strong signals, the researchers note. When students were asked about the views of their peers, many believed other teenagers were less supportive of consent than they were themselves. This was particularly true for girls, just 54 per cent of whom suspected other teenagers felt consent was required. The researchers suggested this perception gap reveals an internalised social pressure felt by many to engage in actions they may not actually want to do.



## VACCINATION PROTECTS AGAINST PENILE HPV WHEN GIVEN IN ADOLESCENCE

Healio, August 18, 2021

HPV vaccination was effective in preventing penile HPV infection in transgender women and men who have sex with men when the vaccine was administered before and up to age 18 years, researchers reported in *The Journal of Infectious Diseases*. The study did not find that vaccination was effective against penile HPV when the first dose was administered after age 18 years. “This observed lack of effectiveness with older age at vaccine administration is likely due to exposure to HPV prior to vaccination, as the reported median age at first HPV vaccine dose (21 years) was greater than the median age at first sex with a partner (17 years) in this study,” Rachel L. Winer, PhD, a professor of epidemiology at the University of Washington School of Public Health, and colleagues wrote.



## [ANAL HPV PREVALENCE HIGH AMONG YOUNG MSM REGARDLESS OF HIV STATUS](#)

**Helio, August 21, 2021**

Anal HPV prevalence is high among men who have sex with men regardless of their HIV status, according to the results of a systematic review published in *The Lancet HIV*. The finding, from a pooled analysis of more than 60 studies that included almost 30,000 participants, "highlights the benefits of gender-neutral HPV vaccination before sexual activity over catch-up vaccination," Feixue Wei, PhD, a postdoctoral scientist at WHO's International Agency for Research on Cancer, and colleagues wrote. Anal HPV prevalence was high among men who have sex with men regardless of their HIV status. Source: Adobe Stock. "Robust age-specific estimates of anal human papillomavirus and high-grade squamous intraepithelial lesions (HSIL) in men can inform [anal cancer prevention](#) efforts," they wrote. "We aimed to evaluate the age-specific prevalence of anal HPV, HSIL, and their combination, in men, stratified by HIV status and sexuality."



## [STUDY SHOWS STORIES WRITTEN BY CHILDREN ARE MORE LIKELY TO HAVE MALE CHARACTERS](#)

**psy.org, August 10, 2021**

A trio of researchers at the University of Oxford has found that in stories by children of either gender, male characters appear more often than female characters. In their paper published in the journal *Society for Research in Child Development*, Yaling Hsiao, Nilanjana Banerji and Kate Nation describe their analysis of short stories written by thousands of British children for a BBC story writing competition. They found that both boys and girls tend to write mostly about male characters, but there were some differences. Young boys featured males in their stories approximately 75% of the time and kept close to that average as they aged. Young girls did the same approximately 70% of the time, but things changed as they grew older—female characters began appearing more often. By the time they reached age 13, the percentage of male to female characters had dropped to 50%.



### [\*\*COVID LEARNING LOSS: NEW EVIDENCE SHOWS PANDEMIC HIT BOYS HARDER\*\*](#)

**Yahoo News, August 5, 2021**

This past school year, Chicago leaders pointed to grading and attendance numbers as evidence the pandemic had caused more academic damage for the district's Black and Latino students. But data obtained by Chalkbeat shows even more dramatic disparities when gender is factored in. Black and Latino boys, who have long faced the largest gaps in the district, saw steeper drops in attendance and a sharper increase in failing grades than girls. The boys also saw only a modest uptick in As, which at the high school level increased markedly for white and Asian students and for Latinas. "This past year was really difficult for everyone," said Jenny Nagaoka of the University of Chicago Consortium on School Research. "But it's really striking to see the outcomes for young men of color in particular."



## EATING DISORDERS SURGE IN BOYS AND YOUNG MEN: WHAT PARENTS NEED TO KNOW

**People, August 11, 2021**

For a record number of teenagers — including boys and young men — the COVID-19 pandemic has led to a devastating eating disorder. "I've been practicing for over 20 years, and I've never seen such a stark increase in need," says Alice Baker, an Orlando-area certified eating disorder registered dietitian. "So many of the support systems that typically aid in someone's recovery are not there." Oona Hanson, a parent coach in private practice and family mentor at Equip, an eating-disorder treatment program, describes the current crisis as "the perfect storm: social isolation, disruption in routine, empty grocery store shelves." Then, she adds, "the 'Quarantine 15' memes started, along with a lot of fat-phobia and anxiety about weight being related to COVID risks. What starts out as a fitness routine to help someone fill the time or boost their mood can snowball when there's not much else for kids to do." Often "doctors don't think to evaluate a male child for eating disorders," says Hanson—despite the fact that a recent study shows that one in seven males will experience an eating disorder by age 40. What's more, "the most common pathway for a lot of kids developing eating disorders is 'healthy eating.' "



## [THE IMPERFECT STORM: COLLEGE STUDENTS AND SUICIDE](#)

**Harvard Political Review, August 10, 2021**

It had been less than two weeks into the fall semester when Harvard sophomore Luke Tang took his life on September 12, 2015. Tang was a polished violinist and keen mathematician who had recently been branded with the Lowellian crest; in just one month, he would have **declared** a concentration in the Physics Department. His profound academic record, however, ran alongside a tremendous mental burden that would eventually lead to self-harm. His death ignited new inquiry into the responsibility of universities to address the mental health needs of their students and prevent against suicide, a concern which has grown in recent decades. A 2010 NCBI report **found** suicide to be the second-leading cause of death among college students in the United States, with 1,100 students taking their own lives each year. Yet, mental health services at universities have been **termed** “woefully inadequate” to handle this crisis, leaving many young people in the lurch of despair. Now, amid a pandemic, student mental health presents an increasingly alarming crisis to which universities across the nation must respond. At Harvard in particular, an ecosystem fueled by curiosity and knowledge but also by achievement and expectation, the conversation takes on new dimensions. How the university, the people within it, and the culture inhabiting it respond to this crisis holds great consequences for the wellbeing of our student body.



### INTERSECTION OF MENTAL HEALTH, POLICE AND RACE TAKES THE LIFE OF ANOTHER YOUNG BLACK MAN

*Fatal shooting in drive-thru shows need to go beyond well-worn crisis intervention to understanding Black fears, negotiating without police*

**USA Today, August 11, 2021**

Of the more than 200 people killed by police gunfire since the landmark conviction of Derek Chauvin for George Floyd's murder in Minneapolis, about 15% exhibited signs of mental illness, according to data collected by The Washington Post. They include Ryan LeRoux, a 21-year-old Black man fatally shot last month while parked in a McDonald's drive-thru lane in Gaithersburg, Maryland. Despite uncertainties surrounding his death, LeRoux's all-too-familiar demise in a hailstorm of bullets illustrates yet again how race and the need for mental health support often intersect at deadly police encounters. Since the pandemic's onset, Black people have accounted for a disproportionate 20% of the nearly 300 Americans with known mental illness who were fatally wounded during police shootings.



### FOR SOME BLACK MEN AND TEENS, RELYING ON GUNS IS COMMONPLACE

*Marvel Thornton-Cruz first carried a gun on the street at age 14 and by his mid-20s had been arrested and jailed several times, the last for drugs and for shooting someone, for which he served just over three years.*

**US News, August 14, 2021**

The Inquirer interviewed community organizers, academics, and more than two dozen young men impacted by gun violence in Philadelphia, most of whom didn't want to be quoted. The on-the-record accounts paint a portrait of a city where guns are an everyday fact of life in many areas, with the reasons young men carry them including showing off, personal protection, and retaliation.



**REMOVE 'MALE' AND 'FEMALE' FROM BIRTH CERTIFICATES? HERE'S WHY AN AMERICAN MEDICAL ASSOCIATION PANEL RECOMMENDS IT**

**Seattle Times, August 10, 2021**

For many Americans, birth certificates aren't just an important identity marker, they are an entry point into many parts of life. But for trans and nonbinary people, birth certificates can be a hurdle — a document that invalidates their identity — unless they amend it. Now, the American Medical Association, the country's largest association of physicians, has taken a significant step in easing that burden. In a June report, the AMA's LGBTQ advisory committee advised the organization to push for removing sex labels from the public part of the birth certificate. Assigning either a "male" or "female" sex at birth, the authors wrote, "fails to recognize the medical spectrum of gender identity." "Participation by the medical profession and the government in assigning sex is often used as evidence supporting this binary view" of gender, the report continued. Not only does that stifle a person's ability to express and identify themselves, it can lead to "marginalization and minoritization." For nearly two months, the recommendation went largely unrecognized by supporters and detractors alike, but it resurfaced recently after the popular medical website WebMD shared an article about the decision on its social media accounts.

## **DISCUSSING SEXUAL AND REPRODUCTIVE HEALTH DURING PREVENTIVE VISITS: MISSED OPPORTUNITIES**

**AAP Publications, July 13, 2021**

The results of this study are quite concerning. For example, only 14% of the 465 younger teens (ages 11-14) and only 39% of the 388 older teens (15-17) surveyed were asked if they were sexually active. Puberty was the most commonly discussed topic and that was only discussed 46% of the time for the younger teens and 54% of the time for older teens. Only 24% of younger adolescents and 42% of older adolescents reported having confidentiality discussed during a visit and the data was similarly concerning for parents (31% of younger teen parents and 36% of older teen parents). Most concerning were the many topics that youth and parents felt were important and hoped to discuss but were not, such as whether to have sex, sexual identity, and where to get SRH services if needed.

## **TEENAGERS AND PARENTS WANT THE "TALK(S)"**

**Pediatrics, August 2021**

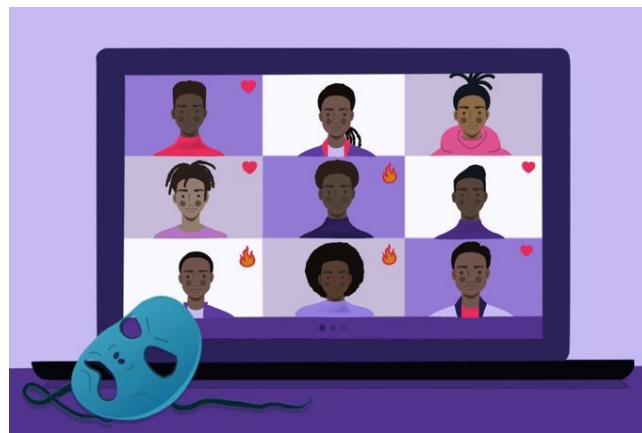
In the study, detailed information from a diverse representative sample on what gets discussed (and what does not) during preventive health care visits for younger (age 11-14) and older (15-17) adolescents is provided. Only 14% of younger adolescents and 38.7% of older adolescents were asked by their provider whether they had had sex. The most commonly discussed topics were puberty (reported by 46.3% of younger and 53.9% older adolescents) and sexually transmitted infections and/or HIV (15.1% and 31.4% respectively). The topics that were discussed align with topics most frequently endorsed by both parents and adolescents as being important. For all topics, parents were more likely than adolescents to endorse a topic as being important to discuss, with similar relative ranking of importance between parents and adolescents. Yet the study also reveals significant gaps between what adolescents and parents perceive as important topics and what actually gets discussed in preventive visits. This study suggests that providers should feel comfortable and confident that adolescents (and their parents) want to discuss these topics. The findings dispel potential concerns that parents may object to providers having these discussions<sup>4</sup>: both parents and adolescents want discussions on a range of topics to start in early adolescence. Yet less than one-third of adolescents reported having a discussion about SRH topics other than puberty during their most recent preventive visit.



## WHAT WE ARE NOT TEACHING BOYS ABOUT BEING HUMAN

New York Times, August 6, 2021

The lack of positive people-focused stories for boys has consequences both for them and girls. In the narratives they consume, as well as the broader cultural landscape in which they operate, girls get a huge head start on relational skills, in the day-to-day thorniness and complexity of emotional life. Story by story, girls are getting the message that other people's feelings are their concern and their responsibility. Boys are learning that these things have nothing to do with them.



## BULDING THROUGH AFFIRMATION: HOW ONE CLASS HELPS BLACK BOYS DEFINE MASCULINITY

*Young Black men are especially constrained by society's narrow definitions of masculinity. That's why having a safe place to be their authentic selves is crucial.*

**The 19<sup>th</sup>, July 30, 2021**

The boys open each class with the same mantra: "I am a king. I am a leader. I am smart. I am my brother's keeper." Boys as young as 8 and as old as 13 — many of

them Black — have met on Zoom Wednesday afternoons all summer to break through society's narrow definitions of masculinity. The "Mighty Brotherhood" workshop gives the boys, all of them living in or near Philadelphia, a place to read poetry, give compliments, write down their goals, share ways to practice self-love and talk about what it means to be a man. Maurice Williams, who leads the hour-long workshop, thanks the boys throughout for being brave enough to share their feelings and encourages them to send heart and fire emojis to each other, which they frequently do. Encouraging the boys to share how they're actually doing — "They have to give me more than just 'good,'" Williams said — is part of how the sessions aim to foster healthy masculinity through authentic self-expression.



### [\*\*BARBERSHOP HIV EDUCATION STUDY EARNS NATIONAL NMA RECOGNITION\*\*](#)

**Wayne Today, August 5, 2021**

A study conducted by Wayne State University School of Medicine students received national recognition from the National Medical Association. "Assessing Knowledge and Perceptions of HIV and PrEP after Barbershop-Based Interventions in Detroit," presented by Obinna Onyeukwu, won second place at the Emergency Medicine section of the NMA's Georges Benjamin Symposium. "Everyone was impressed with our research and how much it could impact the African American community," said Onyeukwu, a fourth-year medical student. "For this study, our primary objective was to assess the efficacy of a minority medical student-led barbershop-based intervention in improving HIV knowledge and misperceptions." During the 2018 project, WSU medical students set up shop in Detroit barbershops, where they spread awareness of HIV/AIDS and PrEP, a prescription drug that reduces the

chances of HIV infection. Recent studies suggest that barbershops, as community centers, are effective venues for education on hypertension and sexual health education. Participants completed pre- and post-education surveys, which showed that 75.86% had no knowledge of PrEP and none had taken PrEP. Analysis of the post-education surveys indicated improved knowledge of HIV, PrEP and incidence rates of HIV. Participants also affirmed that barbershops are an appropriate venue to educate young Black men on preventing sexually transmitted diseases.

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American  
Society for  
Adolescent  
Psychiatry

#### THE AMERICAN SOCIETY FOR ADOLESCENT PSYCHIATRY BECOMES PMY PARTNER

PMY is pleased to announce that the [American Society for Adolescent Psychiatry](#) (ASAP) has become PMY's most recent Partner. ASAP has served the psychiatric profession since 1967. Focusing on teen, adolescent, and young adult issues, ASAP acts both as a professional network for its members and a specialized community dedicated to education development and advocacy of adolescents and the adolescent psychiatric field. "Especially as mental health issues among adolescent males come into focus it is important that we have the voices of the adolescent psychiatry community at our table," said David Bell, MD, PMY Co-Founder and Chair. "We are therefore very pleased that ASAP has joined our community."

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### **PREFERENCE FOR SONS COULD LEAD TO 4.7 M "MISSING" FEMALE BIRTHS**

**Medical News Today, August 4, 2021**

Some societies have a preference for male children over female or intersex children. Since the 1970s, sex-selective abortions have resulted in skewed sex ratios at birth in favor of males, in a number of countries. A new study predicts that there could be at least 4.7 million fewer females born globally by 2030, and possibly as many as 22 million by 2100, as a result of this trend. The researchers warn that the resulting surplus of men in these countries will cause a “marriage squeeze,” and may also increase antisocial behavior and violence.



### **TEACHING BIOLOGICAL SEX AND GENDER TO MED STUDENTS: WHAT'S REALLY GOING ON?**

— A controversial blog post has stirred intense debate among the medical community  
**Medpage Today, August 5, 2021**

On July 31, a [Meddit](#) user posted a link to a blog post titled, "Med Schools Are Now Denying Biological Sex." On a Reddit board that typically garners anywhere from one to 200 comments per post, the link (uploaded by a self-identified MD) currently has 665

comments, filled with heated debate over how sex and gender are being taught in medical schools. The [piece](#) -- written by podcast host Katie Herzog and published on former New York Times op-ed writer Bari Weiss's Substack -- posited that "wokeness" has eroded the fabric of medical education by forcing professors to teach biological sex as a social construct, thereby stripping sex of its scientific validity and medical relevance. According to Herzog's reporting, teachers from top medical schools are "running scared of students," afraid that one slip-up -- such as using terms like "male" and "female" in a lecture -- may lead to a public shaming or, even worse, the end of their career.

## **SEXUAL AND REPRODUCTIVE HEALTH DISCUSSIONS DURING PREVENTIVE VISITS**

**Pediatrics, August 2021**

**OBJECTIVES** To quantify adolescent- and parent-perceived importance of provider-adolescent discussions about sexual and reproductive health (SRH), describe prevalence of provider confidentiality practices and provider-adolescent discussions about SRH topics during preventive visits, and identify missed opportunities for such conversations.

**RESULTS** A majority of adolescents and parents deemed provider-adolescent discussions about puberty, sexually transmitted infections and HIV, and birth control as important. However, fewer than one-third of adolescents reported discussions about SRH topics other than puberty at their most recent preventive visit. These discussions were particularly uncommon among younger adolescents. Within age groups, discussions about several topics varied by sex.

**CONCLUSIONS** Although most parents and adolescents value provider-adolescent discussions of selected SRH topics, these discussions do not occur routinely during preventive visits. Preventive visits represent a missed opportunity for adolescents to receive screening, education, and guidance related to SRH.

## **DISPARITIES IN CHILDHOOD ABUSE BETWEEN TRANSGENDER AND CISGENDER ADOLESCENTS**

**Pediatrics, August 2021**

**BACKGROUND AND OBJECTIVES** Transgender adolescents (TGAs) exhibit disproportionate levels of mental health problems compared with cisgender adolescents (CGAs), but psychosocial processes underlying mental health

disparities among TGAs remain understudied. We examined self-reported childhood abuse among TGAs compared with CGAs and risk for abuse within subgroups of TGAs in a nationwide sample of US adolescents.

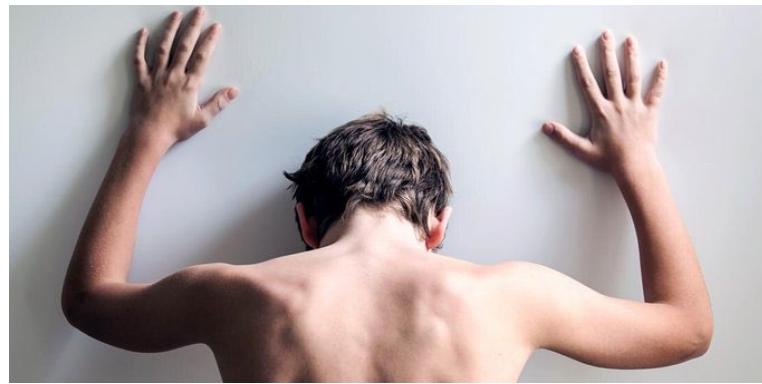
**RESULTS** Seventy-three percent of TGAs reported psychological abuse, 39% reported physical abuse, and 19% reported sexual abuse. Compared with heterosexual CGAs, TGAs had higher odds of psychological abuse (odds ratio [OR] = 1.84), physical abuse (OR = 1.61), and sexual abuse (OR = 2.04). Within separate subgroup analyses, transgender males and nonbinary adolescents assigned female at birth had higher odds of reporting psychological abuse than CGAs.

**CONCLUSIONS** In a nationwide online sample of US adolescents, TGAs had elevated rates of psychological, physical, and sexual abuse compared with heterosexual CGAs. Risk for psychological abuse was highest among TGAs assigned female at birth. In the future, researchers should examine how more frequent experiences of abuse during childhood could contribute to disproportionate mental health problems observed within this population.

## **PREVENTION OF DROWNING**

**Pediatrics, August 2021**

Drowning is the leading cause of unintentional injury-related death in US children 1 through 4 years of age and, as of 2018, has surpassed birth defects as the most common cause of death among this age group. Drowning is the third leading cause of unintentional injury-related death among US children and adolescents 5 through 19 years of age. Approximately 75% of childhood drowning victims are boys,<sup>1</sup> and, after the first year of life (during which risks are often similar), boys are at greater risk of drowning than are girls at each age. Among children and preteens, drowning death is roughly twice as common in boys as in girls, but among adolescents, the rate is almost 10 times higher among boys. The higher drowning rate for boys has been explained by greater exposure to aquatic environments, overestimation of swimming ability, higher risk taking, and greater alcohol use.<sup>2-10</sup> The American Academy of Pediatrics (AAP) has revised an earlier technical report on the subject because of new information and research.



### **STUDY: PANDEMIC WORSENED MALE YOUTH MENTAL HEALTH**

**The Courier, July 28, 2021**

A study led by researchers at the Ohio State University showed that adolescent males had worsened mental health during the pandemic. "It made my whole life weird," said one participant in response to a question about how the COVID-19 pandemic impacted them. In the study, recently published in the Journal of Adolescent Health and co-led by researchers at Kenyon College, nearly 32% of participants reported a worsened mood since March 15, 2020, the date when Ohio closed restaurants and businesses to avoid COVID-19 spread. Nearly 33% of participants reported increased anxiety since that date. "Physical distancing measures, which reduce coronavirus transmission, have led to feelings of isolation during the pandemic," according to the study. "Which is concerning because studies conducted over the past 70 years suggest that loneliness and isolation increase the risk of depression and possibly anxiety among previously healthy children and adolescents." The study cited nationwide research that showed a 25% increase in thoughts of suicide among young adults aged 18-24 years in June of 2020. "Moreover, 25% of young adults used substances to deal with the stress of the pandemic, and 75% had at least one mental or behavioral health symptom during the past 30 days (before June 2020)," the study stated. Results in the study came from an online survey conducted in June of last year of male pre-teens and teens. 80% of the 571 kids who participated in the survey reported being white, and 8.8% were Black.



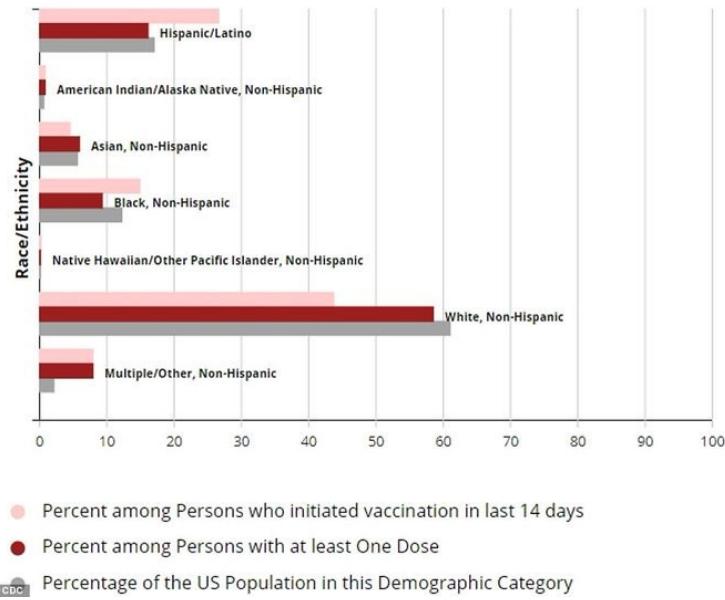
## COVID-19

### COVID POSES HIGHER RISK OF MYOCARDITIS THAN VACCINE IN MALE TEENS - US STUDY

*Chances of developing the heart condition six times greater after infection compared with rare side-effect of Pfizer/BioNTech jab*

**The Guardian, July 29, 2021**

The risk of developing myocarditis, an inflammatory heart condition, is six times higher in male teenagers who have contracted Covid-19, compared with the likelihood of the rare side-effect emerging after getting the Pfizer/BioNTech jab, a new US study has found. The [research](#) – which has not yet been peer-reviewed – suggests the risk of developing myocarditis after catching Covid in boys aged between 12 and 17 is far greater than the risk that can emerge from the vaccine. The data comes about 10 days after the UK's Joint Committee on Vaccination and Immunisation (JCVI) [recommended](#) that 12- to 17-year-olds should only be offered a Covid vaccine if they are extremely vulnerable, or live with someone at risk. The decision, the committee suggested, was precautionary, given emerging reports from the UK and elsewhere of rare but serious heart complications such as myocarditis after vaccination with the Pfizer/BioNTech jab in young people. The benefits of universal vaccination in under 18s do not outweigh the potential risks, JCVI members said, suggesting that the risk of "long Covid" was also low in this age group. The Pfizer/BioNTech vaccine has been authorised for people aged 12 years and over in the UK by the Medicines and Healthcare products Regulatory Agency since early June. Many other countries, including the US, Israel and Ireland, have decided to vaccinate their teenagers. The latest study, encompassing data gleaned from specific US electronic health records, included people under the age of 19 who received a Covid diagnosis between April 2020 and March 2021. Six out of 6,846 (0.09%) of the Covid-afflicted males aged between 12 and 17 in the study developed myocarditis, which works out to 876 cases per million. But given not every case of Covid and myocarditis is likely to be accounted for in health records, and on the basis of certain assumptions, the researchers adjusted the figure to 450 per million cases.



## UNVACCINATED AMERICANS ARE YOUNG, MALE, BLACK, AND MOST LIKELY FROM RURAL AREAS

**Texas News Today, July 30, 2021**

Unvaccinated Americans are young, male, black, and most likely to live in rural areas, according to a DailyMail.com analysis of data from the Centers for Disease Control and Prevention (CDC). Just over one-third of white Americans, or 34%, are vaccinated at least once. By comparison, black Americans are lagging behind, with only 27.7% receiving at least one shot so far. In addition, a black American who makes up 12% of the population but receives only 9% of all shots. However, this has nothing to do with vaccine hesitation and may be related to access to the vaccine. Some predominantly African-American counties do not have the resources or staff to distribute vaccines as easily as other communities can.



## MALE EATING DISORDERS: ANOREXIA AND BULIMIA COMMON AMONG MEN, TOO

*Social media triggers eating disorders even as traditional notions of masculinity prevent men from revealing their vulnerabilities or seeking help*

**The National News, July 27, 2021**

Long stereotyped as a syndrome suffered by skinny, white, affluent girls, eating disorders are equally prevalent among men, many of whom feel ashamed to seek help, for what is supposed to be a “woman’s disorder”. Tellingly, not too many studies have been conducted on male eating disorders. However, the statistics that do exist support that, in reality, even though men suffer as much as women, there is a lot more stigma and little awareness about the eating challenges they face. In the US alone, as per the National Eating Disorders Association, eating disorders will affect 10 million males at some point in their lives, and they are less likely to seek help, owing to cultural bias. A 2015 report, funded by the UK Medical Research Council, also found that 25 per cent of those with eating disorders are male and less than 10 per cent of them sought professional treatment.



## [WHAT TO KNOW ABOUT ADHD IN BOYS](#)

**Medical News Today, July 29, 2021**

Attention deficit hyperactivity disorder (ADHD) is a common neuropsychiatric condition. Boys tend to receive more ADHD diagnoses than girls. This is likely due to the way the symptoms of ADHD present in each group. [Around 8.4%](#) of children and 2.5% of adults have ADHD, according to the American Psychiatric Association. Doctors diagnose ADHD more commonly in boys than girls. In fact, around three times as many boys receive an ADHD diagnosis as girls. School-age children often receive a diagnosis when they become disruptive in the classroom. ADHD affects the way a person thinks, feels, and behaves. The condition can make it difficult to focus on tasks for extended periods of time or keep track of things such as homework assignments. Boys with an ADHD diagnosis may be more restless, impulsive, and hyperactive than their peers. They may also have difficulty concentrating, find it hard to remain seated in school, or have learning delays. Keep reading to learn more about ADHD in boys and how it differs from the condition in girls. This article will also look at the treatment options available and how parents and caregivers can help manage the condition.

## [GENDER NORMS AND THE MENTAL HEALTH OF BOYS AND YOUNG MEN](#)

**The Lancet, August 2021**

(References removed for brevity) Over the last half-century, the women's health movement has been a powerful driver in health policy linking gender norms to sex differences in health and wellbeing. Even though gender norms also affect males, there has been little emphasis on gender in health policies for males, especially in relation to the mental health of boys and young men. Gender norms around masculinity commonly confer power and status to boys and young men, which

might in part explain why norms around masculinity are difficult to shift. Paradoxically, these dominant masculinities carry risks for poor mental health. Globally, the rate of male suicide is two to four times that of females, and males fare poorly on indices of substance misuse, risk taking-related injury, conduct problems, violence, aggression, and by extension incarceration. Sex differences in mental health typically emerge across late childhood and adolescence. This time is also when gender norms become entrenched, persisting into later life whereby they continue to shape mental health and help-seeking. Traditional gender norms commonly drive young men to present as strong, competitive, in control, and unburdened by vulnerability. These cultural scripts prize toughness, anger, hostility, and emotional control. Conversely, emotions characterised by vulnerability, including sadness, anxiety, and fear, trigger shame and become a barrier to help-seeking.



## FOUR PARENTS OF TRANSGENDER BOYS ON THE CHALLENGES AND JOYS OF RAISING THEIR SONS IN A WORLD THAT CAN BE HOSTILE

CNN, July 25, 2021

CNN spoke to Evans and three other parents of transgender kids and teens whose lives revolve around advocating for their children in a year when [more than 30 states have introduced legislation that targets trans young people](#). Much of this legislation aims to block trans youths' access to school sports, restrooms and health care [that the American Medical Association has called](#) "medically necessary," be it through hormone therapy or medication that temporarily blocks puberty. Activism is an organic extension of being parents who would do anything for their child -- kids who love "Minecraft" or gymnastics or bad jokes, not keeping track of the 2021 legislative session. It's exhausting, incessant, heartbreak work to defend your child's right to compete in their favorite sport at school or to get hormone therapy that makes them feel more like themselves, the parents said --

but it's essential to keep going. They'll fight for their children as long as it takes for all trans people to feel safe and affirmed.



## HOW TO RAISE A BOY: MY MISSION TO BRING UP A SON FIT FOR THE 21ST CENTURY

*Increasing awareness of the price of toxic masculinity has led many parents to wonder how best to prepare the young men of the future. One father consults the experts*

**The Guardian, August 1, 2021**

Where does it come from, I wondered, this knee-jerk allegiance that distances little boys from little girls and makes an us-v-them of gender distinctions, right from the get-go? Where does it lead, as those boys become men? These are questions I've been wondering about a lot as my son gets older. He's a friendly, curious kid who adores his older sister but his sense of himself, just now, seems to come across most clearly when he emphasises the contrasts between them. Along with millions of other little boys he will be coming of age during a richly complicated time for young men, and I want to help him get this right. The slow turbulence of the #MeToo movement, with all its re-evaluations and reckonings since Harvey Weinstein was brought to account for his crimes in 2017, then the sharp and terrible shock of [Sarah Everard's murder](#) in the spring – these events have helped adjust the way a lot of us price and make room for masculinity's expression in society. There seems to be an urge to do things differently, to rear young men without the same certainties and biases that previously we absorbed by rote. Mine's not the first generation of parents to be thinking about all this, and fretfully. In the 60s, the 70s, the 80s, the 90s, the 00s, there were many mothers and some fathers who looked at each other and asked: what ought we be doing differently with boys? Perhaps what's new is the urgency, a sense of enough-being-enough. Perhaps what's new is that men, in greater numbers, are acknowledging the need for a rethink. Parents and those caring for sons have been wondering (and

wondering, and wondering again): if change is to begin with us, how should a boy be raised now?



**'DESIGN YOUR FUTURE' FELLOWSHIP ASKS YOUNG PEOPLE HOW TO IMPROVE EDUCATION FOR BLACK MALE STUDENTS**

**WUWM, July 29, 2021 (audio)**

How can Milwaukee improve education for Black male youth? That's the question Milwaukee Succeeds' [\*\*Youth Forward MKE\*\*](#) initiative is trying to answer. But instead of turning to adults in power, they're asking the people most affected: students. This summer, Milwaukee Succeeds recruited 60 youth ages 13-20 to participate in the "[\*\*Design Your Future\*\*](#)" fellowship. The fellows are working in groups to create proposals that reimagine education in Milwaukee. In a roundtable discussion with WUWM, three of the fellows — Aniyah McDonald, Quision Harrel and Breanna Taylor — share their ideas. "We decided that the mental health of Black men is one of the main issues, so we wanted to implement that into the curriculum," says Aniyah McDonald, a rising junior at Milwaukee Excellence charter school. "So they can have lesson plans for their mental health, topics like destigmatization of talking about your mental health, toxic masculinity and ways to just handle your mental health altogether."



## EVERYDAY FACES OF MEN'S MENTAL HEALTH HIGHLIGHT 'HEARTBREAKING' SUICIDE RATES

ABC Net AU, August 1, 2021

Males account for four out of five suicides on the Sunshine Coast, the majority are aged between 40 and 60 years of age. Portraits of Mankind is a photography exhibition aimed at putting a human face to men's mental health issues. The Thompson Institute said the high rates of male suicide in the region 'haven't budged' for many years. Photographer Megan Gill said she was inspired to capture the portraits after she was touched by suicide. "It began with a man called Shane Collins, I printed a photograph for a memorial that his friends were putting on for him," she said. "I just couldn't understand why a talented, loved, young man [was] gone. "In that moment I thought 'I wished he could see himself through my lens' and so began Portraits of Mankind."



## EFFECTIVENESS OF HUMAN PAPILLOMAVIRUS (HPV) VACCINATION AGAINST PENILE HPV INFECTION IN MEN WHO HAVE SEX WITH MEN AND TRANSGENDER WOMEN

Journal of Infectious Diseases, July 29, 2021

In the United States, recommendation of HPV vaccination for males aged 11–12

years has been made since 2011, with catch-up vaccination through age 26 years for previously unvaccinated men who have sex with men (MSM). HPV prevalence among vaccinated MSM was investigated and compared with that among MSM with no/unknown vaccination history. Overall, 348 of 687 participants (50.7%) self-reported ever receiving  $\geq 1$  HPV vaccine dose. Significantly lower prevalence was observed in participants vaccinated at age  $\leq 18$  years vs those with no/unknown vaccination, corresponding to a vaccine effectiveness of 85% against 4vHPV-type HPV. HPV vaccination is thus suggested as effective in preventing penile HPV infections in young MSM when it is administered at age  $\leq 18$  years.



## OF MEN AND MASCULINITY: CONVERSATIONS AROUND MALE STEREOTYPES GROW LOUDER AS SPACES & FORUMS DISCUSS IT THREADBARE

*Is gender inequality only restricted to women? What about male stereotypes and their effects on men and society? Long considered a privilege and suppressed because of consequential societal pressure, these stereotypes can have a flip side too.*

**Financial Express, July 25, 2021**

Men, I know, must be a part of the conversation — just as I know that the patriarchy that cramps and censors women also boxes up men. But, what are the contours of this box in which men are placed? What are its dimensions, how much breathing space does it afford? What kinds of conversations are possible within it — and without? Deepa Narayan is a social science researcher, author, and, most recently, host of the podcast What's A Man? Masculinity in India. What she finds is years of indoctrination, subliminal and explicit, forcing boys, adolescents, and then men to repress their emotions, deny their fears, and embody a strength characterised by dispassionate self-sufficiency. They are taught to be protectors and providers.

"There is so much pressure on men to be masculine all the time that they just compete with each other constantly. So, it takes a lot for men to share their doubts, to share what's not working," Dr Narayan says. Repudiated though they may be, these insecurities, ranging from anxiety regarding their bodies and confusion over their sexual impulses to struggles with depression and unfulfilled longings for

displays of fatherly affection, are never far from the surface. And therein, she asserts, lies the rub. "Men just don't have permission to cry, to be depressed and unsure, all of which comes out in violence."



### CAN MEN EVER REALLY BELONG?

*Privilege creates a void of belonging.*

**The Good Men Project, July 20, 2021**

Cross men with whiteness and you've got the most privileged sect of the population on earth. One therefore might assume men would feel empowered and fulfilled by this fact, but the number one thing I hear from white men is that they long for purpose, meaning, joy and connection — key components of a fulfilling life. So, why is it that white men have the highest suicide rates? The highest depression, anxiety, and alcoholism? We've got the population with the highest privilege and cultural influence asking "What's my purpose? Meaning? Where's my joy and fulfillment?" As white men, our privilege can often alienate us from a sense of duty. This doesn't mean that all white men are equally privileged, or that being a white male means you don't experience hardship. It *does* mean that there are certain privileges that go along with being both a man and having white skin that are often invisible, hard to be aware of. Consider this definition: Privilege is the right to not take on certain burdens—be it emotional, financial, or energetic. So by accumulating and enjoying so much privilege, we don't have to show up in certain ways for our community. We have the right to skip all of these tough tasks so that we can continue to be powerful and influential. Examples: We can avoid the meetings on police reform because we know it doesn't really affect us. We can avoid volunteering for a difficult issue involving social reform because we know, at the end of the day, we will be OK. We can avoid taking more responsibility for exploring and expressing our emotions because we can hide behind the expectation that men are strong and silent. And on and on.



## 'I THOUGHT RAPE ISN'T SOMETHING THAT HAPPENS TO MEN'

BBC, July 22, 2021

While victims of sexual violence are far more likely to be female, [the Crime Survey for England and Wales estimates](#) that one in 100 men experienced some form of sexual assault or attempted assault, in the year to March 2020. Last year, Reynhard Sinaga - "the most prolific rapist in British legal history" - was found guilty of luring 48 men from outside Manchester clubs to his flat, not far from the bar where Alex was approached. Sinaga drugged and assaulted the men - filming the attacks. "We don't want to feed into the homophobic stereotype that gay and bisexual men are more promiscuous or are predatory, but we want to be mindful of queer spaces where people have consensual sex, but where boundaries are pushed - gay bars, saunas, chemsex. That's the challenging but important part of the research, [to record that] without stigmatising specific sexual practices." Only one in seven respondents in their survey, carried out last August, had reported an incident of sexual assault to the police. Of those who did, about a quarter felt disbelieved or felt that their complaint was not taken seriously.



## **JUDGE TEMPORARILY BLOCKS ARKANSAS BAN ON TREATMENT FOR TRANSGENDER YOUTH**

*The decision came in response to an American Civil Liberties Union challenge to a first-in-the-nation law enacted by Republican state legislators in April.*

**New York Times, July 21, 2021**

A federal judge on Wednesday temporarily blocked Arkansas's ban on gender-confirming treatments for transgender youths as a lawsuit over the first-in-the-nation state law advances. The decision came in response to a [legal challenge](#) by the American Civil Liberties Union, which sought a preliminary injunction blocking the law enacted by Republican state legislators in April. Judge Jay Moody of the U.S. District Court in Little Rock also denied the state's motion to dismiss the A.C.L.U.'s suit seeking to overturn the law. The ban on sex reassignment surgery and gender-confirming treatments, like hormone treatment and puberty-blocking medication, was set to take effect on July 28. "This ruling sends a clear message to states across the country that gender-affirming care is lifesaving care, and we won't let politicians in Arkansas — or anywhere else — take it away," Holly Dickson, the executive director of the A.C.L.U. of Arkansas, said in a statement.



## **TYPICAL LONG-TERM SOLITARY PRISONER: YOUNG, BLACK AND MALE**

**The Crime Report, July 20, 2021**

The demographic profile of people placed in long-term solitary confinement differs substantially from that of the general prison population, reports an [article](#) published in *Justice Quarterly*. People sent to long-term confinement are disproportionately young, male, Black and experience mental health issues, according to an examination of administrative records from the Florida Department of Corrections. The article's four authors — [Daniel P. Mears](#), [Jennifer M. Brown](#), [Joshua C. Cochran](#) and Sonja E. Siennick — intended to address knowledge gaps in solitary confinement research. Focusing on a particular form of punishment — what they term "extended solitary management" (ESM), or the long-term solitary confinement of individuals deemed excessively violent — the authors argue researchers know little about ESM "placement disparities," or the populations most likely to be placed in ESM. "There is, in short, a need for research that responds to calls to shed light on placements and disparities in this extreme form of incarceration," the authors write.



## **EXPERTS ARE BRACING FOR A SPIKE IN STDs, BUT NOT JUST BECAUSE IT'S A 'HOT VAX SUMMER'**

CNN, July 18, 2021

After more than a year of Americans being urged to practice the safe six (feet), infectious disease specialists want to remind them about safe sex. While different people reacted to pandemic safety guidelines in different ways, for some Americans, lockdown meant less sex. But as more vaccines are administered, social restrictions are getting relaxed -- and some people seem to be ready to make up for lost time by embracing their "hot vax summer." Male condom sales shot up 23.4 per cent to \$37 million during the four weeks ending April 18, compared to the same stretch in 2020, according to market research firm IRI. That increase followed

a 4.4 per cent drop in all of 2020. But while many see the further reopening of the economy as a sign that COVID-19 is less of a health crisis, there are other viruses and bacteria out there -- such as those that are sexually transmitted. And physicians warn a rise in STD cases is on the way. But that's not just because vaccinated singles are ready to mingle again.

### CDC UPDATES GUIDELINES ON TREATMENT OF SEXUALLY TRANSMITTED INFECTIONS

AAP News, July 23, 2021

The Centers for Disease Control and Prevention (CDC) [has updated its guidelines](#) for the treatment of people who have or are at risk for sexually transmitted infection (STIs). Key changes were made to treatment recommendations

for Neisseria gonorrhoeae, Chlamydia trachomatis, Trichomonas vaginalis and pelvic inflammatory disease (PID). Along with the AAP Red Book, the guidelines are a source of clinical guidance for the diagnosis, management and treatment of STIs based on current evidence.



### +M: INTRODUCING POSITIVE MASCULINITY

A Webinar, August 9, 2021

For more information and to register, go [here](#)

**Presenters:**

Dr Ray Swann

**Panellists:**

Dr Kylie King

Dr Simon Rice

**Contributors:**

Dr Matt Englar-Carlson

Dr Judy Chu

**When: Monday 9 August**

**Time: 7.00pm**

**Where: Online**



**FEW ADOLESCENTS, ESPECIALLY BOYS, REPORT SPEAKING WITH THEIR DOCTORS ABOUT SEXUAL HEALTH**

**Helio, July 13, 2021**

Other than conversations about puberty, less than one-third of adolescents reported discussing sexual and reproductive health topics with their health care provider, according to a study published in Pediatrics. Renee E. Sieving, PhD, RN, FAAN, FSAHM, director of the Center for Adolescent Nursing at the University of Minnesota School of Nursing, and colleagues studied data from a national internet survey of [\*\*adolescents and their parents\*\*](#) to identify missed opportunities for conversations on sexual and reproductive health. According to the study, 24% of younger adolescents and 42.3% of older adolescents reported ever speaking to their provider about confidentiality. Among parents, 31.2% of parents of younger adolescents and 35.7% of parents of older adolescents reported having a provider speak with them about the confidentiality of adolescent services. A greater percentage of younger girls (52.7%) reported that their provider discussed puberty compared with younger boys (40%). Among older adolescents, a greater percentage of girls (37.3%) reported discussions of birth control compared with boys (18.1%). According to the study, 40% of older adolescents reported thinking discussions

about puberty were important but did not discuss the topic. Similarly, 85.6% of younger adolescents reported that sexual orientation was important, but they did not discuss the topic. "Our findings suggest clear gaps between parent and adolescent perceived importance of discussing SRH topics and adolescents' actual experience," the authors wrote. "These gaps are particularly notable for younger adolescents. Similar gaps have been found with other potentially sensitive adolescent health topics. Thus, even though parents and adolescents think that provider-adolescent conversations about [sexual and reproductive health] are important, providers frequently miss opportunities to engage around these topics."



### **BOYS' PROBLEMS WITH BODY SIZE AND EATING NEED TO BE TAKEN SERIOUSLY**

**Medical Xpress, July 13, 2021**

Poor mental health and eating problems are clearly linked, according to a study that has reviewed data from 7350 teenagers who participated in a recent health study. "The broad extent of eating disorders in society is surprising," says Saeedzadeh Sardahaee, one of the researchers. A lot of young people have such severe eating problems that it poses a risk to their mental health. "It's time to look more broadly at the problems, so that we're not only looking at young people with a diagnosed eating disorder. A lot of adolescents haven't been diagnosed, because the nature and extent of their problems change over time. They don't fit into the diagnostic system," Saeedzadeh Sardahaee says. "These young people still have serious problems that they're not getting help for since they don't have a diagnosis." She points out that in a school with 200 students, about 34 typically have disordered eating.



## [\*\*EMERGING EVIDENCE SHOWS THE PANDEMIC MAY HAVE HIT BOYS HARDER - NOT JUST IN CHICAGO BUT NATIONALLY\*\*](#)

**Chicago Chalkbeat, July 16, 2021**

As principal Daniel Kramer pored over data tracking whether Roosevelt High School's freshmen and sophomores were staying on track amid the pandemic, he noticed a troubling trend: While girls had held their own as coronavirus tested the school, boys were falling behind, widening a longstanding gender gap at the predominantly Latino school on Chicago's Northwest Side. This past school year, Chicago leaders [pointed to grading and attendance numbers](#) as evidence the pandemic had caused more academic damage for the district's Black and Latino students. But data obtained by Chalkbeat shows even more dramatic disparities when gender is factored in. Black and Latino boys, who have long faced the largest gaps in the district, saw steeper drops in attendance and a sharper increase in failing grades than girls. The boys also saw only a modest uptick in As, which at the high school level increased markedly for white and Asian students and for Latinas. Experts are only beginning to dig into why male students might have been harder hit, but they are urging districts to invest in efforts tailored to the needs of boys as part of a national pandemic recovery push. Such efforts, if successful, could be significant: Nationally, young men of color have remained less likely than girls to graduate from high school — with a 15 percentage point gap between Black boys and girls in Chicago — and then go on to college and well-paying careers.



## **MEN SIGNIFICANTLY MORE LIKELY THAN WOMEN TO HAVE ORAL HPV, REGARDLESS OF VACCINATION**

**Healio, July 12, 2021**

Men are significantly more likely than women to have oral HPV infection, regardless of vaccination status, according to a study in Clinical Infectious Diseases.

Abbey B. Berenson, MD, PhD, director of the Center for Interdisciplinary Research in Women's Health at the University of Texas Medical Branch, told Healio that HPV is **associated with several cancers**, including oropharyngeal cancers, that have continued to rise in the United States. "Past data show that men are 4 to 5 times more likely to get these cancers than women and are also more likely to be orally infected with HPV," Berenson told Healio, adding that an HPV vaccine that protects against four cancer-causing HPV variants has been recommended for adolescent males since 2009. "We wanted to know whether this vaccine has helped reduced the rates of HPV infection among adult men and whether men are still at a much higher risk of infection relative to women," she said. Overall, the study showed that men are still **significantly more likely** than women to have an oral HPV infection regardless of vaccination status. Specifically, the prevalence of any type of oral HPV infection was 6.9% in the study population, and more than 3.5 times more likely among males than females.



## **MANY OF THE FOUNDING FATHERS WERE ACTUALLY FATHERS. HERE'S HOW THAT INFLUENCED THE CONSTITUTION**

*Research from Brigham Young University said that founders who had sons supported federal government, while dads of girls liked local strength*

**Deseret News, July 17, 2021**

While the Founding Fathers get the accolades for America's form of government, research says some credit might belong to the 67 sons and 78 daughters who at that time made up the founding families. A [study in the American Journal of Political Science](#) found that delegates to the 1787 U.S. Constitutional Convention were more likely to support a strong, centralized federal government if they had sons. Having daughters "diluted" that support, though that effect was much less strong. The framers of the U.S. Constitution weren't just trying to hammer out the details of government. They were also crafting the country their children would inhabit, said co-authors Jeremy C. Pope, political science professor and co-director of the Center for the Study of Elections and Democracy at Brigham Young University, and Soren J. Schmidt, a Washington, D.C.-based lawyer and one of Pope's former students. That connection to their children's future probably strongly influenced their decisions in designing the federal government, the two said. The researchers theorize the founders' thinking — maybe even subconsciously — went something like this: An eldest son in that day would inherit property and prestige, but what of a second, third or fourth son? The younger ones would need good jobs in order to thrive — and they'd probably be decent men who wouldn't abuse their power. So creating a strong centralized government might be a good idea. On the other hand, daughters — and wives, too, in that era — had only local power, and sometimes it stopped on the front porch or at the city border, if it even stretched that far, Pope told the Deseret News.



## **'YOUNG PEOPLE ARE TAKING CONTROL OVER THEIR GENDER IDENTITY.'**

### **NEW RESEARCH EXAMINES DIVERSITY OF NONBINARY YOUTH**

**Time, July 12, 2021**

Ahead of International Nonbinary People's Day on July 14, new research released Monday by the LGBTQ mental health nonprofit the Trevor Project found that over one in four (26%) LGBTQ youth identified as nonbinary. An additional 20% said they are not sure or are questioning whether they identify as nonbinary. The term "nonbinary" refers to people whose gender does not fit within the traditional binary construction of male or female. Drawing from an online survey conducted between October and December of 2020 of over 34,700 LGBTQ youth in the U.S., the Trevor Project found that while the term "nonbinary" has often been associated with a trans or transitioning person, only half of the respondents who identified as nonbinary also identified as transgender. (An additional 20% said they were not sure or questioning whether they are transgender).



### [\*\*A FITNESS APP MOONLIGHTS AS A MEN'S SUPPORT GROUP\*\*](#)

*Whoop, which tracks a wearer's vital signs, is being used by tech-minded guys to keep tabs on their buddies.*

**New York Times, July 9, 2021**

The ability to share intimate stats among friends has turned this fitness app into a de facto virtual men's support group. People are using it to keep tabs on each other's physical and mental health, and to lend a helping hand if a buddy appears to be in trouble. Whoop was created in 2012 as a high-end monitoring device for professional athletes. Worn on the wrist or arm, it collects health data that can be shared with coaches and personal trainers to improve workouts. "I was a college athlete," said Will Ahmed, the app's founder. "I thought it would be valuable to create something where we could see each other's data as a team and see how we were evolving." The data is highly personal, even intrusive. It shows if your heart rate spikes randomly or if you only burn 300 calories one day instead of 1,000. Whoop users can choose to keep their information private, but since the device became available to the public a few years ago (users pay \$30 a month, which includes the band), unanticipated uses have emerged among friend groups. The

app is for anyone but it has found a use case that serves men in more way than one. "Whoop has found a sneaky way to help men feel comfortable sharing stuff with each other without hitting them over the head and saying you have to share your feelings all the time," said Dr. Jelena Kecmanovic, a clinical psychologist in the Washington D.C. area who often writes about how technology impacts lives. The fact that data is shared "prompts men to ask, 'You didn't sleep last night, what is going on?'" Dr. Kecmanovic said. "It's a clever way to get people to check in, support each other, praise each other, and feel like they are part of a group."

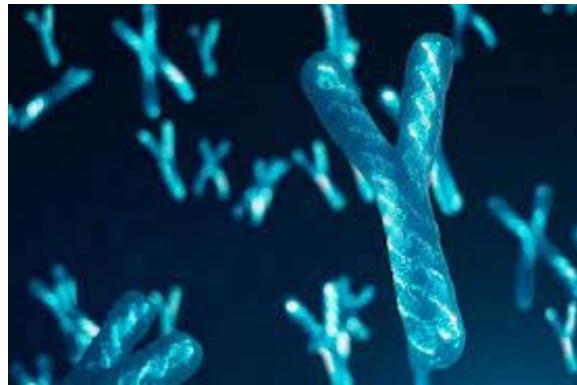


### [TO PRODUCE MORE BLACK MALE DOCTORS, START BY ACKNOWLEDGING BIAS](#)

**American Medical Association, July 6, 2021**

A key step on the way forward to increasing the number of Black men in the physician workforce is the acknowledgement that there is not a level playing field when it comes to who goes to college, who gets into medical school and who becomes a doctor. "The explicit bias I worry about are the people that adamantly insist that there's no problem and that it's all a meritocracy and that everybody has the same equal chance," said Clyde Yancy, MD, vice dean for diversity, equity and inclusion at Northwestern University Feinberg School of Medicine. "Beginning with childhood, many people start off with so many barriers to overcome—the idea of an equal chance is a non sequitur." Dr. Yancy, who also serves as deputy editor of [JAMA Cardiology](#), participated in a recent AMA-convened panel discussion on increasing diversity in medicine. The discussion followed a screening of "Black Men in White Coats," a documentary featuring Black men sharing stories about their lives as physicians. Dale Okorodudu, MD, an internist at University of Texas Southwestern Medical Center, in Dallas, founded an organization—also called [Black Men in White Coats](#)—and hopes that the film inspires Black youths and encourages more of them to become physicians. Dr. Yancy said such inspiration is needed. "What chills me is—I think about the number of Black men that went to

medical school when I did," he said. "The same number of Black men that went to medical school with me in 1978 is the same number that enrolled in 2016." In 1978, Black men accounted for 3.1% of the medical student body in the U.S. Forty years later, that percentage has fallen, according to the Association of American Medical Colleges.

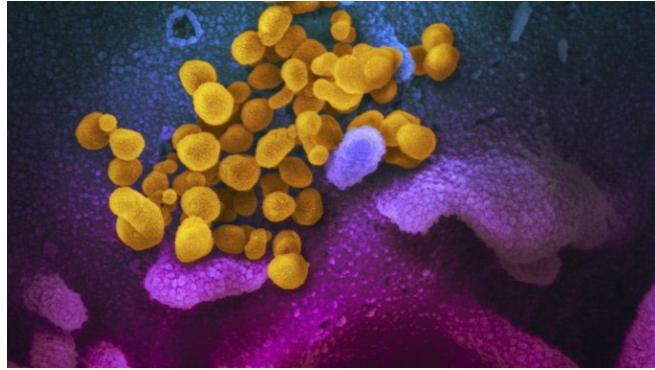


#### [CHINA LAUNCHES THE WORLD'S LARGEST REAL-WORLD STUDY ON SCREENING AND DIAGNOSIS OF MALE REPRODUCTION-RELATED GENES](#)

**Inforney.com, July 7, 2021**

This real-world study will complete a database of at least 100,000 high-quality samples and phenotypes of reproduction-related genes of Chinese males within 3 years. These phenotypes include non-obstructive azoospermia and severe oligospermia, obstructive azoospermia, teratozoospermia, disorders of sexual development, idiopathic hypogonadotropic hypogonadism and other common causes of clinical male infertility. The database will uncover the mutation frequency, distribution and phenotypic characteristics of Chinese male infertility-related genes. Based on this, physicians will systematically standardize the criteria for phenotype collection, genetic testing and variant interpretation of male infertility in China, and establish a resource collection network, sample database, phenotype database, genotype database and molecular epidemiology database for male infertility.

Infertility has become a global social problem, affecting around 10% of couples of reproductive ages. It has been ranked by WHO as the third most common disease after cardiovascular disease and cancer. China has listed reproductive health as an important development goal and has recently proposed a policy that allows a couple to have three children. However, the incidence of infertility in China has increased rapidly in recent years, with the present prevalence rate at 12.5% and exceeding 15% in some regions. There are more than 60 million infertility patients, with an average of 1 in 8 couples having infertility problems, posing a serious challenge to the fertility situation in China.



## [\*\*COVID-19 AND LASTING ERECTILE DYSFUNCTION: HERE'S WHAT WE KNOW\*\*](#)

**Los Angeles Times, July 6, 2021**

Can COVID-19 cause lasting erectile dysfunction? This is now the topic of some discussion among doctors and health experts as they try to better understand the effects of the coronavirus. The problem has been observed in some patients, but experts agree more study is needed to form any conclusions. Some men are coming into doctors' offices saying erectile dysfunction has occurred following a COVID-19 infection, said Dr. Ryan Berglund, a urologist at the Cleveland Clinic. At the moment, there's primarily anecdotal evidence, and "we don't know the scale of the problem at this point." Berglund stressed that it had not been proved that COVID-19 causes erectile dysfunction. It would not be surprising if COVID-19 harmed male sexual health, said Dr. Emmanuele Jannini, professor of endocrinology and medical sexology at the University of Rome Tor Vergata, who has [written extensively](#) on the subject. Erectile dysfunction could be a symptom of "long COVID," he said, an array of symptoms that can last months after the initial coronavirus infection. Common symptoms of [long COVID](#) include difficulty breathing, chest pain, heart palpitations and loss of smell or taste. In much the same way inflammation of the heart muscle, or myocarditis, can occur as a consequence of COVID-19, it is plausible that erectile dysfunction could occur from the disease. "It's also the blood vessels themselves that can become inflamed," Berglund said, "which could cause an obstructive phenomenon and negatively impact the ability to get erections." Lasting erectile dysfunction associated with COVID-19 has consequences beyond sexual activity. It can be an indicator of related disease of the heart and blood vessels, he said, and those suffering from it should tell a doctor and get a regular heart checkup.



## [REDEFINING MASCULINITY: 9 ESSENTIAL BOOKS ABOUT HEALTHY MASCULINITIES](#)

**Book Riot, July 8, 2021**

This review examines nine books about healthy masculinities, ones that explore a wide range of masculinities and redefine what it means to be a man. This list is not definitive; there are many books out there that discuss healthy masculinities, but they are mostly written by white men. In this list, you can find books that feature role models of healthy masculinities, personalities that discuss the subject in-depth, and characters that embrace and celebrate male friendships.



## [COUNSELOR AND BESTSELLING AUTHOR RELEASES BOOK AIMED AT PROVIDING GUIDANCE TO YOUNG BOYS](#)

**Digital Journal, July 8, 2021**

In *The Manners Playbook*, bestselling author and counselor, James B. Wingo, M.Ed., serves as a mentor as he guides and educates young boys by doling out sage wisdom and accurate information. Through this practical and fun guide, young men, from those entering middle school to those entering college, will gain the insight needed to properly conduct themselves in an array of circumstances and environments. "This book is for men and boys of all ages. This book is for fathers, to help them navigate

this information for their sons or the young boys in their lives. Likewise, this is for the mother who needs information to talk to her son about the basics of manners for men. Often, mothers feel the need to talk to their sons. Now they have a book that can help in this process. All parents want to encourage their sons to be great and be accepted for who they are—Kings!" says Wingo.

The topics covered in The Manners Playbook, all focusing on etiquette—public, health, home, friendship, social media, sports, sex, and more—are intended to teach young boys how to live. Wingo's tips for those who might be worried about their first date, wondering how to handle a fight with friends, or those wanting to impress someone will guide adolescent males along the path to living up to the person they are meant to be.



### **ALMOST ONE IN 10 TEENAGE BOYS HAVE CARRIED A WEAPON, NEW STUDY REVEALS**

**Police Professional, June 30, 2021**

Nearly one in ten boys have carried or used a knife, gun or other weapon by the age of 17, a major new study has revealed. In addition, one in four of those involved in this type of serious offending self-identify themselves as gang members. The briefing paper, published today (June 30) by the Centre for Longitudinal Studies at University College London (UCL) shows that among members of generation Z – teenagers born in 2000 to 2002 – those who had carried or used a weapon at age 17 were also more likely to have committed other offences, such as assault, breaking and entering, theft and criminal damage. They were also much more likely to have offended many times in the past year. The research also reveals the significant role that childhood circumstances and experiences play in shaping adolescents' behaviours, and how they, in turn, can determine the routes young people take as they approach adulthood. Co-author, Doctor Aase Villadsen said: "This research provides new evidence about levels of carrying or use of a weapon and offending among generation Z in late adolescence. It also establishes a worrying link between negative childhood circumstances and experiences, such as experience of domestic abuse between parents and exclusion from school, adolescent substance use, mental health problems and serious offending at age

17."



### **'I DON'T THINK YOU ARE READY': BOYS OF COLOR FELL FURTHER BEHIND AT SCHOOL AMID COVID-19**

**USA Today, July 1, 2021**

In Chicago and across the country, there is growing evidence that this year has hit Black and Latino boys harder than other students. Amid rising gun violence, a national reckoning over race, bitter school reopening battles and a deadly virus that [took the heaviest toll on Black and Latino communities](#), the year has tested not only these teens but also the school systems that have historically failed many of them. It has severed precarious ties to school, derailed college plans and pried gaping academic disparities even wider. But in this moment of upheaval, educators and advocates also see a chance to rethink how schools serve boys of color. With [billions in federal stimulus funds on the way](#), the crisis is fueling a patchwork of efforts to bring diversity to the teaching cadre, [support college-bound teens](#) and more, though a bolder, wholesale overhaul is yet to emerge. The stakes are high. Even before pandemic disruption set in, boys of color were most likely to drop out, skip college and end up unemployed. "This is a critical moment of opportunity to help young men of color," said Adrian Huerta, a faculty member in the Pullias Center for Higher Education at the University of Southern California, who studies the educational experiences of boys and young men of color. "It's a national issue, and it will take a national investment."



**REPORT: TRANSFORMATIVE PROGRAMMING FOR BOYS AND YOUNG MEN  
OF COLOR: LESSONS FROM YOUTH ORGANIZING AND LEADERSHIP GROUPS**  
**University of Southern California, June 2021**

Initiatives across the country have emerged to address “persistent opportunity gaps” that contribute to the criminalization of boys and young men of color (BMOC), and to poor health outcomes in their communities. The California Endowment (TCE) has been a leader in responding to the challenges faced by this young population. Through focused investments in high-poverty communities, TCE has supported youth-serving organizations that help BMOC heal from trauma and hardship while equipping them to challenge the structural conditions that prevent them from thriving and achieving their goals. This report draws on more than five years of research to highlight some promising practices for engaging BMOC as leaders in their communities. The research uses multiple data sources, including surveys with 171 TCE grantees, 75 in-depth interviews with male-identified members of youth organizing groups, 12 focus groups, and over 800 hours of participant observations within TCE-supported youth organizations. The report begins by offering a rationale for focusing on the contemporary experiences of BMOC. The next section describes the gender composition and leadership development of members of TCE-supported “youth organizing groups” and “youth leadership groups.” This is followed by a section that outlines promising practices. The final section, which will be developed with input from youth leaders, will put forward recommendations for building on promising practices. Overall, this report seeks to inform community-based efforts and investments that help BMOC to heal and thrive individually and collectively while also giving them the tools to address systemic violence and injustice in their communities.



## PODCAST AIMS TO GO BEYOND 'SURFACE LEVEL' DISCUSSIONS ABOUT BEING BLACK AND GAY IN AMERICA

**Washington Post, June 29, 2021**

Popular culture tends to portray Black gay men as two extremes: the hypermasculine brute or the sassy femme. Howard University alums Damon Epps, Tony Jermin and Jordan Randall hope to provide a broader and more nuanced take with [\*\*"Surface Level," a podcast\*\*](#) full of uplifting stories, some comedy, and a lot of real talk centered on the reality of being Black and gay in contemporary America. The show, started at the height of the coronavirus pandemic, examines societal expectations of Black gay men and attempts to shatter stereotypes through stories and interviews that amplify a range of voices and experiences. A 2018 report from the American Psychological Association found that from a young age, boys are socialized not to cry, and to get swole and play rough sports. Another study on pop-culture consumption by the Association for Consumer Research noted that mainstream media — reinforced by hip-hop culture that signifies Blackness and its characteristics — intensifies those ideals for Black men. The hosts say society is simply not accustomed to accepting men, especially Black men, outside those linear identities.

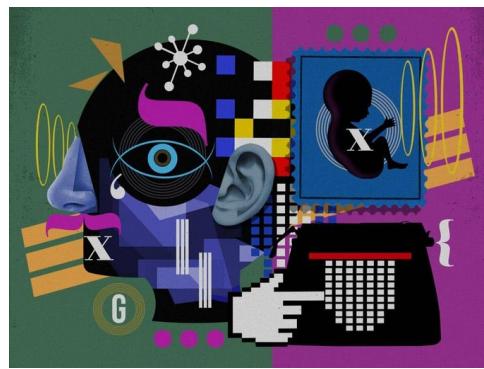


## **GENDER STEREOTYPES CONTRIBUTE TO TEEN DEPRESSION AND THREATEN EQUALITY: STUDY**

*Young people are uncomfortable conforming to gender norms, but struggle to break out of them.*

**Global Citizen, July 1, 2021**

Gender norms are taking a toll on boys' and girls' mental health around the world, a new study has found. Youth are conforming to gender stereotypes to fit in and gain social status, threatening gender equality progress globally, [according to new research](#) released Tuesday in the Journal of Adolescent Health. The study series is part of the larger Johns Hopkins Global Early Adolescent Study (GEAS). An international network of researchers conducted in-depth studies with more than 10,000 boys and girls between the ages of 10 and 14 in low-income communities in China, the Democratic Republic of Congo, Indonesia, Ecuador, and Belgium to understand how gender stereotypes show up across cultures and life experiences. "Adolescence is a window of opportunity when young people reevaluate their identities and behaviors and encounter certain gender stereotypes that unfortunately can be very harmful," Dr. Robert Blum, who leads the GEAS, said in a press release issued to Global Citizen. Gender stereotypes enforced by the segregation of boys and girls when they reach puberty contributes to significant health consequences including violence, victimization, and depression, Dr. Caroline Moreau, associate family and reproductive health professor at the Bloomberg School of Public Health behind the GEAS's research, explained in the press release.



## **EMOTIONAL TRAUMA OF MISCARRIAGE ON MEN IS OFTEN OVERLOOKED**

**Washington Post, July 2, 2021**

Miscarriage, which by some estimates occurs in [1 in 4 pregnancies](#), can be a very painful experience for pregnant women — but less acknowledged is the pain their partners feel, too. There is [limited research](#) on the psychological reactions of male partners after a miscarriage. The majority of these studies are focused

on [\*\*heterosexual cisgender men\*\*](#), so we know even less about the experience of men who identify outside of this traditional category. But the studies available indicate that men often report the same feelings as women after a pregnancy loss. Many men experience [\*\*sadness, grief, stress, anxiety, and depression\*\*](#) after their partner miscarries. In one study of 386 partners, 7 percent [\*\*reported symptoms of post-traumatic stress\*\*](#) one month after a pregnancy loss. According to a [\*\*research\*\*](#) carried out by the University of College London and the Miscarriage Association ("UCL Survey") on 160 partners of women who miscarried, 85 percent of them reported sadness, 63 percent grief and 58 percent shock after their partner's pregnancy loss. Among them, 58 percent of the partners surveyed said they struggled to concentrate as a result of their emotional turmoil, 47 percent reported sleeping problems and 48 percent said it affected their work.



#### [\*\*VIDEO: WHAT MAKES MEN'S DEPRESSION DIFFERENT?\*\*](#)

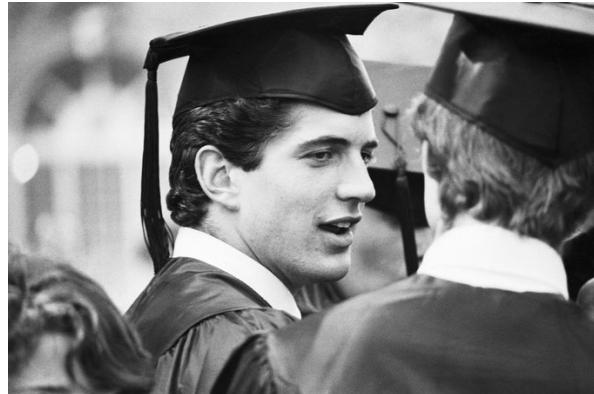
*Although depression is more prevalent among women, it may be more challenging to diagnose in men. This National Men's Health Month, learn to recognize male depression's symptoms and catch its comorbidities.*

**Psychiatric Times, June 28, 2021**

June is National Men's Health Month, a good time to consider the unique mental health needs of men. In this edition of PsychPearls, Jonathan E. Alpert, MD, PhD discusses mood disorders and the surprising symptoms that male patients may present.

In this conversation, Alpert also covers:

1. The etiology of major depressive disorder in men and women
2. Common comorbidities to depression among men
3. How to build a therapeutic alliance with men and encourage adherence
4. Effective pharmacological and psychotherapeutic interventions for men and women
5. Future directions for scientific research on mood disorders, including their connections to autoimmune, cardiac, and thyroid conditions.



## [THE DISAPPEARING COLLEGIATE MALE](#)

**Forbes, June 14, 2021**

The estimable National Student Clearinghouse recently released data on spring 2021 enrollments. The press accounts stressed continuing decline; total numbers were down 3.5% from spring 2020 to spring 2021. By exploring the NSC website in greater detail, I learned that since spring 2011, total enrollment has fallen over 14 percent. In 2011, there were about 63 college students for every 1,000 American population; now there are less than 51, a decline of nearly 20 percent. As colleges shrink in immediate importance in people's lives, support for colleges wanes. Yet the aggregate numbers disguise a striking additional trend: the decline in male enrollment is dramatically greater than that for women. In the 2020-21 year, for example, the number of women enrolled declined by nearly 203,000, but the male decline was nearly double that, over 400,000. In the 2011-21 decade, spring enrollment for men fell strikingly more than 18%, nearly double the female decline. If recent trends continue, we will soon reach a milestone: there will be more than three female students for every two male ones.



## **WEAPON-CARRYING IN BOYS BY RACE AND ETHNICITY: A STUDY THAT CONTRADICTS RACIST PREJUDICE**

**AAP Publications, June 24, 2021**

Mass shootings and issues of access to firearms and other weapons continue to be at the center of a national dialogue. Gun-related deaths are [the second leading cause of mortality in children and adolescents](#). One pervasive stereotype is that it is racial and ethnic minority individuals who are more likely to carry weapons and even bring them to school. This month we are releasing a study by Jewett et al ([10.1542/peds.2020-049623](#)) that contradicts this racist prejudice and is a must-read for us to process and share with others. The authors used data from the 1992-2019 Youth Risk Behavior Surveillance System to look at the self-reported weapon carrying of boys across the United States and whether they felt safe at their schools. The good news is that weapon-carrying has declined over two decades and this decline occurred regardless of race or ethnicity. Across the entire time period, white male youths who were more likely to bring weapons into the schools than Non-Hispanic Black/African American or Hispanic boys. However, racist prejudice have us as a society more concerned about weapon carrying by Black teenage males.



## **BRAIN INJURY FROM CONCUSSION IN YOUNG FOOTBALL PLAYERS CAUSES LONG-TERM DAMAGE, STUDY FINDS**

**Monash University, June 22, 2021**

Monash researchers have published the first study to report long-term physical damage to the brains of young adult Australian rules players, even six months after their most recent concussion, raising concerns about the long term neurological health of these players. Sports-related concussion is a form of traumatic brain injury that has been linked to long-term neurological abnormalities. While a popular sport that entails collisions, Australian Rules Football and its impact on the long-term neurological consequences for those who play it remain poorly understood. A Monash University study, published today (21/6) in the journal Cerebral Cortex, found damage to the white matter and cortex in players even six months after their concussion, raising concerns

that Australian Rules players who experience concussion result in persistent brain injury. Twenty-six young male Australian footballers with sports-related concussions - as well as 27 non-collision sport athletes as controls - were recruited to the study, which investigated the presence of brain abnormalities in Australian footballers with a history of sports-related concussion as determined by MRI scans.



**[WHY ARE MEN MORE LIKELY TO DROWN THAN WOMEN? THE CDC EXPLAINS](#)**  
**WCNC, June 23, 2021**

Research from the Centers for Disease Control and Prevention (CDC) shows that men account for nearly 80% of all drownings. Experts say there are a few reasons why. Let's connect the dots. First, men are more likely to be around water than women. They overwhelmingly dominate water-related jobs and water activities, like fishing. More time on the water means more chances for things to go wrong. The CDC also says men are also more likely to take risks, like drinking too much alcohol or not wearing a life jacket. And in young men, that number skyrockets. Males between the ages of 15 and 24 are six times more likely to drown than females.



**[UNSUCCESSFUL MARRIAGES A HIGH RISK FACTOR FOR PREMATURE DEATH](#)**

### **AMONG MEN**

*The researchers were surprised to discover that just as smoking and lack of physical activity were a predictive factor in the men's life expectancy, so was their satisfaction from their marriage.*

**The Jerusalem Post, June 21, 2021**

A factor to predict premature death could be when men perceive their marriage as unsuccessful, according to a Tel Aviv University study that was published Monday. The research from the School of Public Health at Tel Aviv University's Sackler Faculty of Medicine was based on more than 30 years of research and included 10,000 Israeli men in their 40s. Starting to gather information from the 1960s, the researchers tracked the health and behavior of their participants, paying close attention to death from strokes and premature deaths in general. Early in the study, the participants were asked to rank their level of satisfaction from their marriage from one (very successful) to four (unsuccessful). The researchers were surprised to find that just as smoking and lack of physical activity were a predictive factor to the men's life expectancy, so was satisfaction from their marriage. Research showed that the number of participants who died from a stroke was 69% higher among those who ranked their marriage as unsuccessful.



### **DADS CAN MAKE A BIG DIFFERENCE IN HOW KIDS LEARN ABOUT MENTAL HEALTH**

**Healthline, June 24, 2021**

Parents play an important role in children's development and mental health. "It has been shown in multiple studies that paternal involvement in a child's upbringing is a protective factor against future child mental illness," Dr. Kunmi Sobowale, clinical adviser to Little Otter, a pediatric mental health company, told Healthline. However, when men advocate for children's mental health, Sobowale said it destigmatizes negative perceptions about mental health, as well as models that fathers have a role in their child's development. "This advocacy is particularly important for boys who are more likely than girls to deal with many mental conditions in early life, such

as attention deficit hyperactivity disorder and autism spectrum disorder," he said. While it's helpful for all adults to advocate for children's mental health and promote healthy practices, Parker Huston, PhD, pediatric psychologist at Nationwide Children's Hospital, points out that dads face barriers. "There is a stereotype in some cultures that men do not discuss emotions and mental health openly, which can further the existing stigma about these conversations," Huston told Healthline.



### **COVID-19 VACCINES DO NOT AFFECT MALE FERTILITY**

**Infectious Disease Special Edition, June 25, 2021**

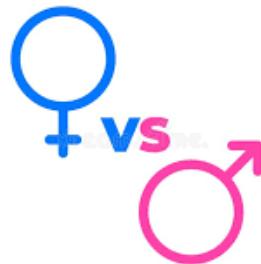
The Pfizer and Moderna messenger RNA (mRNA) COVID-19 vaccines do not cause male sterility, according to a new study by researchers at the University of Miami Miller School of Medicine ([JAMA](#) 2021 Jun 17. doi:10.1001/jama.2021.9976). Original clinical trials of the mRNA vaccines BNT162b2 and mRNA-1273 did not evaluate the vaccines for reproductive toxicity, according to the study's senior author, Ranjith Ramasamy, MD, an associate professor and the director of the medical school's Reproductive Urology Program, but it has become a rumor that is contributing to vaccine hesitancy among the public. One expensive private school in Florida asked teachers to put off vaccination due to concerns about fertility. "Vaccine hesitancy is a barrier to ending the COVID-19 pandemic, and we believe some of that hesitancy is due to public opinion about whether the vaccine might negatively affect fertility," Dr. Ramasamy said, adding that SARS-CoV-2 virus actually affects male fertility and can cause erectile dysfunction. So, the vaccine is actually protective.



## [\*\*HEALTH PROBLEMS THAT AFFLICT MORE MEN THAN WOMEN\*\*](#)

**Wall St. com, June 22, 2021**

Men are often called the stronger sex, and physically, they usually are. They have more muscle mass than women, can run faster, and can lift heavier objects. Medically, however, they are sometimes the weaker sex. To identify health conditions that men are more likely to develop than women, 24/7 Tempo reviewed data from government health agencies such as the Centers for Disease Control and Prevention and various research centers at the National Institutes of Health. The health conditions they found men or more likely to develop than women were hearing loss, HIV, Hepatitis C, lung cancer, syphilis, tobacco-related mortality, excessive alcohol use, melanoma, colorectal cancer, emphysema, prediabetes and heart disease.



## [\*\*AMA SEEKS TO REMOVE SEX DESIGNATION FROM PUBLIC BIRTH CERTIFICATES\*\*](#)

**Helio, June 25, 2021**

The AMA announced that it recently adopted a policy that will support removing a person's sex designation from the public portion of birth certificates. The AMA House of Delegates said it is building on [an existing policy](#) that recognizes "every individual has the right to determine their gender identity and sex designation on government documents." A 2015 population-based study in Belgium published in *Archives of Sexual Behavior* reported that gender ambivalence — identifying equally with the other sex as with the sex assigned at birth — was present in 2.2%

of adults who were assigned male at birth and 1.9% of adults who were assigned female at birth. In addition, gender incongruence — identifying “strongly” with the sex other than the sex assigned at birth — was found in 0.7% of men and 0.6% of women. The authors of a 2020 review in *The Lancet Child & Adolescent Health* wrote that a “considerable proportion” of young people who identify as transgender or gender diverse “do not conform to traditional binary notions of gender (male vs. female) and instead have a nonbinary gender identity.” The authors also noted that young people with a nonbinary gender identity “experience lower levels of support and are at increased risk for experiencing abuse and victimization than young people who are cisgender.” Compared with those who are transgender and binary, individuals who identify as nonbinary have less access to trans-specific health care and have “similar if not higher” rates of depression, anxiety [and suicidal ideation](#).



### **HOW STRESS FROM HOMOPHOBIA AFFECTS THE MIND AND BODY OF LGB PEOPLE**

*Exposure to harassment, discrimination, and violence due to one's sexual orientation or gender identity can cause severe damage to a person's overall quality of life, relationship to others, even livelihood.*

**Healthline, June 23, 2021**

New [research](#) in the journal *Health Psychology* zeroes in on how damaging sustained exposure to homophobic attitudes and behaviors can be on a person's stress levels. The new study suggests that this can have a potential negative domino effect on that person's health, leading to other serious chronic health problems for lesbian, gay, or bisexual people. The study found that when lesbian, gay, or bisexual people encounter homophobic prejudice, it creates significant physiological stress. During such interactions, LGBT people produce an increased level of cortisol, the stress hormone. Past research has shown that adaptive elevations in heart rate, blood pressure, and cortisol production can accumulate over time. This accumulation can increase the risk of cardiovascular disease, infectious diseases, and even earlier death.



## **GENDER DISTRESS TREATMENT IN YOUNG PEOPLE: A HIGHLY CHARGED DEBATE**

*A global surge in the number of young people with the complex condition of gender dysphoria has divided professionals on how the medical system can respond*

**Irish Times, June 26, 2021**

The number of people suffering from gender dysphoria – clinically significant distress arising from issues of gender identity – is undergoing “exponential” growth, according to psychiatrist Dr Paul Moran. There has been a drop in the average age of the patients at the adult national gender service in St Columcille’s Hospital, Dublin, and a swing towards more patients being natal females (female biological sex at birth). There has also been an increase in the complexity of the patients being seen, with many presenting with other issues alongside their gender dysphoria, and an increased presence of patients with what Moran calls “functional impairment”. In testimony to a US healthcare committee of the House of Representatives in Pennsylvania last year, US psychiatrist Stephen Levine said the sudden growth in the numbers suffering from gender dysphoria in North America and Europe suggested a cultural or sociological cause. “The genetic make-up of our species does not change over a 20-year period,” he told a hearing on transgender care for adolescents. Levine’s evidence to the committee is available online, as is an affidavit he submitted to a court in Wisconsin last year, which covers similar ground.



### LACK OF EDUCATION FOR DOCTORS ON LGBTQ HEALTH 'MEDICALLY HARMFUL', RESEARCHERS WARN

*LGBTQ people have worse health outcomes than heterosexuals, researcher says*  
**CBC, June 26, 2021**

All medical students in Canada need to learn about LGBTQ health through a mandated, standardized curriculum, say advocates and researchers. Right now, LGBTQ health education in Canadian medical schools is limited and inconsistent, according to [a recent article](#) in the Canadian Medical Association Journal (CMAJ). This means a lack of knowledge and awareness among doctors and negative and uncomfortable experiences for LGBTQ patients, says Miranda Schreiber, the lead author and a University of Toronto health researcher who is a member of the LGBTQ community herself. They're less likely to go again, even if they need care, she says. "It's not just that doctors are intentionally discriminating against patients from our communities, but that the education is around this hetero-normative standard," said Schreiber in an interview with CBC Toronto.



### DKT INTERNATIONAL INTRODUCES AFFORDABLE CONTRACEPTION, HIV TEST KITS AND INNOVATIVE EDUCATIONAL MARKETING CAMPAIGNS TO PROTECT THE HEALTH OF MEN AND COUPLES AROUND THE WORLD

**Business Wire, June 24, 2021**

"DKT recognizes the integral role men play in preventing STIs and unplanned pregnancies. As such, we're constantly innovating male oriented social marketing

tactics, partnering with programs like [\*\*World Vasectomy Day\*\*](#), and designing initiatives to reduce the stigma against even discussing sexual health. Our teams are working in underserved countries around the world to provide access to contraception and highlighting new options for men to protect their health and future," says Chris Purdy, CEO of DKT International. "Through increased access to products via innovative supply channels, men can integrate healthy lifestyles, prevent the transmission of HIV/AIDS and unintended pregnancies, all while generating greater conversation about gender equity and responsible masculinity."



### [\*\*YOU TUBE: HOW TO RAISE BOYS TO BE HEALTHY MEN\*\*](#)

**Jun 21, 2021**

Author and activist Ted Bunch on healthy manhood and raising resilient boys. Mr. Bunch is co-founder of A Call to Men, an organization dedicated to preventing violence against women and promoting healthy manhood. He is also co-author of "The Book of Dares," which contains 100 challenges for boys based on the work of A Call to Men.



## FOR FATHER'S DAY, LET'S REDEFINE MASCULINITY SO DADS CAN GIVE BOYS WHAT THEY NEED

*Many fathers are still following a dusty handbook for their sons that both limit and hurt them in profound ways.*

**NBC News, June 20, 2021**

Many fathers are still following a dusty handbook for their sons that both limit and hurt them in profound ways. Father's Day is perhaps the best day of the year for us dads to hold up a mirror to ourselves and re-examine how we can best serve our sons' psychological and emotional needs, ones we often overlook. As it stands now, fathers talk differently to sons. A seminal 2017 study found that fathers used language with daughters but not their sons that spoke to bodily and emotional awareness. The fathers in this study were far more likely to respond to their daughters than their sons when they cried at night. What's more, the pleasure center of these fathers' brains responded positively when their daughters laughed or smiled — and lit up when their toddler sons betrayed neutral or stoic facial expressions. Mothers can contribute to this problem as well. Some researchers have found that mothers use more emotional language with daughters, while others discovered that parents react more negatively and punitively to boy toddlers when they whine, pout or have meltdowns. Study authors observed that parents seem to "respond to children's negative emotions differently based on [the child's] gender."



## GUN SUICIDES ARE RISING STEEPLY AMONG AMERICAN YOUTH

**US News, June 14, 2021**

A rising number of young Americans, including children, are taking their own lives using firearms, a new study finds. (Firearms are the most used means of suicide among young males.) Researchers found that between 2008 and 2018, gun suicides showed an "alarming" increase among Americans aged 5 to 24. And while those suicides remain rare among children, the rate among kids under 15 quadrupled

during the study period. It's well known that youth suicide has been climbing in the United States. Last year, a U.S. Centers for Disease Control and Prevention report documented a 57% increase in suicides among 10- to 24-year-olds between 2007 and 2018. The new study looked specifically at suicide by firearms, which account for more than half of suicide deaths in the United States, according to the American Foundation for Suicide Prevention. The study found that between 2008 and 2018, those suicides spiked by 50% among 15- to 24-year-olds. In 2018, there were seven such deaths per 100,000 Americans in that age group. Gun suicides were much less common among children aged 5 to 14. But the relative increase was stark — quadrupling from 0.12 per 100,000 in 2008, to just under 0.5 per 100,000 in 2018. While those numbers are small, the pattern is "very concerning," said senior researcher Dr. Sarah Wood of Florida Atlantic University's Schmidt College of Medicine in Boca Raton.



**[AMA ADOPTS POLICY TO ADDRESS INCREASES IN YOUTH SUICIDE](#)**  
**American Medical Association, June 16, 2021**

With an increase in suicide and suicide risk in youth and young adults across the U.S. since 2007, the American Medical Association (AMA) adopted policy during the Special Meeting of its House of Delegates aimed at preventing suicide in young people. The adopted policy report outlines risk factors for youth suicide, including the role of mental health, substance use disorder, adverse childhood experiences, increased use of digital devices, bullying and cyberbullying, and the impact of the COVID-19 pandemic. The report also identifies evidence-based interventions, protective factors, as well as resources to enhance resiliency aimed at mitigating youth suicide risk. According to a recent Centers for Disease Control and Prevention (CDC) [study](#), there was a 31% increase in the proportion of mental health-related emergency department visits for youth aged 12–17 years during 2020 as compared to 2019. Particularly concerning, CDC data also showed increased rates of suicide ideation and suicide attempts in 2020 during the COVID-19 pandemic as compared

with 2019 rates. Given these staggering statistics, the AMA is publicly calling attention to the escalating crisis in children and adolescent mental health in the U.S. in the wake of the COVID-19 pandemic and has adopted policy aimed at addressing this serious health concern.



**POVERTY HURTS THE BOYS MOST: INEQUALITY AT THE INTERSECTION OF CLASS AND GENDER**

**Brookings Institution, June 14, 2021**

In this paper we focus on the intersection of class and gender, and how being raised in families on different rungs of the income ladder influences the outcomes of girls and boys. Our principal finding is that boys raised in low-income families do worse, in terms of adult outcomes, than girls raised in low-income families. Most strikingly, boys raised in families in the bottom fifth of the income distribution are less likely than girls either to be employed or to move up the income ladder once they become adults. With bottom quintile boys struggling, the danger is of knock-on effects for the next generation. As Autor and Melanie Wasserman warn in another paper, [Wayward Sons](#): "A vicious cycle may ensue, with the poor economic prospects of less-educated males creating differentially large disadvantages for their sons, thus potentially reinforcing the development of the gender gap in the next generation."



## [YOUNG MALE HEART CONDITION DUE TO COVID-19 INFECTION MUCH RISKIER THAN HEART CONDITION AFTER VACCINATION](#)

**Forbes, June 14, 2021**

Several hundred cases of myocarditis following Covid-19 vaccination were submitted to the Vaccine Adverse Event Reporting System (VAERS) in late May 2021, followed by a report published in the journal [Pediatrics](#), describing seven adolescent boys who developed myocarditis several days after receiving their second dose of the Covid-19 vaccine. All seven boys fully recovered. As reported in Forbes by Leah Campbell, the relationship between the vaccines and this condition in adolescents remains in question. On first, second, or even third glance, the data of hundreds or even a handful of those developing acute inflammation of the heart muscle after vaccination seems like a no-brainer of a link between the two. But here's why it's not so simple: While it is critical that the cases of myocarditis following Covid-19 vaccinations, both in adolescents and adults, be fully investigated, as is it critical to continue to monitor for any medical event occurring around the time of vaccinations, it is also critical to keep perspective regarding risk profiles of vaccination versus risks of the acute illness. Severe Covid-19 illness has remained rare in the population under age 30, but as of [June 2021](#), over 2,000 Covid-19 deaths have occurred in the under-30 age group, and over 3,000 under age 18 years have been hospitalized in the U.S. alone.



## **[SPERM COUNT NOT HARMED BY COVID-19 VACCINE, STUDY SAYS](#)**

CNN, June 17, 2021

If you are a man who has hesitated to get the Covid-19 vaccine due to concerns spread on social media that the vaccine may harm fertility, take heart. Sperm count and quality did not drop in healthy young men after receiving a first or second dose of the Pfizer or Moderna vaccine, according to a [new study](#) published Thursday in JAMA. "We now have evidence that should reassure you that the risk of immunization compromising your sperm count is extremely low," said Dr. David Cohen, co-medical director of the Institute for Human Reproduction in Chicago, who was not involved in the study. Cohen was the co-author of a [systematic review](#) that found the novel coronavirus is not sexually transmitted.

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## **[PMY ANNOUNCES NEWEST YOUTH BOARD MEMBER](#)**



PMY is proud to announce the appointment of its newest youth board member, Ferdinand Chisom Anumba. Ferdinand is a graduate of City College of New York, with a Bachelor of Science in Biology. In addition to working as a medical assistant in the hospital, he collaborates with different health organizations that seek to

mentor underrepresented minority students into becoming health professionals in the future. Ferdinand's passion for health care began while volunteering at the emergency room of Montefiore medical center. He loved seeing how physicians could use their medical knowledge to diagnose and treat patients in the emergency room. But growing up as an immigrant and an underrepresented minority also made him conscious of the language, cultural and socioeconomic barriers that hindered some of the patients from getting the best care possible. He aspires to be the doctor who connects with his patients on a deep level, bridging the gap between socioeconomic barriers and care. This desire is why he is currently striving to attend a medical school and become a medical doctor in the future. When he isn't busy in the hospital or with his community, Ferdinand loves to spend his free time playing soccer, trying different foods, and relaxing with family and friends. "We're delighted to have Ferdinand on board," said David Bell, PMY Board Chair. "Especially since his appointment brings youth representation to 25% of our full board number."

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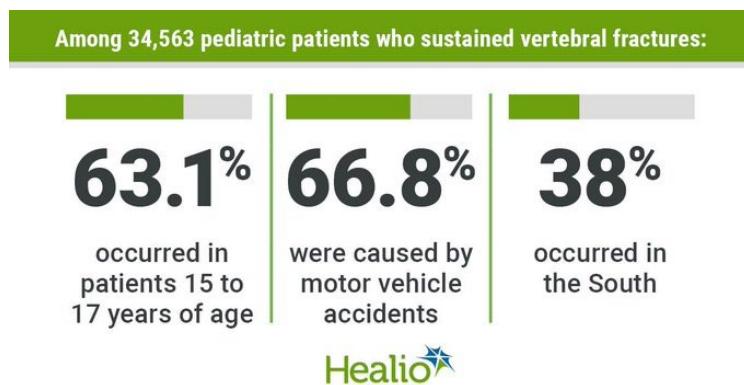


### **ADOLESCENT EATING DISORDERS ON THE RISE NATIONWIDE**

**WSAW, June 15, 2021**

Eating disorders in adolescents have continued to surge throughout the COVID-19 pandemic, nearly doubling since 2019, health officials report on Tuesday. Dr. Paula Cody, UW Health adolescent medicine specialist, explained that it is important for parents to look for warning signs in adolescents when it comes to these disorders. While doctors say there are multiple factors that contribute to eating disorders in teens, one common response is using food as a coping mechanism to deal with stress. "With this increased stress, some people have unhealthy coping mechanisms and they feel that things are out of control and what they put in their bodies, what they eat and how much they exercise is something they can control," explained Dr.

Cody. Other reasons for the upward trend include that teens have not been able to participate in school and other activities in the same way since before the pandemic, which could enable them to focus their energy on “getting healthy” and taking it too far. Dr. Cody also stated that increased screen time can contribute to fixating on social media photos with images that are edited to create an unrealistic body image. Dr. Cody recommended that families have meals together and talk about healthy ways to approach nutrition. Parents should also look for warning signs in their child such as a change in eating habits, a teen eating alone, or not eating food they normally enjoy.



#### [MOTOR VEHICLE ACCIDENTS REPORTED AS MOST COMMON CAUSE OF PEDIATRIC SPINAL FRACTURES](#)

**Healio, June 17, 2021**

Published results showed more than half of pediatric spinal fractures occurred in adolescents aged 15 to 17 years, with motor vehicle accidents reported as the most common mechanism of injury. Researchers found male patients sustained more spine fractures both overall and in motor vehicle accidents compared with female patients. “Findings of this study suggest more is required to improve seatbelt compliance,” the authors wrote. “A targeted approach utilizing technology and media awareness campaigns may expand seatbelt usage and decrease incidence of motor vehicle-related injuries.”

# IT'S TIME FOR A NEW DEFINITION OF MASCULINITY.

**HARRY'S**

## [MISGUIDED MASCULINITY KEEPS MANY MEN FROM VISITING THE DOCTOR](#)

US News, June 15, 2021

It's a cliché that men don't like to visit the doctor. But unlike tropes about refusing to ask for directions or put away their laundry, this one has serious health ramifications. It's a fact that men are less likely than women to get preventive screenings, seek timely medical care or be vaccinated for COVID-19 or the flu. Men also have shorter life spans than women. Although reasons for the life expectancy gap are complex, biology explains only part of it, said Wizdom Powell, director of the UConn Health Disparities Institute in Hartford, Connecticut. "There's something social happening," said Powell, who also is an associate professor of psychiatry at UConn Health. She and other researchers who have looked at why men avoid the doctor often focus on stereotypical concepts of masculinity. Mary Himmelstein, an assistant professor in the department of psychological sciences at Kent State University in Ohio, said men often think acknowledging pain or seeking help means "someone's going to take my 'man card' away from me." That means not only are they reluctant to visit a doctor when they're sick or injured, they might not communicate honestly once there. Men believe, "I have to put on this front, and I have to be consistently strong. I can't be seen as weak. I can't be seen as emotional. Because if I am, I'm going to lose social status," Himmelstein said.



## [MORE U.S. TEENS IDENTIFYING AS GAY, LESBIAN, BISEXUAL, STUDY SAYS](#)

**UPI, June 16, 2021**

More teens in the United States are reporting their sexual identity as gay, lesbian or bisexual, nationwide surveys show. Between 2015 and 2019, the percentage of 15-to 17-year-olds who said they identified as "non-heterosexual" rose from 8.3% to 11.7%, according to nationwide surveys by the U.S. Centers for Disease Control and Prevention. "Although our analyses demonstrated that there has been a significant increase in the proportion of girls and boys that self-identified as gay, lesbian or bisexual, we cannot be certain if this represents a true increase of this magnitude, or if it reflects at least in part, greater comfort by teens with acknowledging a non-heterosexual identity on an anonymous questionnaire," said Dr. Andrew Adesman, who led an analysis of the findings. Since 2015, the CDC's Youth Risk Behavior Survey has included questions about respondents' sexual identity and the sex of their intimate contacts.



## **5 REASONS BOYS AND YOUNG MEN NEED THE HPV VACCINE, TOO**

Memorial Sloane Kettering Cancer Center, June 10, 2021

HPV led to a five-fold increase of head and neck cancers in young men from 2001 to 2017, according to data released at the [2021 American Society for Clinical Oncology annual meeting](#). Memorial Sloan Kettering's [David Pfister](#), a medical oncologist who cares for people with head and neck cancer, says these cancer cases are just now emerging in people infected with the HPV virus many years ago. "Once the association between HPV infection and throat cancers was established, we better understood the significant increase in the rate of these cancers," he says. "There is a delay between infection and the development of cancer, so there is a big reservoir of people already potentially at risk."



## [\*\*THE REAL REASON WHY BLACK MEN ARE MOST AT RISK OF SUICIDE\*\*](#)

Metro.co.uk, June 7, 2021

UK [\*\*2019 figures\*\*](#) reveal worryingly high male suicide rates. The Nuffield Foundation also recently reported that thoughts of death were, on average, a third higher in 'BME groups' than in people of other ethnicities during lockdown. Experiences of psychological or physical abuse, or bullying, have been around 80% higher. Fears of unemployment, financial stress and catching Covid-19 have only exacerbated preexisting issues. The stats are incredibly worrying, as is the trajectory. The disproportionate impact of the pandemic that falls on Black shoulders – from the [\*\*higher rates of mortality\*\*](#), to the higher likelihood of [\*\*financial instability\*\*](#) – means the next few years could see a lethal combination of [\*\*increased stress\*\*](#), grief, trauma and discrimination within this demographic. 'Young Black men are caught at the intersection between the current crisis and longstanding inequalities,' says Kadra Abdinasir, head of children and young people at the [\*\*Centre for Mental Health\*\*](#). 'They are bearing the brunt, and the worst may be yet to come.'



[\*\*PMY ANNOUNCES THAT ERIN HEMLIN, DIRECTOR OF HEALTH\*\*](#)

## **POLICY AND ADVOCACY AT YOUNG INVINCIBLES, HAS JOINED THE PMY BOARD OF DIRECTORS**

Ms. Hemlin oversees health policy and advocacy for [Young Invincibles](#). She currently leads YI's policy development and government relations work related to access to health care with a focus on the federal marketplace and Medicaid, as well as young adult health care utilization, specifically regarding mental health. Previously, Erin led YI's health care consumer education work for five years which focused on ACA implementation and helping young people access coverage directly, as well as connecting partners to young adults in their communities. She has authored reports for YI focused on young adult health, and was a contributing author for the textbook Navigating Health Insurance. Her work has been frequently cited in the media, including major publications like NPR, NBC News, and The New York Times. She previously worked for a social change-oriented lobbying firm, The Sheridan Group, and for the Congressional Research Service. She serves on the Board of Directors of The National Alliance for Adolescent Health, and enjoys reading, and all things sports in her spare time. She is a native Texan, and received her B.A. from St. Edward's University, and M.A. from George Mason University. "We're delighted to have Erin on board," said David Bell, PMY Chair. "She brings a unique, and important, perspective to our youth serving work."

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### **[AFLAC STUDY: MEN'S HEALTH OFTEN IN WOMEN'S HANDS](#)**

*Women are key to unraveling men's personal health perceptions, education is needed to address root reasons why men avoid the doctor and promote overall wellness*

**PR Newswire, June 8, 2021**

In connection with June's Men's Health Month, created to bring awareness of male-specific health issues, [Aflac](#), a leading provider of supplemental insurance products in the U.S., released findings of its new [2021 Men's Health Issues Survey](#). The study suggests that men's optimism about their health may not necessarily be realistic, and one of the most common motivators for men to see their doctor — the women in their lives — can often lead to arguments. According to the [national online survey](#) of 1,000 U.S. men, 90% said they lead at least a somewhat healthy

lifestyle, but research from the CDC and NHANES suggests men may have some disconnected perceptions about their health. The [CDC reports](#) that nearly half of men have high blood pressure, and according to [NHANES](#), 43% of men are obese — not to mention that a number of health issues are unique to or much more common with men than women, such as certain cancers and heart disease. Men agree that a positive, encouraging nudge to go to the doctor can help, with 44% saying their spouse or partner (wife, girlfriend, husband or boyfriend) persuades them the most to visit the doctor. Women, in particular, have the strongest pull, with over half (56%) of men reporting their wives, girlfriends or mothers most persuade them to go to the doctor. However, the topic of going to the doctor can be a contentious one for men. Although 50% say they discuss health-related issues with their female relatives (wife, girlfriend or mother), 43% said they have argued with or withheld health concerns from them.



## [HOW TO TALK TO THE MEN IN YOUR LIFE ABOUT MENTAL HEALTH](#)

**Cosmopolitan, June 10, 2021**

By now, most people are familiar the chilling figures around male [mental health](#): suicide is the biggest killer of men under 50 in the UK, three times as many men [die by suicide](#) than women, and men are less likely to access psychological therapies than women, according to the [Mental Health Foundation](#). The big question is: why? Of course, there's no simple answer, explains Dr Jay Watts, [Clinical Psychologist, Psychotherapist](#) and [CALM adviser](#). "Men still struggle to speak about emotional pain. Old myths such as, 'real men don't cry' linger longer in the psyche. This means that men often feel alone and hopeless - often without the same access to a language about emotions that women are more encouraged to cultivate in early life, and as a result of the way [female friendship](#) groups form," Dr Watts says. "There are also particular things that elevate the risk for men specifically, such as economic instability and unemployment. This is because they poke the 'men should be breadwinners' trope," she adds. "In a patriarchal society, on the surface, it looks like we're doing well, with men in positions of power, earning more, and having male privilege. And there are many things that we benefit

from, but actually, on the other side there are lots of things that we are really struggling with," JJ, 34, Writer, Poet and Mental Health Social Worker says. He lists a range of issues that affect men disproportionately - substance abuse, homelessness and suicide - as well the problem of male aggression and **gender-based violence**. "Most men still seek help saying something like: 'I don't want to live so my girlfriend/mum/wife thought I should come and see you.' Owning that need can feel like showing too much vulnerability," Dr Watts says. "This is changing generationally but the progress we were making has been thwarted by COVID's disastrous effect on mental health." It's really important, therefore, to associate help-seeking with positive, potent masculinities. "Strength rather than weakness, if you will."



### **GENDER STEROTYPES STILL HOLD TRUE FOR YOUTH AND TYPES OF POLITICAL PARTICIPATION**

**AAAS EurekAlert, May 31, 2021**

Gender roles absorbed at an early age seem to have shaped today's youth regarding their involvement in politics, in line with traditional stereotypes, concludes a new study, conducted amongst adolescents and young adults aged between 15 and 30 in Italy, within the Horizon 2020 project: "CATCH-EyoU. Processes in Youth's Construction of Active EU Citizenship". In their research article, published in the peer-reviewed, open-access scientific journal Social Psychological Bulletin, the research team from the University of Bologna report that it is young males that would more often engage directly with politics, like enrolling in a political party, acting to influence government policy, contacting a politician or taking part in a protest. On the other hand, young females would rather opt for civic activities, such as volunteering, charities, religious-based initiatives, boycotting etc.



## SHOULD THE DRINKING AGE BE DIFFERENT FOR MEN AND WOMEN?

Psychology Today, June 1, 2021

We can mostly thank Justice Ruth Bader Ginsburg, of blessed memory, for convincing the Supreme Court that gender discrimination should be viewed with "heightened scrutiny" (though gender-based laws often don't get quite the high level of "strict" scrutiny" that racially based laws often do; the 14th Amendment is, after all, a "Civil War amendment".) A Supreme Court case she wrote the majority opinion for was instrumental in treating men and women the same under the law. [In this case](#), women had been excluded from admission to the Virginia Military Academy, and Justice Ginsburg wrote that even if few women would be interested in the macho and militaristic education there, the state could not exclude the ones that did. When it came to the drinking ages case, the Supreme Court likewise decided that we cannot discriminate between men and women in ability to buy this barely alcoholic beer. A statistic cited by the Court in this case showed that 0.18% of females but 2.0% of males between 18-20 were arrested for alcohol related driving offenses. I found that to be a sobering statistic: Young men were more than eleven times as likely to be arrested for drinking and driving than young women. When it comes to males engaging in risky behavior like drinking and driving, the case made me think about the Young Male Syndrome, identified by the evolutionary psychologists Margo Wilson and Martin Daly. Young men are particularly likely to engage in risky and dangerous behaviors, so as to garner social status and attract mates. This theory helps to explain why young men are prone to drinking and driving, along with other risky behaviors to show off and impress other males to compete with them (intrasexual competition), and to attract women (thus the theory thought-provokingly implies young women may select males to mate with, based on this apparently bone-headed behavior). Not only is there a specific statistic that young men are much more likely to drive drunk, but there is also a compelling theoretical explanation for this gender difference, along with a broader pattern of risky behavior.



## [\*\*ABUSED OFFERS PERSONAL INSIGHT INTO WHY YOUNG MALE ATHLETES DON'T REPORT ABUSE - AND THE TRUE COST OF THAT SILENCE\*\*](#)

*Former Olympic-bound athlete John-Michael Lander breaks the silence of sexually abused male athletes*

**Yahoo! Finance, June 1, 2021**

1 in 6 males have been sexually abused, but this number is likely higher in sports since males are reluctant to report. Research indicates reported cases of male athletes are higher in Canada, Germany, and Sweden; research on U.S. male athletes is still lacking. 'Masculine anxiety' could be a significant contributor to why males do not report, for fear of not being able to live up to society's rigid standards of masculinity. The embarrassment of being groomed and manipulated adds to the humiliation that males feel. Former Olympic-bound athlete John-Michael Lander says he harbored the secrecy of sexual abuse he endured from his coaches, medical team, and the professionals (who sponsored him) by suppressing shame, guilt, confusion, judgment, emasculation, and fear of retribution and retaliation. Lander says, "We were taught that males could not be raped; it was just merely hazing, initiation, or rite of passage." Earning national attention when he was fifteen years old and took eighth at the 1978 Junior Olympics in diving, Lander recalls that the pressures and sacrifices provided an environment of secrets. Relationships between athletes, coaches, and medical examiners were heightened and manipulated. While still developing mentally, emotionally, and physically, he was prime prey for a predator's fantasy and the perfect candidate to be groomed into the world of silence, shame, and denial.



## [ADHD MEDICATIONS MAY LOWER SUICIDE RISK IN KIDS](#)

Helio, June 4, 2021

Children with substantial externalizing symptoms who received [\*\*ADHD medications had lower odds for suicidality\*\*](#), a cohort study showed. Researchers wrote in JAMA Network Open that “there is a critical need to identify modifiable risk and protective factors” for suicide. Previous research, they added, has shown that psychostimulants may reduce suicidal behavior in patients with ADHD, but existing studies lack information on symptom severity and other confounders. “Thus, more data are needed on the potential relevance of ADHD medications use in children, which is increasing globally, to suicide prevention,” the researchers wrote. To learn more, they examined cross-sectional and 1-year-longitudinal associations among 11,878 children (mean age at baseline assessment = 9.9 years; 52.2% boys; 74.1% white), from the Adolescent Brain Cognitive Development (ABCD) Study, which took place from 2016 to 2019. “Given the connection between childhood suicidality and poor adult mental health, these findings emphasize the importance of better and more thorough screening of school-aged children for externalizing behavioral symptoms,” Barzilay said. “These symptoms are treatable and addressing them early has the strong potential to prevent and mitigate serious mental health issues later in life.”



## **SMOKING IN EARLY PUBERTY IN BOYS MAY AFFECT THE HEALTH OF FUTURE GENERATIONS, STUDY SHOWS**

**Medical Life Sciences News, June 2, 2021**

Smoking in early puberty in boys may have negative consequences for their future generations of offspring, a study from the University of Bergen (UiB) shows. By continued analysis of data gathered in the large international RHINessa, RHINE and ECRHS studies, researchers have found that the health of future generations depends on actions and decisions made by young people today. This is particularly relevant for boys in early puberty and mothers/grandmothers both pre-pregnancy and during pregnancy, the study shows. The paper "Prenatal and prepubertal exposures to tobacco smoke in men may cause lower lung function in future offspring: a three-generation study using a causal modeling approach" was recently published in the European Respiratory Journal. The study highlights the importance of putting greater focus on smoking in young people (defined as before 15 years of age) to prevent potential damage on lung function in future generations. It also suggests including the use of moist oral tobacco (snus) and e-cigarette use.



## **THE BIGGEST MEN'S HEALTH ISSUES 4 HOSPITALS, HEALTH SYSTEMS ARE FACING, AND THEIR RESPONSE**

**Becker's Hospital Review, June 2, 2021**

Celebrated each June, Men's Health Month offers an opportunity to raise awareness about and discuss men's health issues, which have been brought even more to the forefront amid the COVID-19 pandemic. Becker's asked hospitals and health systems to share the biggest problem they face related to men's health right now, as well as how they're working to address them.



### **GYNECOMASTIA HAS A HUGE IMPACT ON THE MENTAL HEALTH OF MEN**

*Plus, the impact it has on men's body confidence and self-image.*

**Australian Men's Heath, June 2, 2021**

You may have heard the sentiment that men who take a bunch steroids, and then stop, can eventually get man boobs. But do you know this development actually has a name? Gynaecomastia is caused by an imbalance of oestrogen and androgens which can occur at any time, and has a huge impact on the body image of men who have it. One doctor, 48-year-old Swedish-born Australian-trained specialist surgeon Dr Bernard Beldholm, specialises in performing procedures to help correct Gynaecomastia, and is incredibly passionate about helping men work through these self-confidence issues. "The physiological trauma associated with gynaecomastia can be devastating, however it's often brushed aside in the medical world as the condition usually is of no danger to the physical health of the individual. From embarrassment and low self-esteem to depression and anxiety, left untreated the damage of this condition can become lasting and detrimental to the individual's wellbeing."



### **MORE STUDY URGED AFTER 7 TEEN BOYS SUFFER HEART INFLAMMATION AFTER GETTING COVID-19 VACCINE**

**Newsweek, June 4, 2021**

Several teenage boys who experienced non-life-threatening heart inflammation after receiving the second dose of the COVID-19 vaccine have prompted health officials to look into whether the cases could be a rare vaccine side effect in teens and young adults. According to an article published online Friday in Pediatrics, seven teenage boys in the U.S. experienced heart inflammation following the second dose of the Pfizer shot, but more research is required to prove the cases are linked to the vaccine. None of the boys, who ranged in age from 14 to 19, were critically ill, but imaging tests showed a type of heart muscle inflammation called myocarditis. They all received second Pfizer doses in April or May.



### **CREATIVE AND SPORTING ACTIVITIES MAKE MENTAL HEALTH SUPPORT MORE ACCESSIBLE FOR BOYS AND YOUNG MEN, STUDY FINDS**

*The report calls on the NHS to develop services based on the Thriving Not Just Surviving approach, combining youth work with mental health support*

**The Voice, June 2, 2021**

Mental health services should be more flexible and informal to reach out to boys and young men, according to a report published today by Centre for Mental Health. Trying something new: Improving boys' and young men's mental health through sports and creative activities is based on an evaluation of Comic Relief's three-year Thriving Not Just Surviving programme which offered tailored mental health support for boys and young men. The programme also aimed to tackle stigma and gender stereotypes that boys and young men face in relation to their mental health. The report calls on the NHS to develop services based on the Thriving Not Just Surviving approach, combining youth work with mental health support. It also says that the mental health workforce needs to be more reflective of the communities it seeks to serve. And the Government needs to fund local authorities to rebuild youth services after years of cuts.



## [\*\*HPV VACCINE CAN REDUCE ANAL CANCER IN GAY & BISEXUAL MEN\*\*](#)

**Star Observer, June 5, 2021**

The success of Australia's school-based human papillomavirus (HPV) vaccination programme has been reaffirmed with a new study showing a 70 per cent reduction in one type of HPV that is most commonly linked with anal cancer in gay and bisexual men. The study by Monash University and Alfred Health published in [\*\*Lancet Infectious Diseases\*\*](#) found a reduction in anal, penile and oral vaccine-preventable genotypes in gay and bisexual men aged 16-20 years following the introduction of gender neutral HPV vaccination program in Australia in 2013. "This is the first study to show that the implementation of the gender-neutral program can reduce high-risk anal HPV and potentially reduce the incidence of anal cancer in gay and bisexual men," the study authors said in a [\*\*media statement\*\*](#).



## [\*\*REVIEW: 'HOW TO RAISE A FEMINIST SON' IS A POIGNANT AND TIMELY BOOK\*\*](#)

*In this memoir plus manifesto, Sonora Jha combines her own journey as a feminist, with her journey as a mother attempting to raise a man with compassion, empathy and kindness.*

**The Wire, May 24, 2021**

The most striking thing about Sonora Jha's How To Raise a Feminist Son is its embracing of vulnerability, which runs through the book like a thread. As I type this out on my Word document, I have a sudden urge to check the synonyms of vulnerability. Weakness, defencelessness, helplessness. I smile an ironic smile. The

most significant feminist lesson in this book, then, hides between the lines: the idea of vulnerability, openness and gentleness as strength. The feminist worldview envisions a universe where strength does not lie in being an aggressor and an oppressor. Where gentleness is not mocked and empathy is a virtue, not a burden. In this memoir plus manifesto, Jha shows us just how. The narrative combines her own journey as a feminist, with her journey as a mother attempting to raise a man whose "compassion, empathy and kindness is turned, in its attention, to the female condition, to the condition of half of humanity". A man who "is alert to misogyny".

# WELL BEINGS

**SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR YOUNG PEOPLE  
AGES 10 TO 24. HOW CAN WE MAKE A DIFFERENCE?**

**Forbes, May 24, 2021**

I have been a therapist for 40 years, counseling children, adults, families, and couples. Possibly the greatest gift in my life is working with kids. Sometimes it can be difficult to hear their stories and walk with them on their journeys. I am inviting you to join me and share a glimpse of what I see and hear daily. This following story is representative of young people I have worked with over the years, that have taken their lives or thought about it.



## **THE POWER OF GREAT MALE ROLE MODELS**

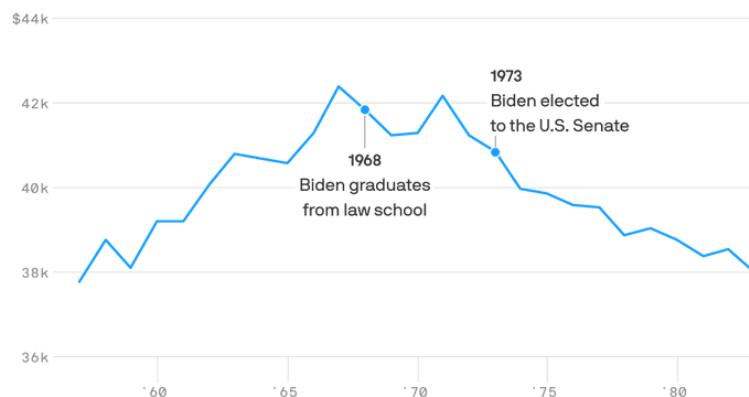
*"As fathers, we need to figure out how to show up in the world for our kids, especially now."*

**Men's Health Australia, May 27, 2021**

Selfless, humble, kind, empathetic, respectful – these are just a handful of words I'd use to describe my father. They are also the same words that I use to describe what it takes to become the most powerful role model we can each be. It probably won't come as a surprise then that when I'm asked who the most powerful role model in my life has been that my answer is my dad. He taught me the true meaning of these words and I know that if I want to be the best role model I can be then I know I must strive for the same. I'm so lucky to now have a four-year-old son of my own, Benji, and a one-year-old daughter, Elsie. It's not easy being a dad; it's the hardest thing I've ever done. I'm sure there are countless fathers out there who, like me, get so caught up in the hectic day-to-day of being a dad, that we sometimes forget how significant a role we play in our children's lives. As fathers, we need to figure out how to show up in the world for our kids, especially now.

## **U.S. men's median annual earnings over a lifetime**

Median annual earnings from age 25-55 by the year that cohort turned 25, from 1956 to 1983 in 2013 dollars



## [\*\*AMERICAN MALE EARNINGS HAVE BEEN ON A STEEP AND STEADY DESCENT\*\*](#)

**Axios, May 25, 2021**

The lifetime earnings of the median male worker declined by at least 10% for those who entered the workforce at age 25 in 1967, compared to those who entered the workforce at the same age in 1983. That decline comes to roughly \$136,000 (in 2013 dollars) in lost earnings during the lifetime of those workers, according to [new research](#) from the Becker Friedman Institute for Economics at the University of Chicago. "The middle class built the country. And unions built the middle class," Biden said in his joint address to Congress in April. "It's time to grow the economy from the bottom-up and the middle-out."



## [\*\*DANIEL HOWELL ON QUEER SELF-CARE IN A STRAIGHT WORLD\*\*](#)

*Daniel Howell came out on YouTube a year ago and now has a bestselling book about how straight and queer men can best look after their mental health. In a weird year for Pride, and for mental health, we asked Howell how the LGBTQ+ community should look after themselves*

**GQ Britain, May 30, 2021**

Being a man is not easy, nor is navigating your [mental health](#) as one. But for queer men the problems are both very similar and entirely their own. Finding space in this world to process the hard parts of being queer and making sure we don't bring the worst parts of [masculinity](#) into queer spaces isn't easy either. [Coming out](#) might seem like the seminal moment in a [gay](#) life but, actually, much of what follows is no easier. Daniel Howell – "a professional internet clown" – has documented his own experiences with coming out, being gay and the struggles with his own mental health on his YouTube channel. Now he's released a book, *You Will Get Through This Night*, which is currently at number one on the *Sunday Times* chart. The decision to do a book around mental health was partially inspired by a resistance to doing a memoir – "My entire life story is on the internet, go watch it if you want" – and also by the fact that, "For 28 years, I never even took a slight interest in my own mental health, asking how I was feeling, because if you've had a busy work day the last thing you want to do in your spare time is homework about mental health."



### **PREEMIE BOYS AGE FASTER AS MEN, STUDY SHOWS**

*They do not do as well as their normal weight counterparts or preemie girls*

**Science Daily, May 17, 2021**

Boys born weighing less than a kilogram are miracles, but they do not age as well as the girls, according to new research from McMaster University. Researchers following a group of extremely low birth weight (ELBW) babies as well as their normal weight counterparts have found that, at least biologically, the premature or preemie boys age more quickly and are 4.6 years older than boys with normal birth weight born at the same time. The difference was not found between birth weight groups in girls. In the study published in the journal Pediatrics today, the researchers point out that the rate of aging may be influenced by boys' handling of physiological stress before birth, and in the hospital neonatal intensive care unit after they are born.



## **YOUNG MALE ADOLESCENTS WITH HIGH BMI AT RISK FOR MODERATE TO SEVERE OBSTRUCTIVE SLEEP APNEA**

**Pulmonology Advisor, May 19, 2021**

Adolescent male patients with a higher body mass index (BMI), adenotonsillar hypertrophy, and sleep-disordered breathing have an increased risk of moderate to severe obstructive sleep apnea (OSA), according to findings presented at the American Thoracic Society (ATS) 2021 International Conference, held virtually from May 14 to May 19, 2021. The researchers sought to investigate the correlation between adolescents with persistent asthma and moderate to severe OSA compared with mild intermittent exercise-induced asthma. A total of 231 patients between the ages of 11 to 17 years diagnosed with asthma were given in laboratory polysomnograms for sleep-disordered breathing symptoms (eg, snoring, witnessed apneas, excessive daytime sleepiness, and insomnia) and evaluated from 2017 to 2019.

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## **PMY ANNOUNCES FIVE NEW PARTNERS**

PMY is proud to announce that five more organizations have signed on as PMY Partners. We encourage you to visit their websites. "These organizations play important roles in advancing adolescent health, including male adolescent health," said David Bell, MD, PMY Board Chair. 'We are pleased to add them to our ever-growing list of collaborating organizations."

The organizations are:

[National Adolescent and Young Adult Health Information Center](#)

[The National Compadres Network](#)

[Prevention Institute](#)

[Taylor Hooton Foundation](#)

[Michigan Institute of Urology Men's Health Foundation](#)

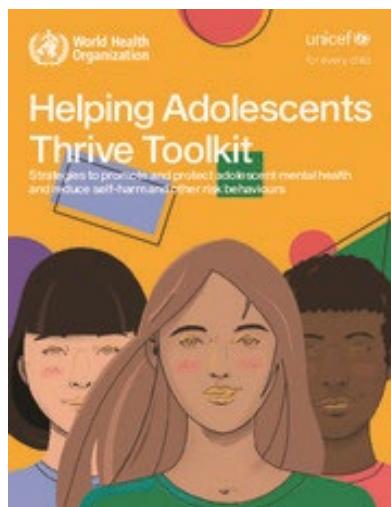
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## DADS CONCERNED WITH BULLYING SHOULD LOOK AT ALTERNATIVES TO FIGHTING BACK

**Men's Variety, May 20, 2021**

According to 2019 [statistical data](#) from the National Center for Education Statistics and Bureau of Justice about 20% of students ages 12-18 experienced bullying nationwide. Also, 19% of students in grades 9-12 report being bullied on school property in the 12 months prior to the survey. Less than half of students between the ages of 12-18 notified an adult at school about bullying. Instead of telling your child to get tougher and fight bullies with physical force, you can challenge your child's perceptions about their situation. Help them to see that their bully isn't as powerful as they perceive them to be. Help them to see that their bully doesn't have the power to ruin your child's social standing and seeking help from adults isn't considered uncool or weak.



## **HELPING ADOLESCENTS THRIVE TOOLKIT**

*Strategies to promote and protect adolescent mental health and reduce self-harm and other risk behaviours*

**World Health Organization, May 18, 2021**

This publication, produced by the World Health Organization and UNICEF, has been developed to support the implementation of the WHO Guidelines on mental health promotive and preventive interventions for adolescents, released in 2020. The Toolkit includes a core set of evidence-informed strategies to promote and protect adolescent mental health. These strategies focus on: the implementation and enforcement of laws and policies; environments to promote and protect adolescent mental health; the provision of support to parents and other caregivers; and psychosocial interventions for adolescents, including for groups exposed to vulnerabilities. Tools to guide implementation and examples of programmes already introduced in countries across regions are included.



## **WORRIED YOUR CHILD HAS AN EATING DISORDER? THIS PEDIATRICIAN HAS ADVICE.**

**Washington Post, April 27, 2021**

As a pediatrician, I've seen how the pandemic has deeply affected our youth; they are suffering from depression and anxiety as they were pulled from routines, school and peers for a year. But one effect I've seen that has been surprising: the number of tweens and teens who are suffering from eating disorders, probably brought on by this isolating time. With the increase in coronavirus vaccinations, the relaxation of strict guidelines and the return to school in some communities, it's easy to think that the worst of this pandemic is behind us. But the pandemic has given rise to a mental health crisis of monumental proportions among our youth. "The number of new referrals, along with the amount of hospitalizations for eating disorders, has doubled at the hospital over the last year," says Lisa Tuchman, chief of adolescent medicine at Children's National Hospital in D.C. So, as we dream

about a return to our normal routines and lives, what do teens, parents, caregivers and educators need to know about detecting and battling eating disorders? Here are questions I've heard from parents and my answers, so we can address this growing health crisis among young people.



### **MEN AREN'T TALKING ABOUT THEIR FEELINGS AND IT'S A DEADLY PROBLEM**

*Suck it up. Harden Up. Be a man about it. How many times have you heard these words? Do you think they help, or make it harder to deal with problems?*

**TV New Zealand, May 13, 2021**

What about NZ's high suicide rate? Last year, 654 people died by suicide and most of them were men. In this episode, we talk mental health, and get real about the different things that affect how we think, feel and talk. We meet Evandah Steadman, who takes us through some of his family's darkest days. Surfing legend Daniel Kereopa talks about his own mental health journey, and friends Phillip, Liam and Teowai get honest about being vulnerable. [\*\*One for the Boys\*\*](#) is a documentary, article and photo series about masculinity in Aotearoa today. We look at what it means to be a man, and how and why that's changing. [\*\*See here\*\*](#) for more from One for the Boys.



## [PRINCE HARRY IS SAYING THE THINGS MILLIONS OF YOUNG MEN NEED TO HEAR](#)

**Independent, May 14, 2021**

Broadcaster James O'Brien [wrote](#) yesterday about spending years full of "public school swagger" until he had two sessions of therapy and left, tears streaming, having decided to rebuild his life. So, too, to [Prince Harry](#). I listened to his appearance on the American podcast [Armchair Expert](#), and am left convinced of one thing: Harry can be an important part of the conversation about male mental health. It's rare to hear young men talking openly and frankly about how they've suffered, or are suffering – and it's exactly what is needed to tackle some of our biggest social crises: male suicide, which [hit a two-decade high](#) in 2019 in England and Wales; depression and toxic masculinity. Hearing someone like Prince Harry discuss the ways in which empathy, compassion, self-awareness (and therapy) have helped him deal with his emotions is a breath of fresh air.



**The Sydney Morning Herald**

## [SEX, SCHOOLKIDS AND WHERE IT ALL GOES WRONG](#)

*Privilege. Porn. Parent-free parties. An alcohol-fuelled climate in which being nice to girls is considered uncool. A wave of sexual assault allegations involving students from some of our top private schools underlines the need to foster a healthier brand of manhood.*

## **The Sydney Morning Herald, May 15, 2021**

Welcome to the jungle. In this particular jungle – often a none-too-shabby home in a glorious blue-ribbon suburb of Sydney or Melbourne – young women are raped while comatose at parties; they wake up naked, sometimes with penises in their mouths, or with their underpants soaked in blood, after having been groped, penetrated, then discarded like a used condom.

Sometimes they go limp, they resist, they freeze. In these hunting grounds – much like the unsparing world of the animal kingdom – there are packs and pecking orders and a fierce determination by some males to achieve social dominance and control. This is the world Australia was introduced to by Chanel Contos on [February 19](#), after the former student of Kambala, a private girls' school in Sydney's east, launched an [online petition](#) calling for better – and earlier – sexual consent education, following a life-shaping discussion with friends about their shared history of sexual assault. The petition unleashed a tidal wave of anonymous testimonies from hundreds, eventually thousands, of former and current private school girls nationwide, some as young as 13, attesting to their mistreatment at the hands of boys from some of the most elite schools in Australia.



## **['BOYS WILL BE BOYS' – STUDY EXPLORES VIEWS OF COLLEGE DATING VIOLENCE](#)**

**Florida Atlantic University, May 4, 2021**

Dating violence – physical, sexual, psychological or emotional within a relationship, including stalking – is pervasive on college campuses with far-reaching health implications. One in five women experience a sexual assault in college and students living in sorority houses are three times more likely to experience rape. College students are vulnerable to dating violence because of the influence of their social and living environments. Researchers from Florida Atlantic University's College of Education in collaboration with Sacred Heart University conducted a study to understand the dating violence experience and perpetration of college-age women, as well as how they conceptualize violence in dating relationships. They also wanted to learn more about the role of technology within their lived experiences, which

infuses most areas of American life, especially in dating and romantic relationships. Mobile technology allows 24-hour access, which also facilitates stalking and controlling behaviors. Results of the study, published in the journal [Violence Against Women](#), illuminate the span of dating violence knowledge among the participants and point to a lack of understanding of what constitutes emotional violence. Findings reveal normalization of unhealthy violent behaviors where sexual pressure or sexualized verbal harassment are viewed as an innate part of men, supporting the idea that "boys will be boys."



## [MARYLAND SEEKS TO BOOST ACADEMIC ACHIEVEMENT AMONG BLACK BOYS](#)

**Washington Informer, May 5, 2021**

A report released by the Maryland Department of Education gives recommendations leading to improved student achievement among Black males which focus on social, emotional and behavioral support, recruiting and training educators and revisions in school curricula and pedagogy. The proposals come from a task force that developed a nearly 100-page document, ["Transforming the Culture of Maryland's Schools for Black Boys."](#) According to the Partnership for Assessment of Readiness for College and Careers [PARCC], test scores for Black boys in the third through eighth grades represented the lowest "proficient" rating at 12 percent in 2015 and 16 percent in 2019. In comparison, about 14 percent of Black female students recorded as proficient in 2015 with an increase to 18 percent in 2019. All other students scored proficient from 37 percent in 2015 to 41 percent in 2019. Meanwhile, high school graduation rates for a four-year cohort through 2019, stood at 81 percent for Black males while Black females and other students stood at 88 percent. During the same period, Black male students recorded the highest expulsion and suspension rates.



## [ADHD CAN PRESENT DIFFERENTLY IN BOYS AND GIRLS: WHAT TO LOOK OUT FOR](#)

**Medical Express, May 7, 2021**

While some of us might perceive ADHD as a condition that affects males (particularly boys), it affects girls and women too. And it's important to understand that the way it presents in girls can be quite different to the way it manifests itself in boys. The way ADHD presents in girls and boys is [in many ways similar](#), but there are [a few noteworthy differences](#). Most importantly, while symptoms of hyperactivity-impulsivity are present across genders (with some studies showing more hyperactivity in boys), [symptoms of inattention](#), which can be easier to overlook, are seen more frequently in girls. Further, the onset of ADHD symptoms can [differ across gender](#). Symptoms of hyperactivity tend to present early in school life. Inattentiveness, by contrast, has a slightly later onset. So girls with ADHD can often [go undetected](#) until academic and organizational demands increase in late primary and high school. Girls with ADHD are also at higher risk of Developing [depression and anxiety](#) than boys. If depression and anxiety occur at the same time as ADHD, it can be [more difficult](#) to diagnose ADHD. A [range of possible mechanisms](#) have been implicated in the difference in ADHD expression between genders, from hormonal changes, to cognitive differences, to social factors. But we need more research to truly understand the reasons behind the disparity.



## [HOW BULLYING AND OBESITY CAN AFFECT GIRLS' AND BOYS' MENTAL HEALTH](#)

**AAAS, May 7, 2021**

Depressive symptoms are more common in teenage girls than in their male peers. However, boys' mental health appears to be affected more if they suffer from obesity. Irrespective of gender, bullying is a considerably greater risk factor than overweight for developing depressive symptoms. These conclusions are drawn by researchers at Uppsala University who monitored adolescents for six years in a questionnaire study, now published in the *Journal of Public Health*.



## [LONELINESS IN MIDDLE-AGED MEN TIED TO HIGHER CANCER RISK](#)

**Web MD May 4, 2021**

Loneliness among middle-aged men ups their risk of cancer, and being single at the time of diagnosis often leads to worse outcomes, confers a worse prognosis, a 20-year study from Finland found. The study also found that although loneliness was associated with an increased risk of cancer, social isolation was not. It's not clear why loneliness had a stronger association with cancer compared with social isolation, but it could be linked to satisfaction, lead author Siiri-Liisi Kraav, MSc, a PhD student at the University of Eastern Finland, said. "For many people, their level of social contacts (social isolation) is satisfactory, and it does not necessarily cause

suffering. Loneliness, however, by definition includes dissatisfaction with the situation," Kraav told Medscape.



UConn Health Disparities Institute is proud to present

### The State of Health Equity Among Boys and Men of Color Summit.

Join us **June 8-10** for a virtual event unlike any other - full of lively and impactful content and discussion on behavioral health, HIV/AIDS, trauma, incarceration, and justice, and infused with art in a way you have not experienced with other virtual events.

Featured speakers include:

Dr. Arthur Evans, CEO of the APA

Akeem Browder, President and Founder of the Kalief Browder Foundation

Dr. Howard Stevenson, Director of the RWJF's Forward Promise Initiative

Mr. Daniel Mendoza

Mike Keo, Founder of "I am not a virus"

Dr. Thema Bryant Davis

Youth Justice Advisors

And many others!

Go [here](#) to register

## BOOKSHELF

Recommended reads:

**How To Raise A Boy: The Power of Connection to Build Good Men**  
by Michael Reichert

Over the past two decades an explosion of new studies has expanded our knowledge of how boys think and feel. In How to Raise a Boy, psychologist Michael Reichert draws on his many years of research to challenge age-old conventions

about how boys become men. Reichert explains how the paradigms about boys needing to be stoic and manly can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors can help boys develop socially and emotionally. Reichert offers step-by-step guidance in doing just that.

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**[Boys' Secrets and Men's Loves: A Memoir](#)**

by [David A.J. Richards](#)

Boys' Secrets and Men's Loves is the memoir of a law professor who has written over twenty books on the basic rights of American constitutionalism. He has been a prominent advocate of gay rights and feminism, which joins men and women in resistance. A gay man born into an Italian American family in New Jersey, he relates in this book his own experience on how the initiation of boys into patriarchy inflicts trauma, leading them to mindlessly accept patriarchal codes of masculinity, and how (through art, philosophy, and experience—including mutual love) he and others (straight and gay men) come to join women in resisting patriarchy through the discovery of how deeply it harms men as well as women.

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**[The Heart of a Boy: Celebrating the Strength and Spirit of Boyhood](#)**

by [Kate T. Parker](#)

Against the backdrop of a growing national conversation about how to raise sons to become good people, Kate T. Parker is leading the way by turning her lens on boys. Author of the bestselling book about girls *Strong Is the New Pretty*, she now shows the true heart of a boy in 200 compelling photographs.

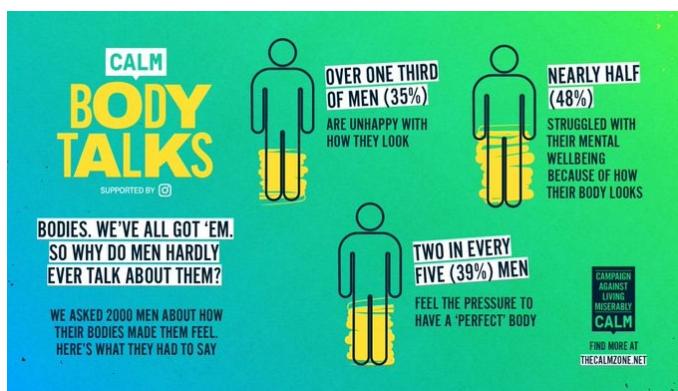
Boys can be wild. But they can also be gentle. Bursting with confidence, but not afraid to be vulnerable. Ready to run fearlessly downfield—or reach out to a friend in need. In this empowering, deeply felt celebration of boys being—and believing in—their selves, see the unguarded joy of a little brother hugging his big brother.



## BODY IMAGE AFFECTS HALF OF MEN'S MENTAL HEALTH, NEW STUDY SHOWS

**BBC, April 29, 2021**

Almost half of UK men say poor body image has affected their mental health, according to a new study. Research by suicide prevention charity Campaign Against Living Miserably (CALM) and Instagram found 48% of men aged 16-40 had struggled because of how they feel about their body. Of 2,000 males asked, 58% said the pandemic had affected how they feel about their body in a negative way. Only 26% said they were happy with how they look. And 21% said they don't feel comfortable talking to anyone about it. CALM and Instagram are launching a new series, CALM Body Talks in an attempt to start that conversation. Body image campaigners Jamie Laing, Stevie Blaine, Leon McKenzie, and Russell Kane are all involved in the series.



## CAMPAIGN AGAINST LIVING MISERABLY (CALM) AND INSTAGRAM: CALM BODY TALKS

**The Drum, April 2021**

The implications of the pandemic for mental health has been huge, so much so, The Royal College of Psychiatrists has called it a "mental health crisis". One area that doesn't get enough airtime is the impact male body image has on young men. As a direct result of the pandemic, over half of young men have felt negative about their

body, while 48% say their mental health has suffered because of how they feel about it, according to research commissioned by Campaign Against Living Miserably (Calm). Scrolling through Instagram, while the body positive and self-love moment is positively thriving, there is an obvious gender divide. Of the thousands sharing their experiences of body changes during lockdown, advice for self-care and motivational messages, hashtags like #bodypositivity and #selflove are generally a female domain, with a distinct lack of male voice in the conversation. On a mission to get more young men to feel comfortable talking about these sensitive issues, Calm has teamed up with Instagram on a series of interviews called 'Calm Body Talks'.



### **DOUGLAS TODD: 'SILENT CRISIS' OF MALE SUICIDE GETTING WORSE ACROSS CANADA**

*Analysis: The hidden epidemic of male suicide is growing worse, intersecting with opioid overdoses and the pandemic*

**Vancouver Sun, April 30, 2021**

The hidden epidemic of male suicide is growing worse, intersecting with escalating deaths from opioid overdoses. "There's a silent crisis in men's health that's killing men in staggering numbers," said Prof. John Ogrodnickuk, director of the psychotherapy program in the psychiatry department at UBC. "It's not cancer, it's not heart disease, it's not liver disease — it's suicide. When you look at the numbers, it's like 'Wow!'" Male suicide rates in Canada are high and rising. Men are three times more likely to take their own lives than females, says Statistics Canada. Eight men die of suicide in Canada every day. Most common methods tend to be overdosing, firearms and hanging. The suicide rate grows more shocking among certain male subgroups, particularly those who are Indigenous, homosexual, transgendered, in the military, middle-aged or going through divorce, according to peer-reviewed research by Ogrodnickuk, John Oliffe, David Kealy and others.



## [MORE THAN HALF OF GENERATION Z GAY, BISEXUAL TEENAGE BOYS REPORT BEING OUT TO PARENTS](#)

*Despite progress, group still faces barriers*

**AAAS, April 26, 2021**

A majority of gay and bisexual Generation Z teenage boys report being out to their parents, part of an uptick in coming out among young people that researchers have noted in recent decades, according to research published by the American Psychological Association. However, stigma and religious beliefs still prevent some young people from disclosing their sexual identity. This study offers a glimpse into the coming out practices of Generation Z, those born between 1998 and 2010, a group that researchers are only beginning to study. "This study is encouraging in that it shows that many teens, including those under 18 years old, are comfortable with their sexuality," said lead author David A. Moskowitz, PhD, assistant professor of medical social sciences at Northwestern University's Institute for Sexual and Gender Minority Health and Wellbeing. "At the same time, we must be cautious, as the data also point to some of the same barriers and discrimination that previous generations have faced. Work still needs to be done."



## [SUBSTANCE USE AND DEPRESSION MORE CLOSELY LINKED FOR GENERATION Z TEENS](#)

## **Medical Express, April 26, 2021**

Substance use and antisocial behavior are more likely to go hand-in-hand with poor mental health for generation Z teens compared to millennial adolescents growing up a decade earlier, finds a new UCL study. Researchers from the Center for Longitudinal Studies (CLS) at the UCL Social Research Institute and the University of Liverpool analyzed data collected from two cohorts, born a decade apart, when they were 14 years old. The younger generation Z group was made up of more than 11,000 [young people](#) born across the UK in 2000-02, who are being followed by the Millennium Cohort Study. The older group of millennials consisted of just over 5,600 people who were born in the Bristol area in 1991-92 and are being followed by the "Children of the 90s" study. The research, published in the *Journal of Adolescent Health*, reveals that even though rates of alcohol consumption, smoking, and assault among young people fell over the 10 year period—between 2005-2015—the association between these behaviors and depressive symptoms was stronger for generation Z.



## [YOUNG MEN ARE DYING FROM PREVENTABLE CANCERS BECAUSE THEY'RE NOT GETTING VACCINATED](#)

### **Science Alert, April 30, 2021**

The vaccine for human papillomavirus (HPV) is [recommended](#) in the United States for all young people up to age 26 to help prevent certain deadly cancers. Today, even though we know both sexes are at risk from HPV-linked cancers, far fewer young men are getting their jabs compared to women. Analyzing the results of a national health survey between 2010 and 2018, researchers found only 16 percent of men between 18 and 21 years of age reported receiving their first dose of the HPV vaccine. Meanwhile, 42 percent of women in that same age group said they had gotten at least one shot. Even when accounting for those who got vaccinated after age 18, the survey found less than a third of men received all three doses. For women, it was closer to half. The study did not examine why this discrepancy exists, but it certainly lines up with traditional messaging around the vaccine. In 2006, the HPV vaccine was first approved in the US to reduce cervical [cancer](#) rates, with outreach and education aimed at young female patients. It took three more years for the FDA to approve the vaccine for anal cancer and penile cancer as well, even

though these are also associated with HPV. Only in 2020 was the vaccine expanded to include the prevention of oropharyngeal cancer, which is [\*\*more likely to affect men\*\*](#). "I don't think that a lot of people, both providers and patients, are aware that this vaccine is actually a cancer-prevention vaccine for men as well as women," [\*\*says\*\*](#) head, neck, and throat surgeon Michelle Chen from the University of Michigan.



## [\*\*WHY ARE SO FEW YOUNG ADULT MEN GETTING THE HPV VACCINE?\*\*](#)

**Refinery 29, April 27, 2021**

About [\*\*10% of men and 3.6% of women have oral HPV\*\*](#), reports the Centers for Disease Control and Prevention (CDC). In the United States, HPV is thought to cause 70% of oropharyngeal cancers, which occur in the throat, tonsils, and back of the tongue. And while cervical cancer is more commonly associated with HPV, oropharyngeal cancer has now surpassed it as the leading cancer caused by HPV. Of those diagnosed, 80% are men. So, why are considerably fewer men being proactive about their health and getting the vaccine? Some medical professionals believe it, in part, comes down to education. "18-to-21-year-olds are at this age where they're making healthcare decisions on their own for the first time," Michelle M. Chen, MD, a clinical lecturer in the Department of Otolaryngology-Head and Neck Surgery at the University of Michigan and author of the study, said of the findings. "They're in a period of a lot of transition, but young adult men especially, who are less likely to have a primary care doctor, are often not getting health education about things like cancer-prevention vaccines."



### **THE BURDEN OF BEING 'ON POINT'**

*Too often, traumatized Black boys' behavior is pathologized. It's actually rational.*

**The Atlantic, April 26, 2021**

Social workers and educators who see young people—especially Black boys who live in poor, segregated neighborhoods—react aggressively, become irritable, or have trouble concentrating often identify such behavior as maladaptive. But new research, led by Noni Gaylord-Harden, a clinical psychologist at Texas A&M University, proposes that the young people's behavior is a rational response to their environment and helps keep them safe. Her findings suggest that instead of focusing on these behaviors—identifying them as pathologies to be punished or symptoms to be treated—policy makers need to recognize them as adaptive and work to change the inequitable environment that produces them.



### **AFTER 40 YEARS, MEDICAL SCHOOLS ARE ADMITTING FEWER BLACK MALE OR NATIVE AMERICAN STUDENTS**

**STAT, April 28,, 2021**

In what some are calling a “persistent failure” of medical schools to improve diversity, a comprehensive new analysis going back 40 years shows the number of students from the most underrepresented groups in medicine — Black males and Native American and Alaskan Native men and women — has declined. While Black male medical students accounted for 3.1% of the national medical student body in 1978, in 2019 they accounted for just 2.9%. Without the contribution of historically Black medical schools, just 2.4% would be Black men. The number of Native American students also declined, accounting for just a fraction of 1% of the nation’s

roughly 22,000 medical students in 2019. "It is absolutely dismal and appalling and quite frankly unacceptable," said Demicha Rankin, an anesthesiologist who serves as associate dean of admissions for The Ohio State University Wexler Medical Center, where 25% of students come from underrepresented minority groups. The report was [published Wednesday](#) in the New England Journal of Medicine.



### [\*\*AMA TO STATES: STOP INTERFERING IN HEALTH CARE OF TRANSGENDER CHILDREN\*\*](#)

**AMA, April 26, 2021**

The American Medical Association (AMA) today urged governors to oppose state legislation that would prohibit medically necessary gender transition-related care for minor patients, calling such efforts "a dangerous intrusion into the practice of medicine." In a letter to the National Governors Association (NGA), the AMA cited evidence that trans and non-binary gender identities are normal variations of human identity and expression, and that forgoing gender-affirming care can have tragic health consequences, both mental and physical.

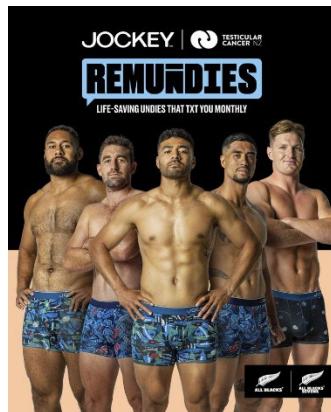


### [\*\*BEING BULLIED OFTEN LEADS TEENS TO THOUGHTS OF VIOLENCE\*\*](#)

**Health Day, April 28, 2021**

Bullied and mistreated teens are much more likely to fantasize about hurting or killing others, a new study warns. "One way to think about fantasies is as our brain

rehearsing future scenarios," said lead author Manuel Eisner, director of the University of Cambridge Violence Research Center in the U.K. His research included more than 1,400 young people in Zurich, Switzerland, who were asked about their thoughts and experiences at ages 15, 17 and 20. Among other things, they were asked whether they'd had violent thoughts in the last month, and the types of bullying or aggression they had faced in the past year. Researchers also asked about participants' experiences with 23 forms of victimization, including taunts, physical attacks and sexual harassment by peers; aggressive parenting such as yelling and slapping; and dating violence such as being pressured into sex. Most reported at least one type of victimization. But being subjected to a range of mistreatment was closely linked with increased thinking about killing, attacking or humiliating others. Boys were generally more likely to have violent thoughts, but the effect of multiple types of victimization on violent fantasies was similar in both boys and girls.



## [\*\*BEHIND THE AD: STRIPPING DOWN THE NZ RUGBY TEAM FOR A CAUSE\*\*](#)

**The Drum, April 28, 2021**

The Drum dives deep into an unusual brand campaign that wants "men checking their balls every month" for Testicular Cancer NZ by agency FCB NZ. Whoever said that campaigns for diseases have to be morbid can cheer watching the Remundies campaign conceptualised by FCB NZ and produced in partnership with the innerwear brand Jockey, and Farmers, the well-known New Zealand mid-market department store chain. The campaign commissioned by Testicular Cancer NZ is aimed at increasing awareness around testicular cancer, the most common form of cancer affecting men aged between 18 and 39. Testicular Cancer NZ is a part of the Prostate Cancer Foundation of New Zealand, the sole charity leading the charge on male-specific cancers in the country. The hero, in this case, is Remundies, a range of Jockey underwear that communicates with their owner regularly via text, reminding them to check for signs of the disease each month. To make it a visual success and also to get more 'eyeballs', the campaign got the All Blacks and All Blacks Sevens (the New Zealand national rugby sevens team with many wins to their credit) to

strip down to their Jockeys.



## IT TURNS OUT 3/4 OF MEN WOULD RATHER DIE YOUNG THAN GIVE UP MEAT

*These celebs are working to break down the stigma*

**Men's Health, April 27, 2021**

It's a tale as old as time – meat is manly, it's what a man eats. Meat-eating and masculinity remain inextricably linked across the globe, but especially in Australia, where a new survey has revealed that 81% of men consider themselves someone who cares about the environment, yet when asked whether they would give up meat if it meant would reduce their impact on the environment, 79% said 'no'. The study, commissioned by non-for-profit [No Meat May](#), went on to revealed that the more meat a diet contained, the more masculine it was perceived to be by both male and female respondents. It found that 47 per cent of people still saw eating meat as a masculine undertaking, as opposed to something gender neutral or feminine. "What was perhaps most shocking, was that 73 percent of male respondents said they'd rather reduce their life expectancy by up to 10 years than give up eating meat, with three quarters of men not convinced of the health benefits of a meat-free diet, despite the mounting evidence to the contrary," No Meat May co-founder, Ryan Alexander said of the results.



## UNSEEN: THE BOY VICTIMS OF THE SEX TRADE, PART II

*Exploited And Trafficked Youth Are Most Often Black, Brown, And Poor*  
**WGBH, April 18, 2021**

Hundreds of thousands of young people are living without roofs over their heads or surfing from couch to couch in Massachusetts and across the United States, according to a 2017 [study](#) by the University of Chicago. Homelessness leaves youth particularly vulnerable to commercial sexual exploitation — more than a third of homeless youth in a 2016 national [study](#) conducted by the federal Administration for Children and Families said they had traded sex for something of value, including money, shelter and food. Researchers spoke to 873 street youth ages 14 to 21 in 11 cities, including Boston, for the study. It's a problem across the gender spectrum. But there's a growing consensus that too often boys, young men and trans females are not being identified as victims, and a disproportionate number of these missing and runaway youth at risk are Black and brown.



**SUICIDE NUMBERS IN THE BLACK COMMUNITY RISING AT AN ALARMING RATE**  
**WAFB, April 24, 2021**

Since the pandemic started, mental health experts have worried that the emotional and mental stress created by COVID would lead to a rise in suicides. According to a [recent study](#), African American boys between the ages of 5 and 12 are more likely to die by suicide than any other age group. Nationwide, suicides among Black children under 18 are up 71 percent in the past decade.



## [CAN MEN'S COLLEGE GYMNASTICS BE SAVED? MINNESOTA IS TRYING, EVEN ON ITS WAY OUT](#)

Washington Post, April 16, 2021

Minnesota is dropping men's gymnastics at season's end. The decision to cut the program after 118 years, along with men's tennis and men's indoor track and field, was made in the fall, purportedly to address what Athletic Director Mark Coyle said was a projected \$45 million to \$65 million budget deficit caused by the coronavirus pandemic and concerns about complying with Title IX. Minnesota's decision — combined with Iowa's plan to drop men's gymnastics and two other sports — is the latest blow to the dwindling ranks of Division I programs, leaving just five Big Ten schools with men's teams and 12 in the nation. And it's part of a larger pattern at Division I colleges and universities across the country, where "nonrevenue" sports are being dropped in the name of fiscal responsibility.



## [TOOLS FOR TEENS TO CALL OUT SEXUAL VIOLENCE](#)

*A sex ed teacher talks about how young people can try to keep themselves safe from sexual assault and be allies to others.*

New York Times, April 13, 2021

As a high school sex educator, working both in person and remotely as a national consultant, I talk to young people all over the country. The posts they see include statistics about sexual harassment, sexual assault and rape that my students describe as "devastating" and "terrifying." When I asked some of my students and

other teens I know about the statement "Boys do better," several boys said they felt "attacked" or "hopeless" because it feels as if they are being accused of perpetrating crimes they haven't committed. Many say they consider themselves a "good guy" and want to help, but don't know how. The National Violence Resource Center concluded that one in four girls and one in six boys is sexually abused by the age of 18. We also know that boys experience sexual abuse not only at the hands of men, but in some cases, girls and women. And a large number of those who experience sexual assault are gay, lesbian, bisexual or transgender.



### [\*\*MENTAL HEALTH: BLACK MEN IT'S OKAY TO CRY\*\*](#)

**Precinct Reporter, April 22, 2021**

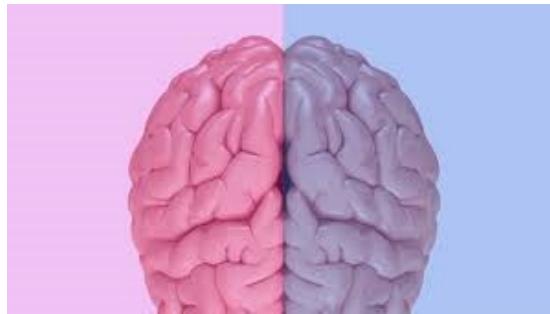
Everything going on lately is enough to make a grown man cry, which is something that Marty Sellers specifically looks for when connecting with his clients. The chaos and confusion of the past four years have left many in the community emotionally spent, now the one year anniversary of the George Floyd murder and the recent police killing of Daunte Wright. Sellers, a marriage and family therapist, said he's had more referrals to Black men in the past six months than in the prior five years. He and his peers haven't seen anything like this before. "I have business execs and local black police officers coming to me for therapy bc in the local police dept there's still fried chicken and watermelon jokes and they're saying, get over it," said Sellers, CEO of MarSell Consulting and MHS in Ontario. Sellers, who has worked in the mental health field for over 12 years, is part of a network of Black male therapists. He is glad to see more Black men showing up for help because not talking or not crying it out only creates more stress in the body and mind. The Black community needs healing. He's seen grown men break down, but then apologize for being human.



### [\*\*VIDEO: A SHADOW PANDEMIC IN MALE SUICIDE\*\*](#)

CNN, April 22, 2021

Father of suicide victim Michael McCarthy and Andrew Reiner, author of 'Better Boys, Better Men,' speak to Amanpour about a crisis in men's mental health.



### [\*\*YOU DON'T HAVE A MALE OR FEMALE BRAIN\*\*](#)

*The more scientists study the brain, the weaker the evidence becomes for supposed sex differences in the brain.*

Chicago Sun-Times, April 22, 2021

**[Everyone knows the difference between male and female brains.](#)** One is chatty and a little nervous, but never forgets and takes good care of others. The other is calmer, albeit more impulsive, but can tune out gossip to get the job done. These are stereotypes, of course, but they [hold surprising sway](#) over the way actual brain science is designed and interpreted. Since the [dawn of MRI](#), neuroscientists have [worked ceaselessly](#) to find differences between men's and women's brains. This research attracts lots of attention because it's just so easy to try to link any particular brain finding to some gender difference in behavior. But as [a neuroscientist long experienced in the field](#), I recently completed a painstaking [analysis of 30 years of research on human brain sex differences](#). And what I found, with the help of excellent collaborators, is that virtually none of these claims has proven reliable.



## [\*\*GENERATION GAINS\*\*](#)

**Men's Health, April 23, 2021**

Today's young men are at a disadvantage – socially, mentally, professionally and financially – with many of the opportunities enjoyed by previous generations denied to them. South London teenager Ibrahim Aires knows this all too well, and David Willetts, the president of the Resolution Foundation think tank, is in agreement. But how much common ground can they find? Men's Health pits a Generation C-er against Baby Boomer.



## [\*\*BRAIN STUDY SUGGESTS AUTISM DEVELOPS DIFFERENTLY IN GIRLS THAN BOYS\*\*](#)

**US News, April 22, 2021**

Autism appears to develop differently in girls and boys, so the findings of research conducted mainly with boys might not apply to girls, a new study suggests. Autism spectrum disorder is four times more common in boys, which may help explain why there's far less research about autism in girls. "This new study provides us with a roadmap for understanding how to better match current and future evidenced-based interventions to underlying brain and genetic profiles, so that we can get the

right treatment to the right individual," said lead investigator Kevin Pelphrey. He is an autism expert at the University of Virginia's School of Medicine and Brain Institute. "This advances our understanding of autism broadly by revealing that there may well be different causes for boys versus girls," Pelphrey added in a university news release.



### [THE STATES WITH THE RISKIEST TEENAGE DRIVERS](#)

**Star Herald, April 21, 2021**

Learning to drive is a major rite of passage for most teenagers, but doing so also comes with a fair amount of risk. In addition to simply being inexperienced on the road, teen drivers are more irresponsible in their decisions, more prone to distraction, and more likely to make errors behind the wheel. Teens are the riskiest group on the road. According to the CDC, the risk of a fatal crash is [three times higher per mile driven](#) for drivers aged 16 to 19 than for drivers aged 20 and up. Risks are particularly high for male drivers.

### [TRENDS IN U.S. ADOLESCENT SEXUAL BEHAVIOR AND CONTRACEPTIVE USE, 2006-2019](#)

**Guttmacher Institute, April 2021**

#### **Abstract**

#### **Objective**

This study examines changes over time in the prevalence of select sexual behaviors and contraceptive use measures in a national sample of U.S. adolescents.

#### **Results**

Over half of adolescents have engaged in at least one of the sexual behaviors measured. Males reported declines in sexual behaviors with a partner of a different

sex. Adolescent males reported delays in the timing of first penile-vaginal intercourse. Adolescent females reported increases from 2006-2010 to 2015-2019 in use at last intercourse of any contraceptive method, multiple methods, and IUDs or implants. Adolescent males reported increases in partners' use of IUDs or implants use from <1% to 5% and recent declines in condom use at last intercourse. Condom consistency declined over time. Males were more likely than females to report condom use at last intercourse and consistent condom use in the last 12 months.

## **Conclusions**

These findings identify declines in male adolescent sexual experience, increased contraceptive use overall, and declines in consistent condom use from 2006 to 2019.

## **ENGAGING MEN IN SEXUAL AND REPRODUCTIVE HEALTH**

**Global Public Health, March 25, 2021**

### **Summary**

Engaging men in sexual and reproductive health (SRH) across the life span is necessary for meeting men's own SRH needs, including: prevention of STIs, HIV, unintended pregnancy, and reproductive system cancers; prevention and management of infertility and male sexual dysfunction; and promotion of men's sexual health and broader well-being. Engaging men is also important given their relationship to others, particularly their partners and families, enabling men to: equitably support contraceptive use and family planning and to share responsibilities for healthy sexuality and reproduction; improve maternal, newborn, and child health; prevent mother-to-child transmission of HIV; and advocate for sexual and reproductive rights for all. Engaging men is also critical to achieving gender equality and challenging inequitable power dynamics and harmful gender norms that can undermine women's SRH outcomes, rights, and autonomy and that can discourage help- and health-seeking behaviors among men.



## [ANXIETY IN NEW FATHERS MAY BE MORE COMMON THAN PREVIOUSLY REPORTED](#)

**Very Well Health, April 16, 2021**

Researchers at the Colorado School of Public Health and the University of Colorado found that the rates of anxiety in new fathers are likely higher than what is reported by the World Health Organization (WHO). These findings, including more than 40,000 people over a 25-year period, suggest that "the transition into parenthood may place men at greater risk for anxiety," the authors write. The meta-analysis was published in the *Journal of Psychosomatic Obstetrics & Gynecology* in late February. Researchers found that anxiety in new fathers is much more prevalent than what is commonly reported. Because anxiety affects both new mothers and fathers clinical attention should be on the parents as a whole, clinicians say. Toxic conceptions of masculinity may play a role in anxiety related to the transition to fatherhood.



## [MENTAL HEALTH OF BLACK MEN IN WAKE OF CURRENT EVENTS](#)

**PBS Wisconsin, April 16, 2021**

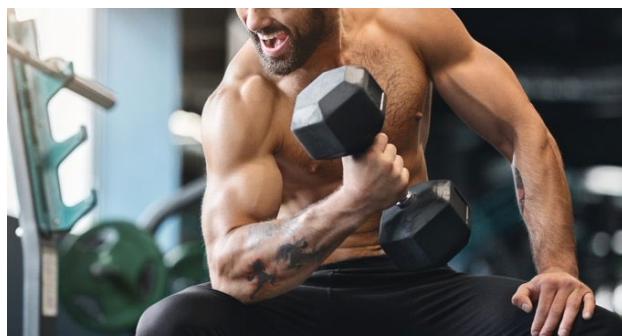
Demonstrations through the week over another black man shot and killed by a police officer in a Minneapolis suburb, the same week testimony in the criminal trial of Derek Chauvin wrapped up, after weeks of evidence, including the repeated replay of video detailing the death of George Floyd, who succumbed after the police officer held him down with his knee. How triggering are these events? How oppressive is the feeling that black lives don't matter? We spoke with Dr. Alvin Thomas, Clinical Psychologist and Assistant Professor at the UW-Madison School of Human Ecology.



## [AUTISM DEVELOPS DIFFERENTLY IN GIRLS THAN BOYS, NEW RESEARCH SUGGESTS](#)

**AAAS, April 16, 2021**

New research has shed light on how autism-spectrum disorder (ASD) manifests in the brains of girls, prompting the scientists to warn that conclusions drawn from studies conducted primarily in boys should not be assumed to hold true for girls. The researchers discovered that there is a significant difference in the genes and "genetic burden" that underpin the condition in girls and boys. They also identified specific ways the brains of girls with ASD respond differently to social cues such as facial expressions and gestures than do those of girls without ASD. "This new study provides us with a roadmap for understanding how to better match current and future evidenced-based interventions to underlying brain and genetic profiles, so that we can get the right treatment to the right individual," said lead investigator Kevin Pelphrey, PhD, a top autism expert at the University of Virginia School of Medicine and UVA's Brain Institute.



## [WHAT IS BIGOREXIA AND DO YOU SUFFER FROM IT?](#)

**Queerty, April 17, 2021**

For many gay men, when it comes to muscles, one mantra continues to hold sway: The bigger the better. However, becoming obsessed over the size of your muscles, or going to extreme lengths to get bigger biceps, can become unhealthy. Bigorexia, also known as muscle dysphoria or reverse anorexia, is a type of body dysmorphic disorder. It is defined by the American Psychiatric Association's Diagnostic and Statistical Manual (DSM-5) as a preoccupation with the idea that your body is too small or not muscular enough. So when does going to the gym regularly and dreaming of a bigger body cross the threshold into potential bigorexia? Dr. Jason Nagata, assistant professor of pediatrics with the University of California, specializes in eating disorders and muscle dysmorphia. "Muscle dysmorphia may develop when a man becomes preoccupied with his appearance, body size, weight, food, or exercise in a way that worsens his quality of life," he told *Queerty*. "He may withdraw from his usual activities or friends because of concerns with body size and appearance." "Muscle dysmorphia occurs when an individual becomes obsessed with becoming muscular. They may view themselves as puny even if they are objectively muscular. "People with muscle dysmorphia may use anabolic steroids or other appearance - and performance-enhancing drugs to become more muscular. They may engage in excess exercise."

**Online Screening:**  
**The Future is Human[E]'s**  
**Beyond Men & Masculinity**  
**May 6, 2021 4:30 PM EST**

Cultural and societal expectations and roles regarding gender often make it hard for men to get the support they need. Many men feel they should 'man up' and deal with problems on their own. Emotional expression and vulnerability are either unknown or seen as weaknesses. Without the encouragement or tools to open up about how they're doing, men become more at risk of having issues like depression and anxiety. To cope, they may turn to riskier options such as alcohol and drugs, or express themselves through anger or violent behavior. But it doesn't have to be this way. We're understanding more about the importance of mental health in our lives. With increased encouragement and awareness, more men are learning the importance of noticing warning signs and getting help for themselves. They're also taking courageous steps to address the traumas that often lie behind their struggles. So how can we continue to help the men in our lives to build on these strengths, and continue to grow and heal? Find out more on May 6 at our online viewing of the new documentary release, Beyond Men and Masculinity. The film will be followed by an interactive conversation including our special guests. Participants can explore and reflect more on the pressures that affect men and their mental health, and how we can stand alongside them when they need it. Register [here](#)

**YOUNG ADULT MALES' PERSPECTIVES OF MALE HORMONAL CONTRACEPTION**

Medscape, April 18, 2021

## **Abstract**

Objective: To evaluate the willingness of young adult males to use male hormonal contraception and to determine the most desirable formulation.

Methods: An institutional review board-approved survey measuring the willingness to use MHC was dispersed to two distinct populations: University of Cincinnati postgraduate programs and Cincinnati Health Department clinics. Questions on the survey allowed for the collection of demographic characteristics, as well as the preferred method of MHC, and concerns regarding potential adverse effects. This survey was directed at young adult males; therefore, only male participants who were 18 to 35 years old were included for analysis. Results were reported as frequencies in each group and  $\chi^2$  analyses were performed to compare groups, with a  $P < 0.05$  considered significant.

Results: Of 162 total survey participants, 45% would use MHC, whereas 30.9% were unsure and 23.5% would not use MHC. Overall, the University of Cincinnati survey population was more likely to be interested in using MHC than the Cincinnati Health Department population ( $P < 0.05$ ). In both populations, most were interested in using the injectable form. Cited concerns deterring participants from using MHC were different between these two populations, with University of Cincinnati participants more frequently expressing concerns about possible failure of the contraceptive method, whereas Cincinnati Health Department participants had concerns about potential adverse effects ( $P < 0.001$ ).

Conclusions: There is significant interest among young adult males in using various forms of MHC, especially in injectable form. Differences in views of MHC were seen in two distinct male populations. Specifically, males who achieved a higher level of education, were employed, or in a relationship were found to more frequently be willing to use MHC. With further research and funding, MHC may serve as a significant way to decrease unintended pregnancies in the future.

## **OPERATIONALIZING POSITIVE MASCULINITY: A THEORETICAL SYNTHESIS AND SCHOOL-BASED FRAMEWORK TO ENGAGE BOYS AND YOUNG MEN**

**Health Promotion International, April 11, 2021**

## **SUMMARY**

Scholars have consistently documented the relationship between conformity to traditional masculine norms and maladaptive psychosocial outcomes among boys and young men. Given current social commentary, including debate around 'toxic masculinity', intervention is needed to encourage boys to embody healthy expressions and identities of masculinity. Whilst new approaches grounded in positive masculinity show promise, the construct requires further definition and phenomenological clarity. Here we review divergent perspectives on positive

masculinity, and forward a refined definition, specific to psychosocial health promotion among boys and young men. We then outline the theoretical basis of a positive masculinity framework to guide the content of future interventions, aiming to achieve positive identity development among boys and young men for the good of all. This framework represents a necessary unification of scholarship around male adolescent development, education and health. Future health promotion interventions may benefit from applying the framework to support a positive psychosocial trajectory among boys and young men, with a focus on connection, motivation and authenticity.



**THIS GUY WANTS TO STOP SEXUAL VIOLENCE AGAINST WOMEN BY  
FOCUSING ON YOUNG MEN'S HEALTH**

**Pedestrian, April 11, 2021**

In the last couple of months, Australia has been rocked by a number of high-profile sexual assault/rape allegations, making a lot of women feel increasingly uneasy and unsafe. Now more than ever we need to be having conversations with men themselves, and work with them to change our sexist culture. One guy is trying to fix that, and has already made a massive difference. Speaking on The Sunday Project, Hunter Johnson believes that changing men's relationships with women starts with early intervention programs that focus on boys strengths, over deficits. His organisation called [The Man Cave](#) is focussed on training boys to become better men, through teaching them about consent, toxic masculinity and mental health. Watch his video [here](#).



## [NEW DRUG APPROVED FOR ADHD IN CHILDREN: WHY IT'S DIFFERENT](#)

Healthline, April 8, 2021

A new non-stimulant treatment for attention deficit hyperactivity disorder ([ADHD](#)) has been [approved](#) by the Food and Drug Administration (FDA). This medication, which will be marketed under the brand name Qelbree, is an extended-release capsule that can be sprinkled on food for easy consumption. The FDA has approved the drug for children 6 to 17 years of age. About 6.1 million American children have an ADHD diagnosis, according to the [Centers for Disease Control and Prevention](#) (CDC). However, experts say treatment options are limited. "There is a misconception that this is an area overcrowded with treatment options, when the majority of the current options are a reformulation of just two stimulant molecules, methylphenidate and amphetamine," said [Dr. Andrew J. Cutler](#), a clinical associate professor of psychiatry at SUNY Upstate Medical University and chief medical officer at the Neuroscience Education Institute, and who consulted on the Qelbree trial. "Some patients don't respond to or tolerate available medications. There is, therefore, an unmet medical need, and I think it is very exciting to have a new non-stimulant medication option such as Qelbree to offer to my child and adolescent patients with ADHD," he said.



## [YOUNG MEN IN THE UAE ARE JUST AS SELF CONSCIOUS ABOUT THEIR BODIES AS ARE WOMEN, RESEARCH SAYS](#)

*Findings show that more than a third of students surveyed were dissatisfied with their body image*

**The National News UAE, April 7, 2021**

Young men in the UAE are at least as unhappy with their bodies as are young women, a new study found, contradicting findings elsewhere. The researchers said their results showed that just as much effort should be put into understanding body image dissatisfaction in men as it is in women. Young men are thought to be concerned about not having well-developed muscles, whereas for **young women** the most common worry is being overweight. The study was carried out at UAE University in Abu Dhabi and researchers found that more than a third of students overall were dissatisfied with their body image. There was actually a slightly higher rate of dissatisfaction among males than females, although the difference was not statistically significant. Those responsible for the study, Hamzeh Dodeen and Siham Alharballeh, said they were surprised at their finding, "because we expected it to be [skewed towards] females". "Females, in general, are more concerned with the appearance of their bodies and less satisfied with their body image than their male counterparts – this is what is clearly documented in the literature of body image," they said in an email. "We found that males in the UAE felt ashamed of their bodies, felt a lack of self control, and avoided situations in which people could see their bodies."



### **BOYS KEEP FLIRTING WITH EACH OTHER ON CHINESE TV BUT NEVER FALL IN LOVE**

*In a country with an insatiable appetite for queer content but a government that censors LGBTQ stories, China's boys' love dramas toe a fine line.*

**Vice, April 5, 2021**

Subtle gay dramas, adapted from boys' love webnovels, has become a lucrative business in China, where censorship of anything LGBTQ-related is tight. But the appetite for queer content is just too big to ignore, a demand that comes not from gay men, but mostly straight women. At least eight shows adapted from novels with boys' love romances are expected to premiere this year across China's major streaming platforms. They range from historical-fantasy action flicks to modern

mystery thrillers and teenage melodramas. The trend is a double-edged sword for China's sexual minorities, providing a rare positive portrayal of queerness on mass media, but also perpetuating stereotypes for profit. "This type of queer, more fantastic than real, does little justice to the gay community," said Zhenge Ni, a professor at Virginia Tech who studies Chinese webnovels. "Its social impact is largely under the control of digital capitalism. Only the 'homonormative' gay characters, men who are handsome, wealthy, with exceptional qualities, are liked by consumers. It is disconnected from the experiences of the LGBTQ population."



### **COMPETING FOR HIGH STATUS SPEEDS UP AGING IN MALE BABOONS**

*Study suggests that high social status contributes to accelerated aging in baboons, despite its other advantages*

**AAAS, April 6, 2021**

The findings suggest that current life circumstances may be more important contributors to premature aging than early life hardship, at least in baboons. Contrary to what they expected, early life adversity was not a good predictor of accelerated aging in the animals. Instead, they found that the highest-ranking males showed signs of accelerated aging. Higher body mass index, which is associated with having more lean muscle mass in baboons, was also associated with accelerated aging, likely because of the physical demands of maintaining high status. The team was also able to show that the epigenetic clock sped up as the animals climbed the social ladder and slowed down as they moved down it. "Our results argue that achieving high rank for male baboons - the best predictor of reproductive success in these animals - imposes costs that are consistent with a 'live fast, die young' life history strategy," says co-first author Rachel Johnston, Postdoctoral Associate in Evolutionary Anthropology at Duke University. "While the findings reveal how social pressures can influence aging for males, we don't see the same effect of rank in female baboons, who are born into their social rank rather than having to fight for it," adds senior author Jenny Tung, Associate Professor in the Departments of Evolutionary Anthropology and Biology at Duke University, and a Faculty Associate of the Duke University Population Research Institute. "Our results have important implications for research on the social determinants of health in humans and other animals because they show that 'high status' can mean very different things in different contexts. They also highlight the importance of

examining the effects of both early life and current life environments on biological aging," Tung concludes.



### **MALE BRAINS SHOW A CHAOTIC AGING PROCESS COMPARED TO FEMALES**

**Inverse, April 8, 2021**

A [study](#) released Thursday in Stem Cell Reports focused on the brains of [aging](#) male and female mice. Blood vessels in male mouse brains, as opposed to female ones, showed more detrimental changes. The female brains seemed to have comparative protection. These changes in brain blood vessels suggest potential [differences](#) in the way human male and female human [brains age](#). Men, the study suggests, might have it worse. "Everyone knows that neural stem cells decline with age," says Sally Temple, the senior author of the study. Temple is the scientific director of the Neural Stem Cell Institute in Albany, New York. "But now we have to say 'in males' because in females, we really didn't see a significant loss. It was totally surprising," Temple tells Inverse.



### **YOUTH WITH CANCER MAY NEED PARENTAL HELP WHEN DECIDING SPERM BANKING**

**Cancer Therapy Advisor, April 8, 2021**

Semistructured interviews were conducted with 33 male adolescents, 32 mothers, and 22 fathers 1 to 2 months after the male adolescent's cancer diagnosis. This study population represented 37 families. During the interviews, male adolescents were asked to tell the interviewer about conversations they had about fertility

preservation/sperm banking with health care providers, parents, and other people, including family members. Parents were similarly asked to discuss conversations they had about fertility preservation/sperm banking with health care providers, their son, and other people, including family members. One problematic theme identified from the interviews was that parents tended to withhold their opinion about fertility preservation and let their adolescent sons decide whether to pursue sperm banking.



## [FREE HOTLINE IN BOGOTA AIMS TO DISMANTLE MACHISMO AND DECREASE DOMESTIC VIOLENCE](#)

**The World, April 7, 2021**

Since its launch in December 2020, the Calma Line has received about 1,300 calls from men in the city of Bogotá, Colombia. Men can call the free hotline and speak with a psychologist about their feelings. It's an effort to dismantle machismo, an aggressive masculine pride that positions men as superior to women and oftentimes is linked to domestic violence.



## [BOYS WHO PLAY VIDEO GAMES LINKED WITH LOWER DEPRESSION RISK, UK](#)

## **STUDY SHOWS**

**Good News network, March 29, 2021**

Boys who regularly played video games at age 11 were less likely to develop depressive symptoms three years later, finds a new study led by a University College London researcher. The findings published in Psychological Medicine demonstrated that boys who played video games most days had 24% fewer depressive symptoms three years later, than boys who played video games less than once a month. This effect was only significant among boys with low physical activity levels, so researchers assert this might suggest that less active boys could derive more enjoyment and social interaction from video games. While their study cannot confirm if the relationship is causal, the researchers say there are some positive aspects of video games which could support mental health, such as problem-solving, and social, cooperative and engaging elements.



## **BOYS WHO SPEND LOTS OF TIME ONLINE MORE LIKELY TO CYBERBULLY**

**US News, April 1, 2021**

"There are some people who engage in cyberbullying online because of the anonymity and the fact that there's no retaliation," said lead investigator Amanda Giordano. She is an associate professor in the University of Georgia's College of Education, in Athens, Ga. "You have these adolescents who are still in the midst of cognitive development, but we're giving them technology that has a worldwide audience and then expecting them to make good choices," Giordano noted. "Social media addiction is when people crave it when they're not on it, and continue their social media use despite negative consequences," Giordano explained. "Some negative consequences could be they're tired during the day because they're scrolling all night long, they're having conflicts with their parents, they're getting poor grades in school, or they're engaging in actions online that they later regret, but they still continue to use social media." When teens are online, they adapt to different social norms than when interacting with peers in person, the study authors said in a university news release. They may feel less empathy or remorse

for their actions because they can't see the direct impact. Often they are more aggressive or critical on social media because they have more anonymity and can avoid retaliation. "The perpetrator doesn't get a chance to see how damaging their bullying is and to learn from their mistakes and do something different," Giordano said. "It's a scary situation because they don't have the natural consequences they do with offline bullying." The study also found that boys were more likely to engage in cyberbullying than girls.



## [\*\*AUSTRALIA: MISOGYNISTIC 'RADICALISATION' OF BOYS ONLINE HAS THESE EXPERTS CALLING FOR CHANGE\*\*](#)

**ABC, April 2, 2021**

For many, misogyny on the internet is depressingly familiar. In Australia, 65 per cent of girls and young women [\*\*have reported being harassed or abused\*\*](#) online. But some experts are arguing that in a "manosphere" of online anti-women groups, methods of communication and organisation are becoming more sophisticated. At the more serious end of the spectrum, these experts say, are operators that must be seen and named as "extremist" or "terrorist" groups – particularly if anything is to be done to stop them. UK author Laura Bates has spent most of the last decade educating school children about sexism. She says in the last few years she's noted an increasing sense of hostility, aggression and anger in boys' attitudes towards women, and argues online hate groups are to blame. "There [is] a kind of radicalisation, a kind of grooming happening online," Ms Bates tells RN's Life Matters. She describes "a very gradual, slippery process" whereby young men's problems and insecurities are co-opted by organised online extremist groups. In order to connect to young men, the groups cite real-world problems men are dealing with, such as workplace injuries, cancer, mental health and suicide. But instead of tackling those issues, the groups reinforce "the stereotypes that are actually causing them", Ms Bates says. "So they double down on the idea that men have to be tough and manly, that they have to be strong, not vulnerable, that they shouldn't share emotions, that exerting power and control over women and over societies is what it means to be a real man."



## THERE'S NO FORMULA FOR TAKING MANHOOD 2.0 SENSITIVITY TRAININGS REMOTE

*While the pandemic has clarified some best practices for online trainings, centering participants requires a creative approach, a deep understanding of participants' needs, and thoughtful work to be responsive and flexible.*

**Stanford Social Innovation Review, March 23, 2021**

"I thought it was just going to be so boring," said one young man as he contemplated joining a Manhood 2.0 program in Pittsburgh. But after six weeks of in-person group sessions, he had changed his mind: "I guess I should say like that taught me how to be more mature and we talked about females a lot in there like how to treat them and stuff. And that taught me like a lot."

He's not alone. Our experience in multiple countries finds that these types of sessions can have [a meaningful impact](#) when they are conducted in-person. But how can we achieve the same impact when sessions are delivered virtually? During a series of in-person sessions, participants slowly build up trust, beginning to share more and more deep, personal experiences. Many past [participants](#) report that it's the first time they've been asked to directly talk about relationship dynamics, and that they value, in particular, the space to question ideas about what it means to be a man. Best practices have begun to emerge. However, we must accept that there is no "copy and paste" formula for taking in-person trainings online. Achieving impact requires creative approaches. Specifically, it requires a deeper understanding of participants' needs and more thoughtful work to make sure the content and format of the training truly engages their attention, speaks to their concerns, and is responsive and flexible.



### **LEARNING TO CONNECT WITH MY MALE FRIENDS**

*For some men, long-term, meaningful relationships are harder to build and maintain into adulthood.*

**New York Times, March 27, 2021**

Although research has shown that maintaining friendships as you age leads to a healthier life, men often struggle to have [personal conversations and to keep friends](#). In a 2020 study of more than 46,000 participants from 237 countries and territories led by researchers from the United Kingdom, [young men living in "individualistic" societies](#), cultures that place a higher value on self-reliance rather than a collectivist mind-set such as the United States or United Kingdom, were more likely to report loneliness than older people or women. In 2015, Dr. John Ogrodniczuk, the director of the psychotherapy program at the University of British Columbia, launched an online program called [HeadsUpGuys](#) that helps men manage depression. Looking to understand why men have trouble seeking mental health help, the organization developed an online [survey](#) to identify stressors that can contribute to depression. Even before the Covid-19 pandemic, loneliness was consistently ranked at the top of its survey for stressors on men. According to Dr. Ogrodniczuk, the pandemic has only compounded feelings of isolation for men. Why might men be lonelier than women — both in normal times and during the pandemic? After talking with experts in the psychology field, they reiterated it may have to do with a hesitancy to be vulnerable, which can come at the cost of intimacy in relationships.



## AN EXPERT EXPLAINS: HOW TO TALK TO BOYS ABOUT MENTAL HEALTH, GIRLS AND GROWING UP

**World Economic Forum, March 26, 2021**

Paediatrician Dr Ranj Singh is on a mission to 'change the narrative' around boys' emotions and mental wellbeing. He wants to encourage boys to talk about their feelings and manage their mental health as they navigate growing up. Like grown-ups, children and young people are experiencing loneliness, anxiety, fear, stress and worries for their future in a world that's been turned on its head. [Half of all mental health disorders in adulthood start by age 14](#), according to the World Health Organization, but most cases are undetected and untreated and this can have a toll on men in particular, with [male suicide rates in the UK the highest in two decades](#). The UK-based doctor believes tackling entrenched stereotypes at a young age is key to raising healthy, well-adjusted men. And, in particular, speaking to boys at an early age about respect and issues such as consent in relationships can help create a world in which everyone feels safer.



## ADOLESCENTS RESPOND TO CHRONIC SOCIAL ISOLATION IN SEX-SPECIFIC WAYS

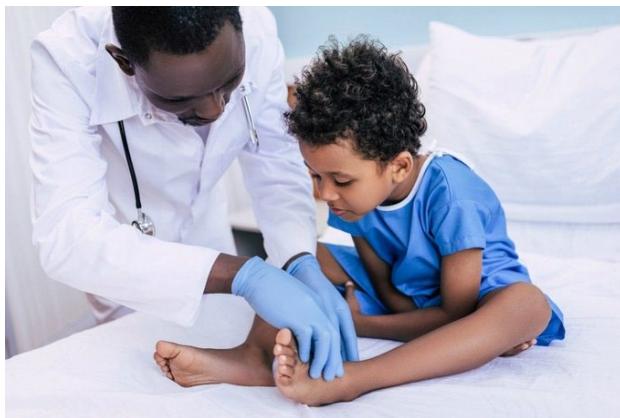
*The UB study led by Zhen Yan is among the first to compare gender differences in*

*responses to the stress of social isolation. It found that males turn aggressive while females withdraw socially.*

**University of Buffalo Now, March 26, 2021**

The mental health crisis that has resulted from the imposition of lockdowns and stay-at-home orders due to COVID-19 has been widely observed around the world. Now, UB researchers have determined in a preclinical study that social isolation affects adolescent males and females in markedly different ways.

The research, published March 23 in *Cell Reports*, provides evidence that many brain functions, including stress responses, have sex-specific differences. The UB study is among the first to compare gender differences in responses to the stress of social isolation. The findings will not only help establish therapeutic targets for psychiatric disorders, but also shed light on which therapies might ultimately prove effective in males versus females. For more than 15 years, Zhen Yan, SUNY Distinguished Professor in the Department of Physiology and Biophysics, Jacobs School of Medicine and Biomedical Sciences at UB, has been conducting preclinical research exploring how stress affects brain functions. She explains that most studies of stress have traditionally examined males exclusively, but that changed after her team published a 2014 study in *Molecular Psychiatry* that found that young female rats were more resilient to repeated modest stress than males. "That study attracted widespread attention," she says. "The National Institutes of Health, which is funding our research, started to ask investigators to study stress and many other topics in both males and females."



**BLACK MEN IN WHITE COATS: A DOCTOR'S QUEST TO PRODUCE MORE BLACK DOCTORS**

*Dr. Dale Okorodudu is trying to spearhead change and get young people of color interested in the profession through his 'Black Men in White Coats' organization*

**The Grio, March 23,, 2021**

A year into the novel coronavirus global pandemic and we have seen the toll that it's taken on the medical industry. There were cases of nurses and doctors who

were so overwhelmed by constant surge in deaths that they left the profession. Focus is on Black medical professionals and the numbers are staggering. A 2018 [Association of American Medical Colleges](#) (AAMC) survey completed found that Black doctors make up about five percent of active physicians. Dr. Dale Okorodudu, a Dallas-based Pulmonary & Critical Care physician, is trying to spearhead change and get young people of color interested in the profession through his "Black Men in White Coats" organization. The organization founded in 2013 started as a wake up call after the AAMC published an alarming report highlighting that the already low enrollment of Black male applicants to medical school was decreasing. Dr. Okorodudu took charge and created the organization to provide exposure, inspiration, and mentoring to young Black men. "There's this belief that as a Black male that you can't go talk to a Black man physician but Black Men in White Coats is helping to shatter that belief," Okorodudu tells theGrio.

### [\*\*DOCUMENTARY INSPIRES MORE BLACK BOYS TO BECOME DOCTORS\*\*](#)

**Black News, March 26, 2021**

The long-anticipated documentary [\*\*Black Men In White Coats\*\*](#) is taking the nation by storm in a grassroots fashion! The brainchild of Dr. Dale Okorodudu, a Dallas-based Pulmonary and Critical Care Physician, the film tackles the issues pertaining to why Black men aren't becoming medical doctors and what that means for society. It features leaders in the field while also bringing intellectual star power with individuals such as actor Hill Harper, former Surgeon General Jerome Adams, and NBA champion Shane Battier. In the first week since official release, this documentary has received over 200 five-star reviews; an amazing feat for an independent film!



### [\*\*MEN ARE MORE LIKELY TO COMMIT VIOLENT CRIMES. WHY IS THIS SO, AND HOW DO WE CHANGE IT?\*\*](#)

**Phys.org, March 26, 2021**

Criminology is the study of individual and social factors associated with crime and the people who perpetrate it. One of the discipline's well-established truths is that men commit violent and sexual offenses [\*\*at far higher rates\*\*](#) than women. Men are

also the most likely victims of physical violence across the board, but women are far more likely than men to be victims of sexual, familial and domestic violence. Rates of imprisonment give us tangible evidence of this gender imbalance. Across Australia, only about 8% of prisoners are women. While prison population figures provide only a very rough guide to criminal behavior, we can safely assert that men perpetrate the vast majority of criminal conduct, and certainly violent conduct. What does the research tell us about the patterns behind this alarming fact? In the early days of criminological enquiry, much attention was given to the Y chromosome—the determinant of male sex organs. This line of research, referred to broadly as [\*\*biological positivism\*\*](#), gave rise to explanations that "men can't help themselves." Fortunately, these theorists hold very little sway in criminological circles today. More contemporary attention is given to factors associated with the societies in which we live.



### [\*\*WHY COVID-19 POLICY SHOULD EXPLICITLY CONSIDER MEN'S HEALTH\*\*](#)

*In this opinion feature, researchers from Vanderbilt University in Nashville, TN, explain why COVID-19 policies in the United States should explicitly consider implications for men's health during the pandemic.*

**Medical News Today, March 26, 2021**

Having a gendered response to COVID-19 might have led to the pandemic having far less of an impact on health and the U.S. economy. This gendered response should include women's disproportionate social and economic burdens and men's higher rate of mortality. There is a current and urgent need to prioritize men's health related to the COVID-19 response, yet neither the [\*\*strategy of the former administration\*\*](#) nor [\*\*that of the current administration\*\*](#) considers these gendered patterns. When people discuss gender, the focus is [\*\*almost exclusively on women\*\*](#). However, men have been dying at far higher rates than women since the earliest days of the pandemic. Women experience more [\*\*economic and social hardship\*\*](#), but men die more. The point is not one of competition. There is a need to explicitly consider gender in our national response to the pandemic, and including gender should include men. From as early as 2019, reports on COVID-19 cases in

China found that as many as 75% of the deaths were in men. In March 2020, reports from Italy documented that 4 out of 5 deaths among the first 827 people who died were in men. In the U.S., the pattern of COVID-19 being more fatal for men than women has held. These gender inequities are even greater when we consider age and race.



## [ARE PENISES REALLY SHRINKING? HERE'S WHAT THE SCIENCE SAYS](#)

*One epidemiologist took a look at the research—and she's sounding the alarm.*

**Health.com, March 26, 2021**

Environmental scientists have warned for years that pollution can impact all aspects of health. Now, a new book has a memorable warning: Industrial chemicals are making penises shrink—and impacting fertility. The book, Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race, is written by [Shanna H. Swan, MD](#), a professor of environmental medicine and public health at the Icahn School of Medicine at Mount Sinai in New York City. Dr. Swan is a respected researcher who has worked for more than 25 years to try to understand the impact chemicals have on our environment and our health. So when she says penises are shrinking due to pollution, it's worth paying attention to. While plenty of people are cracking shrinking penis jokes on social media about this, Swan's book is based in science—and it has real world implications. "I have been speaking to scientists and scientific organizations and publishing research about these environmental- and reproductive-health effects for many years," Dr. Swan tells Health. "My goal with this book is to reach as many people as possible and bring their attention to the current crises in reproductive health as well as the chemicals in our environment and lifestyle factors that are driving these changes."



## SEXUAL BEHAVIORS ASSOCIATED WITH HIGH-RISK ANAL HUMAN PAPILLOMAVIRUS AMONG GAY AND BISEXUAL MEN

**MD Linx, March 23, 2021**

Researchers analyzed gay and bisexual men (GBM), aged 35 years and above, in an observational cohort study [Study of the Prevention of Anal Cancer] in Sydney, Australia, to determine sexual behaviours related to incident anal high-risk human papillomavirus (HRHPV) in this population. As demonstrated in multivariable analyses, factors significantly related to incident HRHPV were: being HIV-positive and reporting condom-protected receptive anal intercourse (RAI) with a higher number of sexual partners. Findings revealed the presence of an elevated risk of incident anal HRHPV in GBM living with HIV as well as in those who reported RAI. Considering HPV vaccination among sexually active older GBM was recommended because of the substantial risk of anal cancer as well as difficulty in mitigating the risk of acquiring anal HRHPV.

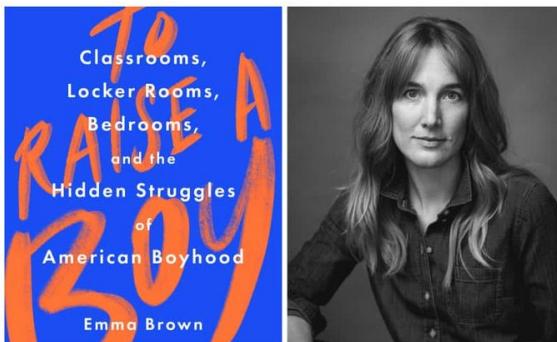


## ROMAN KEMP: 'THE OLD IDEA THAT SUICIDE IS A MIDDLE-AGED MAN'S PROBLEM IS GONE'

*After the sudden loss of his friend, Roman Kemp went on a journey to learn about how men grieve in the United Kingdom. The ensuing documentary, Our Silent Emergency, is a call to arms to teach British men - and boys - how to get better at talking about feelings.*

**GQ UK, March 16, 2021**

In [Roman Kemp](#)'s new BBC Three documentary, Our Silent Emergency, a harrowing vision of British men's mental health is presented. Groups of teenagers grappling with loss, people just as young calling triage services to say they're thinking of ending their lives. It is a look at our national landscape as one where men, almost unanimously, have been failed: people need to start helping our men to open up, and we need to get better at teaching our boys how to engage with mental health much earlier. Kemp knew he had to make this documentary, even though the process was a harrowing one that, just as it began, he almost backed out of. He had dealt with his own mental health since his teens, but had recently suffered the unexpected loss of his friend Joe Lyons. The documentary that follows, he said, was almost as much for him as it was to show what happens when men lose the men in their lives. "I hope that out of however many people watch this [documentary](#), I hope it helps at least one," he told GQ when we spoke to him. "That's all that matters. Let's see the reality."



## [HOW CAN WE RAISE BETTER BOYS? A NEW BOOK LOOKS AT WHERE WE'VE GONE WRONG — AND HOW TO FIX IT](#)

**Washington Post, March 16, 2021**

It's almost impossible, when you're the parent of an adorable infant or toddler, to imagine that someday your child will be out in the world beyond your orbit. It's unbearable to imagine that, in the wider world, your child could come to harm or — even more inconceivable — cause harm to others. "How will we raise our boys to be different?" said author Emma Brown. Brown's new book "To Raise a Boy" seeks to answer that question. To do so, Brown, a former math teacher and education reporter, went back to school, speaking with teachers and principals and coaches, exploring dating violence prevention programs, consent awareness and sex ed. She interviewed academics, parents and some boys as well. She quickly learned that sexual bad actors are neither born nor unleashed by their hormones at puberty; they are made, through the lessons they learn in their homes, at school and from our wider society.



## **BEYOND CHARITY WORKS WITH TEENAGE BOYS TO 'CREATE SAFER STREETS'**

*Workshops dispel misconceptions on sexual assaults and encourage boys to challenge gender stereotypes*

**The Guardian, March 16, 2021**

As a result of Sarah Everard's killing, [women have spoken](#) about experiences of harassment, violence and fear embedded in their daily routines with such a deafening roar it is impossible for men and boys to ignore, even those who felt sure they were aware and doing their bit. But while this is finally forcing many to confront the uncomfortable question of how to be a better ally, the soul-searching is coming late in most men's lives. To help tackle this for the next generation of men, I am one of hundreds of volunteers running workshops with teenage boys in schools across the country – and hearing their plain, unvarnished takes on what they feel it is to be a "man" and a "woman". The exercises we take them through are designed to get them to think consciously about why they hold traditional views so ardently from such a young age. We aren't there to tell them what's morally right or wrong – for example, whether it's OK to cry at school. We leave them to discuss among themselves and let them challenge or be challenged by their peers on each other's opinions.



## **THE EXCUSES WE MAKE FOR WHITE MALE MURDERERS**

*Atlanta shooter Robert Long blamed his actions on sex addiction, not racism. Here's why*

*this narrative is problematic*

**Rolling Stone, March 17, 2021**

Our culture has a long history of making excuses for men who commit heinous acts of violence. It's evident in police's wariness to refer to white male mass shooters as domestic terrorists, as was the case with Las Vegas mass shooter Stephen Paddock, who was initially referred to as a "lone wolf" by the sheriff of the Las Vegas Metropolitan Police Department despite killing 58 people and injuring more than 500 others. It's evident in our insistence on depoliticizing the actions of men like UC Santa Barbara shooter Elliot Rodger, who in 2014 killed six people and injured 14 others and left behind a racist and misogynistic manifesto stating his motive was his inability to get a girlfriend. In media coverage of the shooting, Rodger was referred to as an "incel," thereby shifting the conversation from how poisonous patriarchal values pose a material threat to our safety to how important it is for introverted nerds to get laid (it's also evident in how a small segment of the far-right continues to venerate Rodger to this day). Over and over, we try to place their actions in a framework we can understand, that makes sense to us, that shifts the blame to a convenient scapegoat: to women who are overly sexually available, to women who are not sexually available at all, to 4chan and 8kun and all the other vectors of online radicalization, to religious shame, to groupthink or mob mentality. Better to do that than to confront the daunting truth: That there is no one reason why someone fosters enough hate in their heart to take a life or many lives, but many contributing factors that cause that hate to grow — and that they are all around us.



**EARLY EXPERIENCES SHAPE AGGRESSION IN YOUNG CHAMPAZEEES**

**University of New Mexico, March 15, 2021**

Experts and parents alike have long debated whether human boys and girls tend to be more or less physically aggressive because of nature or nurture. New research published in Proceedings of the National Academy of Sciences on young chimpanzees indicates that more physical aggression and expressions of anger among human boys may have deeper evolutionary reasons than the way they are brought up. One explanation for this sex difference in humans is that human

children and babies are treated differently based on their gender. "We call this gender socialization and it's one of the reasons that people refer to gender as a social construct. Even though violence is generally discouraged overall, physical aggression and physical expressions of anger are more acceptable behavior from boys compared to girls, and some think that this is how boys grow up to be more physically aggressive as men." Sabbi explained. "However, since we observe very similar sex-biased patterns in physical aggression in other species, especially in species like chimpanzees, who are so closely related to us, there is probably some shared evolutionary history and shared developmental processes- in addition to human-like gender socialization- that shape these patterns, too."



### [\*\*LARGEST STUDY TO DATE DEBUNKS MYTH THAT MALE AND FEMALE BRAINS ARE DIFFERENT\*\*](#)

**Daily Mail, March 8, 2021**

The brain is a unisex organ, according to a sweeping new review that found little difference between male and female white and gray matter. Past research has claimed men' brains make them better at thinking logically, while women's brains allow for better communication and multitasking skills. But researchers analyzing decades' worth of data say, once relative size is taken into consideration, the remaining differences in brain function and structure are quite small and rarely consistent from one study to the next. They say past analysis has been clouded by neurosexism - the biased assumption that female brains are just wired differently from male brains. Scientists have claimed for centuries there are distinct differences between the male and female brain. But Lise Eliot, a neuroscientist at Rosalind Franklin University in Chicago, says those theories have been tainted by bias and small sample sizes. Researchers looked at 30 years of MRIs and brain tissue samples. Besides size - which is not necessarily linked to intelligence - they found minimal differences between the male and female brain/ The amygdala, which controls the 'flight or fight' instinct, is only about 1 percent larger in males. Past reports have been biased toward finding men and women are 'hardwired' differently, researchers say. In adult brains it's impossible to tell which behavioral differences are due to biological sex and which are due to environmental

influences.



## [\*\*WHY PRINCE HARRY IS THE MALE ROLE MODEL MEN SO DESPERATELY NEED\*\*](#) **Evening Standard, March 10, 2021**

And herein lies the reason he is suddenly a perfect modern role model for men. We are all coming to see ourselves as trapped in some way: conforming to what is expected of us as a man in our environments, which is often different to the man we really are or want to be. Instead, we tend to blend in with the expected behaviours, clothes, values and opinions; this is 'hegemonic masculinity', the pursuit of an idealised masculinity in a certain location. Most typically it involves a strong, cool, Alpha ideal, one infallible and less-than-human. This causes so many [mental health](#) problems for men - when they hit life's difficulties and 'fail' to live up to the image, they then can't ask for help because that is anathema to the ideal. In rejecting what was expected of him as a man in his situation, Harry has provided a model which can free a lot of men from their particular traps. No easy task, given the weight of cultural and social expectations which bind our identities together, but one crucial to self-respect. It's not so much a rebellion as simply standing firm in your humanity, not letting yourself to be compromised by what's around you. It's hard to claim the biggest TV event of the year was in any way quiet, but Harry embodied a quiet revolution that is transforming men and has mental health at the heart of it. Rather than sticking on the stiff upper lip, he recognised his young family's mental health problems, and found a dramatic but necessary solution.



## [\*\*SOCIAL MEDIA, BINGE EATING OFTEN GO TOGETHER FOR KIDS\*\*](#)

**US News, March 3, 2021**

Could endless hours spent scrolling through social media and watching TV trigger binge eating in preteens? Apparently so, new research suggests. "Children may be more prone to overeating while distracted in front of screens. They may also be exposed to more food advertisements on television," said study author Dr. Jason Nagata. He is an assistant professor of pediatrics at the University of California, San Francisco. "Binge-watching television may lead to binge-eating behaviors because of overconsumption and a loss of control," he said in a university news release. For the study, the researchers analyzed data gathered from more than 11,000 U.S. children, aged 9 to 10, that included how much time they spent on six different types of media, including television, social media and texting. There was also information from parents about their children's binge-eating behaviors. Each additional hour that children spent on social media was associated with a 62% higher risk of binge-eating disorder one year later, and each extra hour spent watching or streaming television or movies was linked with a 39% higher risk of binge-eating disorder one year later. The percentage of children with binge-eating disorder rose from 0.7% at the start of the study to 1.1% one year later, a rate that's expected to increase in the late teens and early adulthood, the study authors noted. People with binge-eating disorder eat large quantities of food in a short period of time. They feel a loss of control during the binge, and shame or guilt afterwards. Binge-eating disorder is the most common eating disorder in the United States and can be severe or life-threatening if it causes diabetes or heart disease.



## [\*\*AUSTRALIA: MOTHERS AND SONS PROGRAM HELPS WOMEN RAISE BOYS TO BECOME NON-VIOLENT, RESPECTFUL MEN\*\*](#)

**ABC.net.au, March 8, 2021**

Boys as young as six years old are engaging in a domestic violence prevention program, the first of its kind in Australia to target such young males. Illawarra Women's Health Centre general manager Sally Stevenson said there was overwhelming demand for the program from mothers eager to ensure their sons did not grow up to become violent men. Now in its third year, the Mothers and Sons program, which was funded by the International Women's Day Illawarra Committee, offers a unique child-rearing program that gives mothers the tools and techniques to help their sons deal with their emotions and express themselves in a healthy way. It is open to boys aged from six to eight and already has a long waiting list. "The tipping point for violence around boys is around seven years old," Ms Stevenson said. "It's a time when they are separating themselves from their mother and struggling to find their own identity," Ms Stevenson said. Ms Stevenson said it was also important to recognise what society and culture expects of boys, and what pressures around masculinity look like. "We talk a lot in the program about what healthy masculinity looks like," Ms Stevenson said. "Because there is so much pressure on boys to not cry, stand up, be strong — all those things that we hear time and again, that really crush their emotional resilience."



## MILWAUKEE BARBERSHOP HELPING YOUNG MEN OPEN UP ABOUT MENTAL HEALTH

**Spectrum News, March 9, 2012**

Jose "J.P." Perez has been cutting hair since he was 14 years old. "I'm 29 now, so it's been about 17 years now," Perez noted. To him, being a barber is so much more than just the process of cutting hair. "It's more than just a job to me," Perez said. "It's my life, it's a passion. It's a love for the art." While cutting hair, he gets to spend a lot of time with his clients, a lot of young men of color. Those young men tend to open up to him. "We pretty much relate to the kids. They won't open up to teachers, they don't want to open up to their parents, but for some reason they open up to us," Perez said. "We dress like them, we act like them." Because of that, a few of J.P.'s friends suggested Perez take advantage of that connection to genuinely help those boys. "[To let them know] it's okay to not be okay, you know," Perez said. Perez owns Flashy Faded, a barbershop in the Bay View neighborhood of Milwaukee. He held a three-session series there called "Barbershop Real Talk." The basis was to give a free haircut to high school age men of color, but also raise awareness about mental health and struggles they all face. "The mental health is something kind of like a stigma," Perez said. "Killing a stigma is tough. It's tough for us being people of color and especially the youth not having the resources or the education."



## ADD FALLING SPERM COUNTS TO THE LIST OF THREATS TO HUMAN SURVIVAL, EPIDEMIOLOGIST WARNS

**USA Today, February 27, 2021**

Humanity is facing not only a coronavirus pandemic and a climate crisis, but its existence is also threatened by falling sperm counts because of chemical exposures, a prominent epidemiologist warns in a new book. "Chemicals in our environment and other lifestyle factors in our modern age have harmed our reproductive health to the extent that, in the future, it may not be possible for most people to reproduce in the old-fashioned way," said Shanna Swan, an

environmental and reproductive epidemiologist at the Icahn School of Medicine at Mount Sinai in New York with more than four decades of experience in the field. Sperm counts among men in North America, Europe, Australia and New Zealand declined more than 59% from 1973 to 2011, according to [a meta-analysis](#) Swan co-wrote in 2017. At the current rate, half of men in those countries would have no sperm by 2045, while many others would have very low counts, Swan told USA TODAY.



## [\*\*EVOLUTION DRIVES AUTISM AND OTHER CONDITIONS TO OCCUR MORE FREQUENTLY IN BOYS\*\*](#)

**American Association for the Advancement of Science, March 3, 2021**

Evolutionary forces drive a glaring gender imbalance in the occurrence of many health conditions, including autism, a team of genetics researchers has concluded. The human genome has evolved to favour the inheritance of very different characteristics in males and females, which in turn makes men more vulnerable to a host of physical and mental health conditions, say the researchers responsible for a new paper published in the *Journal of Molecular Evolution*. Their analysis shows that while there are certain conditions that occur only in women (cervical cancer and ovarian cancer, for example), or much more frequently in women (such as multiple sclerosis), men are more prone to medical conditions overall and, as a result, on average die sooner than women.



## [COLLEGE STUDENTS WITH ADHD HAVE LOWER GRADES, HIGHER DROPOUT RATES](#)

**Health Day, March 3, 2021**

College students with attention-deficit/hyperactivity disorder (ADHD), which is more prevalent among males than females, have a harder time making it to graduation than their peers do, a new study suggests. Researchers found that of 400 students they followed, those with ADHD had a lower grade-point average (GPA) -- about half a grade lower -- than students without the disorder. The gap emerged freshman year, and persisted throughout college. And in the end, students with ADHD were less likely to make it through four years. The findings start to fill in a knowledge gap, the researchers said. Even though the college years are a critical time for young people with ADHD, fairly little has been known about how they fare. "The transition to college is difficult, even for students without ADHD," said Christopher La Lima, a child and adolescent psychologist who was not involved in the study.



## [CHINA PROPOSES TEACING MASCULINITY TO BOYS AS STATE IS ALARMED BY CHANGING GENDER ROLES](#)

*Boys in China traditionally are expected to be strong leaders, get good grades and excel at sports. But the gender balance in China is changing.*

**NBC News, March 5, 2021**

In January, [China's Education Ministry published plans](#) to "cultivate masculinity" in boys from kindergarten through high school. The initiative involves hiring and training more gym teachers, testing students more comprehensively in physical education, making health education compulsory and supporting research into issues like the "influence of the phenomenon of internet celebrities on adolescents' values." The plan follows a warning from one of China's top political advisers that the nation is experiencing a national "masculinity crisis." "Chinese boys have been spoiled by housewives and female teachers," the adviser, Si Zefu, said in a policy proposal in May. Boys would soon become "delicate, timid and effeminate" unless action was taken, he said.



## [THE TROUBLE WITH BOYS: WHAT LIES BEHIND THE FLOOD OF TEENAGE SEXUAL ASSAULT STORIES?](#)

**The Guardian, February 26, 2021**

Page after page after page. Story after story after story: hundreds of them. Stories of boys raping girls, boys forcing girls to perform oral sex, boys anally raping girls, boys assaulting their girlfriends, boys assaulting girls who are unconscious, sharing the stories and the images and the videos with their friends. In one case, uploading illicitly taken videos to a widely available porn website. Some girls are as young as 13. The boys are their peers. These stories coalesced into a litany of horror over the past week as part of a [petition started by former Sydney schoolgirl](#) Chanel Contos, now 23, in an effort to convince the school principals of elite private schools in Sydney to implement consent education earlier and better. The petition has now busted out of its eastern suburbs bubble and had, at the time of writing, grown to almost 3,000 testimonies and about 23,000 signatories from all over Australia and the world, now to be sent to MPs to convey the urgency of the situation.



## [SEXUAL ASSAULT AGAINST BOYS IS A CRISIS](#)

*It's far more common than we think. Here's why we don't talk about it.*

**Washington Post, February 22, 2021**

Boys learn that they're supposed to be tough and strong and sexually dominant, according to a [\*\*massive study\*\*](#) of gender attitudes among 10- to 14-year-olds in the United States and countries across four other continents. Girls learn that they're supposed to be attractive and submissive, according to the study, led by researchers at Johns Hopkins University. The global script clearly harms girls, who face disproportionate levels of sexual violence, not to mention greater risk of early pregnancy and leaving school. But Robert Blum, a physician who has studied adolescents for 40 years and is one of the Johns Hopkins scholars leading the study, wants people to understand that it also hurts boys. "The story about boys has yet to be told, and I think it's a really important story," Blum explained to me. "Our data suggest that the myth that boys are advantaged and girls are disadvantaged simply isn't *true*." Boys are more likely than girls to die in their second decade of life, and they use more alcohol and tobacco, habits that erode their health as they age, Blum said. But even more troubling, Blum's team [\*\*found\*\*](#) that boys suffered higher levels of physical violence, neglect and sexual abuse by adults than girls. And the more a boy was victimized, the more likely he was to do violence to others. Those findings should serve as a gut punch. We can't solve the problem of violence against girls and women without also addressing violence against men and boys. And we won't succeed in teaching our sons to care for other people's bodies until we learn to care for theirs.



**[BOYS MORE PRONE TO VIOLENCE, SEXUAL ABUSE, STUDY SHOWS](#)**  
**Business Mirror, February 25, 2021**

Children who have witnessed or experience violence and sexual abuse are at risk of developing emotional, social, and behavioral problems. Around the world, one in six boys experiences sexual abuse; many more are exploited or exposed to inappropriate sexual materials. In the Philippines, the 2016 National Baseline Study on Violence against Children noted that one in four children (24.9 percent) suffer from any form of sexual violence in any setting. Sexual violence occurs more often on boys (28.7 percent) than girls (20.1 percent). The study also noted one in five children aged 13 to 17 experienced sexual violence, while one in 25 experienced

rape during childhood. In 2018, the Center for the Prevention and Treatment of Child Sexual Abuse (CPTCSA), which participated in a global scoping study "Caring for Boys Affected by Sexual Violence," found that boys' experiences in school, their use and exposure to multimedia content and the influence of their peers have a bigger impact in shaping their views.



**MALE EATING DISORDERS ARE OFTEN UNDIAGNOSED - AND DANGEROUS**  
**Tulsa Kids, February 25, 2021**

Eating disorders have the second highest mortality rate of all mental disorders (surpassed only by opioid addiction). While increased recognition of these disorders has helped advance their study and treatment, most people continue to associate them with adolescent females, when, in fact, research shows males represent a significant percentage of the affected population. As a result, adolescent males who struggle with these disorders are frequently undiagnosed and untreated, often with dire consequences. Studies show that young people between the ages of 15 and 24 with anorexia have 10 times the risk of dying compared to their peers. Males represent 25 percent of individuals with the disorder, and they're at a higher risk of dying than females – in part because they're often diagnosed later, or not at all. "Subclinical" eating disorder behaviors, those that aren't severe enough to be easily recognized as symptoms, are nearly as common in males as they are among females.



**YOUNG BLACK MEN AND TEENS ARE KILLED BY GUNS 20 TIMES MORE THAN THEIR WHITE COUNTERPARTS, CDC DATA SHOW**

**USA TODAY, February 23, 2021**

Young Black men and teens made up more than a third of firearm homicide victims in the USA in 2019, one of several disparities revealed in a review of gun mortality data released Tuesday by the Centers for Disease Control and Prevention.

The [analysis, titled "A Public Health Crisis in the Making."](#) found that although Black men and boys ages 15 to 34 make up just 2% of the nation's population, they were among 37% of gun homicides that year. That's 20 times higher than white males of the same age group. Of all reported firearm homicides in 2019, more than half of victims were Black men, according to the study spearheaded by the Educational Fund to Stop Gun Violence and the Coalition to Stop Gun Violence. Sixty-three percent of male victims were Black. The contrast is even more stark when the rates were compared with white people: Across all ages, Black men were nearly 14 times more likely to die in a firearm homicide than white men, and eight times more likely to die in a firearm homicide than the general population, including women.



**BLACK FEMALES MORE LIKELY THAN BLACK MALES TO EXERCISE, EAT HEALTHY WHEN FACED WITH PERCEIVED DISCRIMINATION**

## **Milwaukee Community Journal, February 26, 2021**

Black men and women, as well as adolescent boys and girls, may react differently to perceived racial discrimination, with Black women and girls engaging in more exercise and better eating habits than Black men and boys when faced with discrimination, according to research published by the American Psychological Association. “In this study, Black women and girls didn’t just survive in the face of racism, they actually responded in a positive manner, in terms of their health behavior,” said lead researcher Frederick Gibbons, PhD, with the University of Connecticut. “This gives us some hope that despite the spike in racism across the country, some people are finding healthy ways to cope.” The relationship between perceived racial discrimination and healthy habits in Black males was insignificant, the study found. Black women and adolescent girls, on the other hand, showed improvements in healthy eating and exercise as their perceptions of racism increased. And there was an even more significant increase in healthy behaviors for Black women who indicated they had an optimistic view of their lives and the future, according to the researchers. There was no correlation between racial discrimination and BMI in either Black males or Black females.



## **1 IN 6 GEN Z ADULTS ARE LGBT. AND THIS NUMBER COULD CONTINUE TO GROW.**

### **Washington Post, February 24, 2021**

One in six adults in Generation Z identifies as LGBT, according to [survey data](#) released early Wednesday from Gallup, providing some of the most detailed and up-to-date estimates yet on the size and makeup of the nation’s LGBT population. Gallup’s latest survey data, based on more than 15,000 interviews conducted throughout 2020 with Americans age 18 and older, found that 5.6 percent of U.S. adults identify as lesbian, gay, bisexual or transgender, up from 4.5 percent in Gallup’s findings based on 2017 data. At a time when the [majority](#) of Americans support [gay rights](#), more than half a decade after the Supreme Court legalized same-sex marriage, it’s clear that a growing percentage of the U.S. population identifies as LGBT, Gallup’s researchers said. What’s less clear is why. Is it because of a real shift in sexual orientation and gender identity? Or is it because of a greater willingness among young people to identify as LGBT?



## HASBRO'S MR POTATO HEAD LOSES TITLE IN GENDER NEUTRAL REBRANDING

*Mr Potato head loses his title as Hasbro try to reflect modern families*  
**Standard UK, February 26, 2021**

Mr. Potato Head is no longer a mister. [Hasbro](#), the company that's made the potato-shaped plastic toy for nearly 70 years, is giving the spud a gender neutral new name: Potato Head. The change will appear on boxes this year. Many toymakers have been updating their classic brands in recent years, hoping to relate to today's kids and reflect more modern families. "It's a potato," said Ali Mierzejewski, editor in chief at toy review site The Toy Insider. "But kids like to see themselves in the toys they are playing with." As part of the rebranding, Hasbro will release a new Potato Head playset this fall that will let kids create their own type of families, including two moms or two dads.



## SIX-PACK ABS SEEM LIKE A RECENT PHENOMENON, BUT NOTION OF IDEAL MALE BODY HAS BEEN SHAPED OVER CENTURIES

*Western culture's fascination with chiseled abdominals can be traced to the late 18th and early 19th centuries, when the ideal male body image in the West started to shift.*

## **First Post, February 26, 2021**

The cultural obsession with six-pack abdominals shows no signs of abating. And if [research into male body image](#) is to be believed, it will likely only grow, thanks to social media. Today, there's an entire industry centered on obtaining – and maintaining – chiseled abs. They're the subject of books and social media posts, while every action movie star seems to sport them. Pressure is also mounting on women to sport six-pack abs as body ideals for athletic women have evolved. All of this raises the question, when did the six-pack craze start? It may seem like a relatively recent phenomenon, a byproduct of the fitness culture boom in the 1970s and 1980s, when Arnold Schwarzenegger and Rambo reigned, and men's muscle mags and aerobics took off. History proves otherwise. In fact, Western culture's fascination with chiseled abdominals can be traced to the late 18th and early 19th centuries, when the ideal male body image in the West started to shift.



## **[THE NEW SLANG TEENS USE TO INSULT BOYS WHO ARE 'TOO NICE' TO GIRLS](#)**

**CNN, February 20, 2021**

While many parents might be unfamiliar with the word “simp,” chances are your tween or teen has used or at least heard the term. Simp hashtags are rampant on TikTok. Instagram has over 350,000 posts tagged #simp and there are Facebook groups devoted to simps and simping (it can be a verb, too). [Urban Dictionary](#)’s top definition of a simp is “someone who does way too much for a person they like.” Other definitions on the crowdsourced online dictionary include “a man who puts the hoes before the bros,” and “a guy that is overly desperate for women, especially if she is a bad person, or has expressed her disinterest in him whom which he continues to obsess over.” “Simp” is slang for a person (typically a man) who is desperate for the attention and affection of someone else (typically a woman),” said Connor Howlett, 23, a digital strategist for Turner PR in New York City, in an email to CNN. “Think the energy of puppy dog eyes but manifested in a romantic, human form,” Howlett said. “It’s used in an insulting manner. Though typically playful, there are definitely undertones of toxic masculinity since it’s related to showing too much emotion.”



## **BOYS WHO PLAY VIDEO GAMES HAVE LOWER DEPRESSION RISK**

**Science Daily, February 18, 2021**

Boys who regularly play video games at age 11 are less likely to develop depressive symptoms three years later, finds a new study led by a UCL researcher.

The study, published in *Psychological Medicine*, also found that girls who spend more time on social media appear to develop more depressive symptoms. Taken together, the findings demonstrate how different types of screen time can positively or negatively influence young people's mental health, and may also impact boys and girls differently. Lead author, PhD student Aaron Kandola (UCL Psychiatry) said: "Screens allow us to engage in a wide range of activities. Guidelines and recommendations about screen time should be based on our understanding of how these different activities might influence mental health and whether that influence is meaningful. "While we cannot confirm whether playing video games actually improves mental health, it didn't appear harmful in our study and may have some benefits. Particularly during the pandemic, video games have been an important social platform for young people."



## **NEGATIVE MALE STEREOTYPES IN ADS CAUSE LASTING DAMAGE**

**Marketing Week, February 15, 2021**

The majority (64%) of UK males aged 18 to 34 believe negative male representation in advertising does real psychological damage. Younger men don't connect with traditional male stereotypes such as being 'always strong' or 'a lad', with 46% of those aged under 35 suggesting these clichés are detrimental and dangerous. The most offensive stereotypes are those that portray men as promiscuous: 91% think being seen as 'mean to women' is harmful, while 79% think the same about being viewed as 'sex-obsessed'. Just under half (44%) of young men feel brands should show all male body types, with 59% feeling the obligation to look a certain way. Eight out of 10 younger men (80%) think brands and advertisements should try and promote a more positive impression of men's mental health. Three-quarters (75%) say social media makes it harder to maintain psychological health.



## **OLD-SCHOOL MASCULINITY PUNISHING WORK-FROM-HOME PARENTS - ESPECIALLY YOUNG DADS**

**Training Journal, February 17, 2021**

The study paints a stark portrait of the work-from-home set-up, with three in ten (31%) workers saying there's limited or zero support in place when they're interrupted by their children. Working mums have spent a staggering thirteen hours more per week with their kids during lockdown, while fathers spend six more hours, according to the research. Male respondents feel the strain the most, in particular young dads: those who've traditionally played a less central role when it comes to parenting, and are now getting a full-on taste of what it entails. Moreover, two fifths (41%) of workers believe keeping work and family exclusive is the key to success, with half (51%) of young men agreeing. This compounds the pressure, with half (50%) of young dads feeling there is no or limited support for parenting duties that impact their time at work, and 46% saying the same for kids interrupting work.



### **FOR ISRAEL'S MALE PROSTITUTES, ESCAPE CAN BE A DIM DREAM**

*Most have a history of childhood sexual abuse and many get into sex work at a young age, they have very high rates of STDs and almost no way to get out; already limited state options for rehabilitation are getting slimmer, and no one seems to care*

**YNet News, February 20, 2021**

Nearly half of the men engaged in street sex work began before they turned 18 and have only nine years of schooling on average. And half of them are Muslim. Most men who provide sex services in discreet apartments started offering their services after the age of 25 and have an average of 12 years of schooling. The vast majority of them are Jewish. Activists working in the field insist that some of the data presented in this five-year-old survey is different to the situation on the ground and may vary depending on geographical location. One fact remains undisputed: prostitution begins at a young age for both men and women.



### **IMPROVING ADOLESCENT & YOUNG ADULT HEALTH: CHALLENGES AND OPPORTUNITIES EMERGING FROM THE COVID-19 PANDEMIC**

**National Adolescent and Young Adult Health Information Center, February 2021**

This two-page brief offers strategies for advancing health care for AYAs during the

COVID-19 pandemic and beyond. The document draws on successes and suggestions from our Center's [National Advisory Board](#), which offered strategies to improve systems of care, with a focus on preventive services and mental and behavioral health care, in the context of the pandemic.



### [EATING DISORDERS IN LGBTQ+ POPULATIONS: FINDINGS FROM THE PRIDE STUDY](#)

**The Pride Study, February 16, 2021**

Study participants were asked to complete the most commonly used assessment tool for eating disorders, the Eating Disorder Examination Questionnaire. Overall, we found that 20% of gay men reported dietary restraint, while 11% reported binge eating, and 10% reported excessive exercise in the past month. Another study focused on bisexual plus (including bisexual, pansexual, polysexual, and other sexual orientations) men and women, finding 24% and 19% of dietary restraint, 11% and 11% of binge eating, and 5% and 4% of excessive exercise among bisexual plus men and women, respectively, in the past month. These findings are especially important during the COVID-19 pandemic, as we have seen an increase in eating disorder symptoms among LGBTQ+ people. Disruptions in daily routines and constraints on physical activity may increase body image concerns and negatively impact eating and exercise patterns. Stressors related to the COVID-19 pandemic, social isolation from sheltering in place, and food or job insecurity may disproportionately affect LGBTQ+ people and can worsen eating disorder symptoms. Eating disorders can affect people of all sexual orientations, gender identities, races, ethnicities, ages, and socio-economic strata.

#### [\*\*NEW RESOURCE\*\*](#)

[\*\*PODCAST: Original Guide to Men's Health\*\*](#)

Men have a higher risk of death at all ages than women. Does this mean you? Could be? Guys tend not to prioritize taking care of themselves. Perhaps it is because they are too busy taking care of everything else. Here is a treasure trove of information from experts in men's health at your fingertips. Let the Original Guide to Men's Health help you beat the statistics and live a long healthy life.



## [THE PANDEMIC IS FUELING A CRISIS OF CONNECTION. THE NEXT SURGEON GENERAL SHOULD TACKLE BOTH](#)

**The Hill, February 9, 2021**

With the impending confirmation of Vivek Murthy as Surgeon General, we, as a nation, have an extraordinary opportunity not only to prevent the spread of the coronavirus but also address the soaring rates of depression, anxiety, loneliness, and suicide across most age groups but particularly among teenagers and young adults under the age of 25. Our [crisis of connection](#) in which we are increasingly disconnected from ourselves and each other demands that we treat both public health crises simultaneously. It also requires that we change our culture to better match our human nature. The [data](#) from the CDC show that over the past 10 years, levels of depression and anxiety have been increasing, especially among young people and Black and Latino people of all ages. According to [a study](#) published by Cigna, 3 in 5 Americans (61 percent) reported feeling lonely in 2019, compared to 54 percent in 2018. [The Youth Risk Behavior Survey](#) conducted by the CDC showed that more than 1 in 3 teenagers reported persistent feelings of sadness or hopelessness in 2019, a 40 percent increase since 2009. [Research](#) from the National Center for Health Statistics indicates that suicide rates among youth ages 10 to 24 increased by 57 percent between 2007 and 2018. Suicide rates in the U.S. are now the highest they have ever been since 1941. The coronavirus has only dramatically [exacerbated these rates](#).

## [YOUNG MALES FIND NEW WAYS TO STAY CONNECTED DURING PANDEMIC \(PODCAST\)](#)

## **Yahoo News, February 12, 2021**

NBC's Savannah Sellers reports on how friendships between young men have changed during the pandemic. She speaks to AJ Beck, Jesus Hernandez and Casey Lee about how they are navigating virtually and finding spaces to be open online.



## **'TOXIC STEREOTYPES' HAVE DETRIMENTAL EFFECT ON MEN'S HEALTH**

*The latest findings highlight a link between damaging male stereotypes and poor mental health*

## **Happiful, February 12, 2021**

If you stopped to think about it, it's likely that within minutes you'd be able to list countless examples of damaging gendered stereotypes that you have encountered in the media. From the hyper-masculine womanisers on reality TV shows to useless dads in adverts, and the stoic home-provider in films and shows, these figures take their toll. The suicide rate among young men is at its highest in decades and, according to new research from suicide prevention charity [Campaign Against Living Miserably \(CALM\)](#), these toxic media stereotypes could be doing real damage. In the report, researchers found that one in seven men aged between 18 and 34 have thought about harming themselves in the past three months, and nearly two-thirds believe that male stereotypes in advertising do real psychological harm. Diving deeper into the stereotypes at play, 91% believe that the trope of being 'mean to women' is the most harmful, while 79% think the same about being 'sex-obsessed'. Additionally, traditional ideas about 'always being strong' or being 'a lad' were also highlighted as being damaging.



## **EARLY INTERVENTIONS IN MEN'S AND BOYS' HEALTH AND WELL-BEING HAVE LIFELONG EFFECTS**

New Security Beat, February 10, 2021

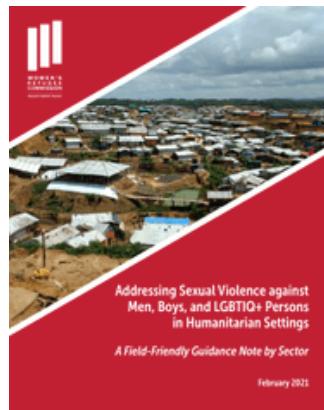
"How do we incorporate more men into the work that we're doing?" said Dominick Shattuck, Director of Monitoring, Evaluation, and Learning for Breakthrough ACTION at [Johns Hopkins Center for Communication Programs \(CCP\)](#), at a recent [event](#) hosted by the [MenEngage Alliance](#). The event focused on interventions to meaningfully engage men and boys in health programming, and how "life course theory" can help determine the best timing for male engagement. "Events that happen early in the life course can have lifelong and cumulative effects," said Jeffrey Edmeades, founder of [Demografix](#). According to the [life course theory](#), interventions that target men's and boys' lives at critical transition periods are most effective at encouraging engagement in health programs. Gender plays a key role in society and in shaping our rules and norms, and masculinity is tied to the life course in different ways at different stages, said Edmeades. Intervening at transitional points in the life course can shape men's and boys' perception of gender roles and norms.



## **BOYS, TOO, ARE VICTIMS OF SEXUAL VIOLENCE**

Bulatlat, February 11, 2021

An advocacy group on the prevention of child sexual abuse pointed out that sexual violence occurs more often on boys than girls. Gender stereotypes and misconceptions held out for boys make them more vulnerable to abuse “which results to them far less likely than girls to report abuse or ask for help and support when abused,” the Center for the Prevention and Treatment of Child Sexual Abuse (CPTCSA) said. This week, the CPTCSA led the Philippine Blue Umbrella Day Campaign to commemorate the National Awareness Week for the Prevention of Child Sexual Abuse and Exploitation. Its executive director Zenaida Rosales said, “This is to raise awareness and change social norms on how to better care for boys and protect them from all forms of abuse including sexual violence.” The Philippine BUD Campaign, which is supported by 12 government agencies and six international NGOs, hopes to engage the United Nations into adopting the movement into an international day of advocacy on the care, protection, and empowerment of boys worldwide.



## **ADDRESSING SEXUAL VIOLENCE AGAINST MEN, BOYS AND LGBTIQ+ PERSONS IN HUMANITARIAN SETTINGS: A FIELD-FRIENDLY GUIDANCE NOTE BY SECTOR**

**Relief Web, February 10, 2021**

A growing body of evidence demonstrates that, in addition to women and girls, perpetrators target some men and boys, as well as lesbian, gay, bisexual, transgender, intersex, queer, and other (LGBTIQ+) individuals with diverse sexual orientation, gender identity or expression, and sex characteristics for sexual violence in conflict, flight, and displacement. Men/boy survivors and LGBTIQ+ survivors—like women/girl survivors—have significant medical, mental health, and other needs. Despite increasing awareness of sexual violence against these populations, many humanitarian workers are unclear on how to meet the needs of these diverse survivors.



## [NEW CAMPAIGN URGES YOUNG MEN TO RETHINK THEIR LOVE OF SUGARY DRINKS](#)

**Mirage, February 8, 2021**

A new counter-campaign delivered by the Rethink Sugary Drink alliance, of which the ADA is a part, is aiming to expose the way in which sugary drinks companies market and advertise their products as a way of convincing young men between the ages of 12 and 24 to rethink how many sugary drinks they consume. Craig Sinclair, Head of Prevention at Cancer Council Victoria, a partner of Rethink Sugary Drink, said while the campaign imagery isn't easy on the eyes or ears, the ad is designed to cut through the polished imagery that this audience is bombarded with from sugary drink companies and highlight how they're being conned. "We know young Australians are hooked on sugary drinks. One in six teens down at least 5.2 kilograms of added sugar from sugary drinks alone every year. "Getting swept up by the beverage industry's marketing game could mean young Aussies have signed themselves up to unhealthy weight gain, increasing their risk of battling serious health problems such as type 2 diabetes, heart and kidney disease, stroke and 13 types of cancer later in life." Launching on a range of digital platforms including YouTube, Facebook, Instagram and TikTok, the [Full of Crap campaign](#) aims to crush young men's glorified perceptions of sugary drinks and alert them to dangerously high levels of sugar in these products and the health harm that can come from consuming them, including to a person's oral health.



## [NEW RESEARCH SHOWS SPORTS-BASED RESILIENCE TRAINING IMPROVES](#)

## **MENTAL HEALTH IN TEEN BOYS**

**Mirage, February 10, 2021**

Teenage athletes who undergo two hours of sports-based mental health literacy and resilience training enjoy improved wellbeing and are better equipped to deal with life's setbacks, according to new research led by Dr Stewart Vella from the University of Wollongong. The study from Movember, published in [Medicine & Science in Sports & Exercise](#), demonstrates that Movember's [Ahead of the Game](#) program has been proven to increase wellbeing and resilience among the adolescent boys who took part. The training course was tested on 350 boys aged between 12-18, across three different sports including soccer, rugby league and swimming, over a season-long period. Teenage boys who took part in the Australian-led study – the biggest of its kind in the world – demonstrated a better understanding of what mental health is, had greater intentions to help others who have a mental health problem and were more confident about seeking help themselves if they needed to.



## **HPV VACCINE HESITANCY RISES, STUDY SAYS**

**Becker's Hospital Review, February 9, 2021**

Parents' hesitancy surrounding the human papillomavirus vaccine grew from 50.4 percent in 2012 to 64 percent in 2018, despite more providers recommending the HPV vaccine to their adolescent patients, according to research published in the February edition of [Pediatrics](#). Researchers analyzed data from the CDC's National Immunization Survey from 2012-2018 and found that parental reluctance to initiate the HPV vaccine series for girls increased from 54.1 percent to 68.1 percent. For boys, parental reluctance for the vaccine rose from 44.4 percent to 59.2 percent over the six-year period. Overall, there were 7.3 million vaccine eligible U.S. adolescents who were unvaccinated in 2018, the study's data showed. "Our findings imply that recommendations alone will not lead to substantial improvements in vaccine uptake," the study says. "Providers should proactively use tools such as motivational interviewing and presumptive announcements when they encounter hesitancy."



## **[ARE MALES DESIGNED TO LOVE EACH OTHER?](#)**

*They have the DNA to do so, and their psychological health depends on it.*

**Psychology Today, January 30, 2021**

We know a lot about male-male **aggression** but little about the opposite: male-male **bonding**. Across multiple human and nonhuman primate species, the social and behavioral sciences have documented what separates men, but seldom what unites them. The rare exceptions are based on data from males in the military, prisons, and, especially, private boarding schools and collegiate fraternities. In these settings masculine bonding is usually enforced through established customs that include homoerotic and sexual encounters between members.

For gender and sexuality studies professor Jane Ward, “dude-sex” occurring within these ceremonies is less about sex and more about creating rituals among fellow brothers intended to produce commitment and connection, all within “the broader culture’s imagination of what it means for ‘boys to be boys.’” The adolescent boys and young adult men are essentially saying they can have sex with each other without it having any meaning whatsoever for their straight sexual orientation. Building on the anticipated sense of comradery, bonding within the organization is to last a lifetime. Fraternity hazing rituals are perhaps the most well-known example of this fortifying genre. Although Ward’s views are more speculative than established empirical fact, they point to the crisis of connection that developmentalist psychologist Niobe Way argued plagues newly minted adolescent boys as they pass through adolescence and beyond. Talking with adolescent boys, Way discovered that by nature boys express and pursue deeply fulfilling emotional connections with each other as boys; however, as they grow into manhood, they realize bonding with other boys looks gay and thus is to be avoided.



### **HOW TO BE A GOOD MOM TO YOUR TEENAGE SON**

*If you want to pursue a healthy and good relationship with your teenage son find that balance between their independence and your guidance.*

**Moms.com, February 4, 2021**

The relationship between a mother and her teenage son can be somewhat complex. As a mom, you want to provide them with all the love, care, and guidance that they'll inevitably need because it doesn't matter what their age is, they still need a mom! But there also comes a time when moms need to take that step back and realize that the things that your son needed from you in those stages when they were school-age can differ quite a bit when they're a teenager. If you stop and think about the different behavior of your teenage son, whether it be something new or perhaps it's something you've been experiencing for a while now, it can really open your eyes to what it is they might be needing from their mom. Those adolescent years can be hard for anyone, boy or girl, but there is special consideration involved when you're a mom raising a teenage son.



### **PROFESSOR ON MSNBC WARNS TRADING SURGE WILL CREATE 'EXPLOSION IN YOUNG MALE DEPRESSION'**

**Mediaite, February 1, 2021**

New York University marketing professor Scott Galloway made a jarring argument

about the potential psychological ramifications of the GameStop stock trading frenzy. MSNBC's Stephanie Ruhle interviewed Galloway on Monday on the frenzy surrounding the short squeeze of GameStop and other stocks like AMC. As Ruhle brought up AMC's debts, she expressed worry that not enough private investors are aware, and wondered how this might impact the mental health of those investors down the line. Galloway responded by speaking of the long-term "fundamentals" to which the stock market typically conforms. He predicted that the stocks driven up by Reddit will eventually return to their lower position, then he described what he would've done if he were consulting his students who got in on the frenzy. "Maybe it's fun. Fine. Maybe it's a movement, but be prepared to lose 80 to 90 percent of it, and if it's still worth it, have at it." Galloway said. "But the biggest loss of capital here will be the human capital of young men sitting and staring at their phone and watching the price of Bitcoin, or the price of AMC."



### [STUDY AIMS TO BREAK THE CHAINS OF INCARCERATION IN AFRICAN AMERICAN MALES](#)

*Researchers Develop 'Care' Approach for Re-entry Programs That Addresses Centuries of Oppression and Segregation*

**Newswise, February 2, 2021**

Results from the study demonstrate why re-entry programs need a more holistic approach that accounts for the negative associations developed in the centuries of oppression and segregation that shape African American men's current interactions with society. In addition to providing practical needs and psychological assistance, re-entry programs should serve as a mediator between the individual impacted by incarceration and the various environmental constructs encountered upon release. Improving outcomes for African American men in re-entry programs must be centered on easing their transition into the complex systems of the family, workforce and society-at-large, while also considering their mental and emotional well-being. "Many factors contribute to the high recidivism rates of African American men, but how their environment perceives them plays a significant role. Therefore, they respond differently to the environment compared to their non-African American counterparts," said Precious Skinner-Osei, Ph.D., lead author and

interim undergraduate program coordinator in FAU's Phyllis and Harvey Sandler School of Social Work. "Because they face many oppressive factors, re-entry programs must consider the indifferences they endure, particularly trauma and their environment, and how it influences their behavior. Institutions involved in the criminal justice system must be part of the solution to alter the hostile environment experienced by these men."



### [SOCIAL SUPPORT IN YOUNG ADULTS LOWERS RISK OF MENTAL HEALTH PROBLEMS](#)

**Psychiatry Advisor, February 1, 2021**

Study data published in JAMA Network Open identified perceived social support as a protective factor against mental health problems among adolescents. In a population-based cohort study of individuals living in Canada, greater perceived social support at age 19 years was significantly associated with lower rates of depression, anxiety, and suicidal ideation at age 20 years. These associations persisted even among participants with a history of mental illness. Investigators extracted data from the Quebec Longitudinal Study of Child Development, a population-based study of participants born between 1997 and 1998 in Quebec, Canada. Participants were followed up annually from age 5 months to age 20 years for data pertaining to developmental trajectories. At 19 years of age, perceived social support was assessed using the 10-item Social Provision Scale (SPS-10). Mean SPS-10 scores were significantly lower among boys compared with girls, suggesting lower perceived social support.



## MODERN MALE ELDERS AND THE CALL TO SAVE HUMANITY

**Good Men Project, January 30, 2021**

Promundo, an international organization advancing gender equality and preventing violence, recently issued a report, "Masculinities and COVID-19: Making the Connections." Key findings show that:

- Men appear to be more likely to die from COVID-19 than women, according to evidence from many countries around the world.
- Masculine norms expect men to be tough, stoic, and self-reliant; this may mean that men with COVID-19 symptoms avoid or delay seeking medical advice.
- Economic fallout from COVID-19 could lead to an increase in suicides, especially among men.

A recently published scientific study, Men, Suicide, and Covid-19: Critical Masculinity Analyses and Interventions," concluded, "Men demonstrate higher suicide rates than women at all times and across regions and ethnic and socioeconomic groups and current sources indicate similar trends during the Covid-19 pandemic."



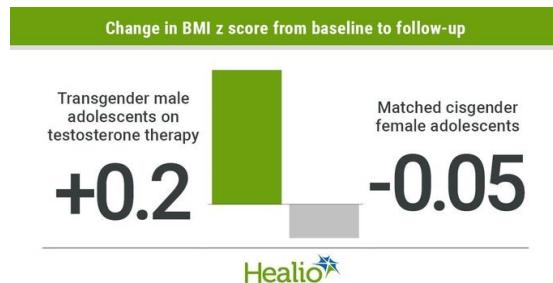
## THE MENTAL HEALTH OF SINGLE AND DIVORCED MEN

*An exploration of factors that can harm the mental health of unmarried men.*

**Psychology Today, February 4, 2021**

The phrase single men is an umbrella term describing men who are never married, widowed, separated, or divorced. Interestingly, a large corpus of research indicates

that single men have higher rates of mental health issues compared to married men and single women. For example, a large-scale U.S. [study](#) found that unmarried men aged 40-60 were 3.5 times more likely to die by suicide compared to both similarly-aged married men and unmarried women. Similarly, another large U.S. [study](#) found that unmarried men aged 40-75 years had a 2-fold risk of suicide compared to married men of the same age group. Other research indicates that single men have higher rates of depression than married men. For example, one [study](#) found over double the rate of depression in single men (3.6 percent) compared to married men (1.7 percent). Other [studies](#) have found that single men have much higher rates of addictions than other demographics including married men and single women.



### [TESTOSTERONE THERAPY LINKED TO BMI GAINS IN ADOLESCENT TRANSGENDER MALES](#)

**Endocrine Today, February 5, 2021**

A cohort of transgender male adolescents on testosterone therapy had a significant increase in BMI during a mean follow-up of nearly 1 year, a trend not seen in a cohort of BMI-matched cisgender females, according to study data. "Our data show that over time, this cohort of transgender male adolescents on testosterone had a trend of continued increase in BMI," Anna Valentine, MD, a fellow in pediatric endocrinology and diabetes at Children's Hospital Colorado, told Heelio. "Our comparison group of cisgender females, who were matched by initial BMI, actually showed the opposite trend, highlighting that this trend of increasing BMI is not necessarily one that is being seen in adolescents who were assigned female at birth with no exposure to testosterone, even in a cohort that was more likely to be overweight or obese at the beginning of the observation period."

## **New Step-by-Step Guide on Implementing Sexual Health Care Best Practices**

The American College Health Foundation, with financial support from Hologic,

created a new toolkit *Implementation Guide for Best Practices in Sexual Health in College Settings* to provide a framework for organizational assessment and development. The toolkit includes a color-coded system for health promotion, clinical care, and shared responsibilities to determine areas of strength and weakness on your campus. Use this toolkit to create and advocate for a sexual health-promoting campus environment that is student-centered, accessible, and inclusive.

The Implementation Guide for Best Practices in Sexual Health in College Settings is now available for download through the [ACHA Online store](#).



#### [\*\*4 WAYS TO TALK TO BOYS ABOUT SUICIDE\*\*](#)

**Next Gen Men, January 27, 2021**

It isn't enough just to care about boys, or to be committed to helping them. We should translate those good intentions into visible signals that boys can readily understand as signs of acceptance and calm.



#### [\*\*CANADA: ALARMING NUMBERS AROUND MEN'S MENTAL HEALTH INDICATE NEED FOR A NATIONAL RESPONSE\*\*](#)

**CBC News, January 28, 2021**

A growing body of research indicates that a significant number of men and boys are facing substantial psycho-social difficulties, which manifest in a number of worrying statistics involving mental health, addiction and suicide. To start, males account for more than 75 per cent of suicides in Canada. That's an average of 50 men per week [\*\*dying by suicide\*\*](#). Similarly, surveys indicate that Canadian men are around [\*\*three times\*\*](#) more likely to experience addiction and substance abuse compared to Canadian women. This includes alcohol, cannabis, and opioid abuse. Highlighting the scale of the problem, the British Columbia Coroners Service reports that males accounted for [\*\*81 per cent of drug overdose deaths\*\*](#) in that province in 2020. [\*\*Evidence suggests\*\*](#) that factors such as educational drop-out, unemployment and loneliness are strong determinants of mental health issues, including suicide and substance abuse. Importantly, these risk factors disproportionately affect men and boys. Statistics Canada, for example, [\*\*notes\*\*](#) that one in four boys do not graduate from high school on time, a rate significantly higher than girls. Another [\*\*study\*\*](#) found that nearly 9 per cent of men aged 25 to 34 never graduated from high school, almost double the rate of similarly aged women.



### **WHAT TO DO ABOUT AMERICA'S ANGRY WHITE MEN AT THE GATES?**

*Gary Barker - author and global voice for engaging men in healthy masculinities and gender equality - writes a powerful story about the disaffected white men who terrorised the Capitol and what comes next for Biden's America...*

#### **The Book of Man, February 2021**

A week after angry men stormed the US Capitol, Joe Biden was sworn in as US President and quickly put into motion a series of immediate and planned reversals of Trump-era policies on COVID-19, the climate and immigration. As relieved as many of us are with these changes, I thought this: what will we do about the millions of angry white men in the US?



## [\*\*CHINA WANT TO MITIGATE MALE "FEMINIZATION" WITH MORE GYM CLASS\*\*](#)

*Education authorities ruffled feathers Thursday by endorsing the idea that the country is suffering from a "masculinity crisis."*

**Sixth Tone, January 29, 2021**

China's education ministry on Thursday responded to a top political adviser's call for more physical education as an antidote to the supposed "feminization" of young men, rekindling a fierce online debate about masculinity and traditional gender norms. The ministry said it would recruit better gym class instructors and improve their teaching methods by introducing incentives such as free college education. The goal of this would be to cultivate masculinity in young men by balancing physical strength and mental health. The response came after a delegate of the Chinese People's Political Consultative Conference, a top political advisory body, had suggested that Chinese schoolboys are "weak, self-effacing, and timid," and may be unduly influenced by so-called little fresh meats — handsome, well-groomed, delicate-featured celebrities in the vein of K-pop stars. The proposal also described the feminization of Chinese boys as "a threat to the development and survival of our nation." The ministry's endorsement of the delegate's proposal prompted immediate backlash on microblogging platform Weibo, with some netizens saying they felt appalled that the country's top education authorities were being "openly sexist." As of Friday afternoon, a related hashtag had been viewed more than 240 million times.



## **USE OF ANTIBIOTICS LINKED TO REDUCED GROWTH IN BOYS: STUDY**

Sify.com, January 30, 2021

A new study has discovered that various physiological aspects of neonatal development in boys are affected due to exposure to antibiotics in the early few days of life. The findings of the study were published in the journal 'Nature Communications'. The study, led by Bar-Ilan University's Azrieli Faculty of Medicine, revealed that antibiotic treatment within fourteen days of birth is associated with reduced weight and height in boys - but not girls -- up to the age of six. By contrast, the study showed significantly higher body mass index (BMI) in both boys and girls following antibiotic use after the neonatal period, and within the first six years of life. The findings may be the result of changes in the development of the gut microbiome.



## YOUTH STUTTERING TIED TO EARLY ONSET TYPE 2 DIABETES IN MALES

Medscape, January 26, 2021

Young men who stutter may be at increased risk for early onset type 2 diabetes, new data suggest. The findings, from a unique analysis of data from Israeli youth evaluated for military service, were [published online](#) January 15 in the Journal of Clinical Endocrinology and Metabolism by Avishai M. Tsur, MD, of the Israeli Defense Forces Medical Corp, Ramat Gan, Israel, and colleagues. Among more than 4000 males aged 16-20, those who stuttered had a 30% greater risk for developing type 2 diabetes overall and more than double the risk for developing type 2 diabetes prior to age 40 years compared with those who didn't stutter. The risk was independent of body mass index (BMI), comorbidities, and socioeconomic status. The same association wasn't found among females, but stuttering is four times more common among men than women, the authors note.



## **DR. RACHEL LEVINE'S HISTORIC APPOINTMENT TO THE BIDEN ADMINISTRATION, EXPLAINED**

*In a pivotal moment for trans health care, Levine has been tapped to lead US health policy.*

Vox.com, January 22, 2021

On Tuesday, Joe Biden, then president-elect, nominated Pennsylvania Secretary of Health Dr. Rachel Levine to serve as the new assistant secretary of health at the Department of Health and Human Services (HHS). Levine's nomination is historic: If confirmed by the Senate, she would become the highest-ranking openly transgender government official in US history. In her new role, Levine would run the [\*\*Office of the Assistant Secretary of Health \(OASH\)\*\*](#), which oversees the nation's public health policy. She will be a key administration figure as the White House tackles the deepening Covid-19 pandemic that has claimed the lives of more than 400,000 Americans. But she will also play an important role in rolling back a host of Trump-era policies in reproductive, adolescent, and LGBTQ health. As a trained pediatrician with a history of supporting evidence-based adolescent health and who has spoken about her own closeted trans youth, her appointment marks a sea change from the right-wing [\*\*political activists appointed to OASH\*\*](#) under Trump. But beyond the pandemic, she will take over a department that underwent some radical changes under Trump. The Office for Women's Health and the Office of Population Affairs oversee most of the government's reproductive health initiatives. The transition from Obama to Trump saw progressive initiatives tossed out in favor of anti-reproductive health policies, including rolling back the [\*\*Obamacare birth control mandate\*\*](#). Meanwhile, the Office of Adolescent Health, which administered the Teen Pregnancy Prevention Program, was [\*\*shunted to a different office's oversight\*\*](#) and essentially shuttered under Trump. One of Levine's first accomplishments in Pennsylvania was establishing the state's Office of Adolescent Health, and she'll be tasked with restoring that office at the federal level if she's confirmed.



## ON INAUGURATION DAY, KAMALA HARRIS GIVES AMERICA'S BOYS (AND GIRLS) A NEW ROLE MODEL

*A Black, Southeast Asian woman is now the second-most powerful person in the world. And our sons will be made better for it.*

**NBC News, January 20, 2021**

By the grace of his still-forming prefrontal cortex, my son will have the privilege of barely remembering the Trump administration. But he will hopefully remember watching the first woman, and the first Black and South Asian American, to be sworn in as vice president by America's first Latina Supreme Court justice. And while little girls and young women across the world will undoubtedly benefit from, be inspired by and see themselves in Harris, our sons will benefit just as much. "Every time a woman is in a position of power or leadership, it's a step forward toward gender equality," [Karen Caraballo](#), a clinical child and family psychologist, told me. "When boys see more women in power, it normalizes the situation and experience. It also helps fight against and break the circle of prejudice, bias, violence and discrimination." Multiple studies have shown how men of all ages benefit from seeing and having women lead, whether that's helping to lead a company or helping to lead a nation. For example, a study of 100,000 men and women published in 2018 found that [sons of working moms spend more time taking care of loved ones](#) as adults, and are [more likely to spend time at home](#). And while [gender discrimination certainly persists in the workplace](#), studies have also shown how men (and people of all genders) benefit from having a woman in a leadership or managerial position. This is why it's so important to normalize female leadership from an early age. This 2013 study found that [women make better business decisions than men](#), and are more likely to "consider the rights of others and to take a cooperative approach to decision-making." Another 2013 study found that [women outperform men when multitasking](#). The point is not that only women (or only men) should lead — rather, it's that sexism holds everyone back.



### **[ORAL SEX INCREASES ORAL CANCER RISK BY 80%](#)**

*Multiple oral sex partners are also linked to oral cancers, but the answer isn't abstinence—it's the HPV vaccine.*

**Cancer Health, January 20, 2021**

Researchers at Johns Hopkins University have found that people who engage in oral sex have an 80% higher risk of developing mouth and throat (oropharyngeal) cancers. The risk was particularly high for those who first had oral sex before age 18 and for those who had multiple oral sex partners. The findings were published in the [Journal Cancer](#). Like sexual intercourse, oral sex can transmit the human papillomavirus (HPV). While most HPV strains are harmless, some can cause cancer in the cervix, penis, anus and the oropharynx (a term for several structures located at the back of the mouth, including much of the throat). According to the Centers for Disease Control and Prevention, HPV infection is responsible for 70% of all oropharyngeal cancer cases. However, the researchers emphasize that their results should not be used to advocate for abstinence. Most of the study participants were heterosexual men between 50 and 69, so most of them never had the opportunity to be vaccinated against the HPV virus. The first HPV vaccine was approved in 2006. "No one should take this to mean 'Don't have oral sex,'" H. Hunter Handsfield, MD, a professor emeritus of medicine at the University of Washington Center for AIDS and STD, told [U.S. News and World Report](#). Rather, he said, the results underscore the importance of HPV vaccination for preteen girls and boys. (The HPV vaccine is now approved for men and women up to age 45.)



## [SEXUAL IDENTITY, INHALED SUBSTANCE USE MAY IMPACT ADOLESCENT ASTHMA RISK](#)

**Helio, January 14, 2021**

Researchers evaluated data from 30,113 adolescents (50.7% female) who participated in the 2015 and 2017 Youth Risk Behavior Surveillance Surveys to examine the associations between asthma, sexual identity and inhaled substance use. Adolescents reported whether they were ever diagnosed with asthma, current use of cigarettes, cigars/cigarillos, marijuana and electronic vapor products, and whether they ever used inhalants or synthetic marijuana. Results showed a higher prevalence of asthma among lesbian/gay (28.1%) and bisexual (26.2%) respondents compared with heterosexual youths (21%). Relative risk for asthma was 42% higher among lesbian female youths and 26% higher among bisexual female youths compared with heterosexual female youths. Relative risk for asthma was 74% higher among gay male youths and 68% higher among bisexual male youths compared with heterosexual male youths, according to the results. Higher risk for asthma was significantly associated with inhaled substance use. Lesbian and bisexual female youths reported higher use of inhaled substances compared with heterosexual female youths, while the researchers reported little difference use among male youths.



## [UCLA MENTAL HEALTH OFFICIAL IDENTIFIES ONE OF HIS BIGGEST](#)

## **CHALLENGES: STRAIGHT WHITE MALES**

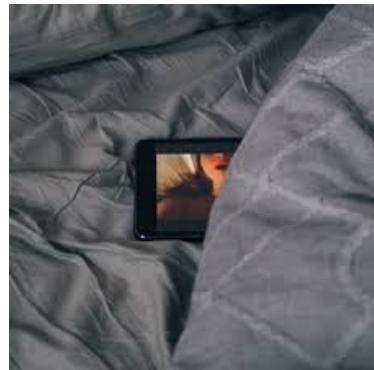
**The College Fix, January 18, 2021**

Straight white men who identify as men are hard to reach on the topics of mental health and “affirmative consent,” a mental health expert said in a [virtual lecture](#) last week. Ross Szabo, wellness director at UCLA’s affiliated school for grades 6-12, said that “sometimes” his own white, heterosexual, cisgender male identity “can be a benefit” in reaching young men like him, even though it biases his perspective. “Engaging Men in Prevention at a Young Age” was hosted by It’s On Us, which started in 2014 as an Obama administration initiative and is now part of the nonprofit Civic Nation. The initiative was spearheaded by President-elect Joe Biden, who compared supporters of due process in campus sexual misconduct proceedings to the “Nazis” who marched in Charlottesville in 2017. In his introduction, Szabo said he was going to take a “different approach” to “engaging men in preventing sexual assault.” As he explained, this approach includes directing some young men to channel their aggression into reading and dancing. The longtime director of the National Mental Health Awareness Campaign shared a deeply personal story about his own struggles with bipolar disorder and depression, and how he has learned to cope with the disease.



**WISHING YOU A HAPPY AND HEALTHY NEW YEAR**

**The PMY Board and Team**



### **STUDY: YOUNG MALE ADULTS BELIEVE PORNOGRAPHY PROVIDES HELPFUL INFORMATION ABOUT HOW TO HAVE SEX**

*Heterosexual men were most likely to say that porn was their most helpful source of information about how to have sex.*

**Health News Medical Life Sciences, January 6, 2021**

Young adults ages 18-24 years old in the U.S. say that porn is their most helpful source of information about how to have sex, according to a new study led by a Boston University School of Public Health (BUSPH) researcher published in the journal Archives of Sexual Behavior. In the nationally representative survey, a quarter of young adults said porn was their most helpful source of information about how to have sex. Slightly less than a quarter said sexual partners were the most helpful source, and fewer pointed to friends, parents, media, or healthcare professionals. However, female respondents were much more likely than male respondents to report that their partners were the most helpful source of information about how to have sex. Heterosexual men were most likely to say that porn was their most helpful source of information about how to have sex.



### **TEEN MALE VAPING DOUBLES RISK FOR SUBSEQUENT TOBACCO USE**

*Adolescent boys who use e-cigarettes twice as likely to initiate cigarettes, smokeless tobacco products*

**Health Day, January 7, 2021**

Adolescent boys who use electronic cigarettes have an increased risk for subsequently initiating traditional tobacco products, according to a study published online Dec. 8 in Addictive Behaviors. Brittney Keller-Hamilton, M.P.H., from the Comprehensive Cancer Center at The Ohio State University in Columbus, and colleagues used a causal inference framework to identify whether male adolescent e-cigarette users were at increased risk for initiating cigarette smoking and smokeless tobacco (SLT) use compared with similar boys who had never used e-cigarettes. The analysis included 1,220 boys (aged 11 to 16 years at enrollment) followed every six months for two years. The researchers found that compared with nonusers, e-cigarette users were more than twice as likely to later initiate both cigarette smoking (relative risk [RR], 2.71) and SLT (RR, 2.42). E-cigarette users were also more likely to become current (past 30 days) cigarette smokers (RR, 2.20) and SLT users (RR, 1.64).



### [TOXIC, TOUGH OR TENDER? EXPLORING MASCULINITY IN MOVIES](#)

**Medium January 8, 2021**

Cinematic depictions of masculinity tend to closely resemble one another. The majority of movies are still dominated by the same view on masculinity and by the same archetypal male characters. However, in recent years there have been a few characters which embrace a more tender form of masculinity. The essential and long-awaited change towards a healthier and more diversified portrayal of male roles appears to be slowly coming into effect.



### **NEW STUDY SHOWS FACEBOOK AMPLIFIES MISINFORMATION ON HPV VACCINE**

*The social media platform may also alter public perception of the coronavirus vaccine.*  
**Hypebae.com, January 1, 2021**

A new study by University of Missouri shows that Facebook may be responsible for low rates of vaccination against the Human Papilloma Virus (HPV), the most common sexually transmitted infection in the U.S. Conducted by Assistant Professor Monique Luisi, the study reports that nearly 40 percent of Facebook posts about the HPV vaccine amplify a perceived risk, making the vaccine seem more dangerous than it actually is. "We see that posts that amplify fear are more likely to trend than those that don't," Luisi added.



**WISHING YOU THE HAPPIEST OF HOLIDAYS AND A HEALTHY NEW YEAR**

**The PMY Board and Team**



## HOW COVID-19 HOLLOWED OUT A GENERATION OF YOUNG BLACK MEN

Pro Publica, December 22, 2020

While COVID-19 has killed [1 out of every 800 African Americans](#), a toll that overwhelms the imagination, even more stunning is the deadly efficiency with which it has targeted young Black men. One [study](#) using data through July found that Black people ages 35 to 44 were dying at nine times the rate of white people the same age, though the gap slightly narrowed later in the year. And in an analysis for ProPublica this summer using the only reliable data at the time accounting for age, race and gender, from Michigan and Georgia, Harvard researcher [Tamara Rushovich](#) found that the disparity was greatest in Black men. It was a phenomenon [Enrique Nebbett](#) Jr. noticed when he kept seeing online memorials for men his age. "I'll be 45 this year," said the University of Michigan professor, who studies racism and health. "I wasn't seeing 60- and 70-year-old men. We absolutely need to be asking what is going on here?"



## 11-YEAR-OLDS COULD RECEIVE VACCINES WITHOUT PARENTAL CONSENT IN DC

Medscape, December 24, 2020

Washington, DC, has approved legislation that allows minors as young as 11 to consent to vaccination without their parents' knowledge — if a physician determines the child is capable of giving informed consent. It also prohibits insurers from sending an explanation of benefits to the parents, and it requires a physician to submit the immunization record directly to the minor's school "if the parent is

utilizing a religious exemption or is opting out of receiving the Human Papillomavirus vaccine," according to the legislation. The bill passed the DC Council in November and Mayor Muriel Bowser (D) did not sign or veto it, allowing the legislation to stand. It still must be reviewed and accepted or revoked by Congress, which has until the end of January to act.



**BE ALERT TO EARLY SIGNS OF EATING DISORDERS, PEDIATRICIANS' GROUP SAYS**

**Health Day, December 21, 2020**

Studies have shown a delay in identifying boys and young men with eating disorders because of misperceptions that they only affect females. Behaviors that indicate a boy or young man could be experiencing an eating disorder include purging or taking muscle-building supplements, as well as substance abuse and depression. Their focus may be on leanness, weight control and muscularity. "Some adolescents may have dietary habits that disguise eating disorders, such as those who become increasingly restrictive about the quality -- as opposed to the quantity -- of their food consumption," committee chair Dr. Elizabeth Alderman said in the release. "Teens may spend excessive amounts of time in meal planning and experience extreme guilt or frustration when their food-related practices are interrupted."



## [NETFLIX'S "TINY PRETTY THINGS" CHALLENGES THE IDEA THAT BULIMIA IS ONLY A WHITE WOMEN'S DISEASE](#)

**Salon, December 26, 2020**

When I was watching Netflix's new fictional teen drama "Tiny Pretty Things," which centers on students at an elite ballet academy, I braced myself for the inevitable eating disorder subplot. When it finally arrived — and I know this sounds strange — I was pleasantly surprised. It was refreshing to see a media depiction of eating disorders that didn't center a white woman; this series focuses on the struggles of a male dancer. Some of the scenes that depict the lead character purging are really, really difficult to watch. That said, the series' choice to show a character who is not a white woman suffering from the illness more closely resembles the real life diversity of people who need treatment.

## [BISEXUAL MEN MORE PRONE TO EATING DISORDERS THAN GAY OR STRAIGHT MEN, STUDY SAYS](#)

*"Double discrimination" and a need for control may be triggering unhealthy eating habits.*

**NBC News, December 18, 2020**

[Numerous studies](#) have indicated that gay men are at increased risk for disordered eating — including fasting, excessive exercise and preoccupation with weight and body shape. But the findings, published this month in the journal *Eating and Weight Disorders*, suggest that bisexual men are even more susceptible to some unhealthy habits. In a sampling of over 4,500 LGBTQ adults, a quarter of bisexual men reported having fasted for more than eight hours to influence their weight or appearance, compared to 20 percent of gay men. Eighty percent of bisexual men reported that they "felt fat," and 77 percent had a strong desire to lose weight, compared to 79 percent and 75 percent of gay men, respectively. Not everyone who diets or feels fat has an eating disorder, said a co-author of the study, Dr. Jason Nagata, a professor of pediatric medicine at UCSF. "It's a spectrum — from some amount of concern to a tipping point where it becomes a pathological obsession about body weight and appearance," Nagata said. Of all the respondents, 3.2 percent of bi males had been clinically diagnosed with eating disorders,

compared to [2.9 percent of gay men](#). That stacks up to [0.6 percent of heterosexual men](#), according to research from the Yale University School of Medicine.

## **COMMUNITY NORMS FOR THE EATING DISORDER EXAMINATION QUESTIONNAIRE (EDE-Q) AMONG CISGENDER BISEXUAL PLUS WOMEN AND MEN**

### **Purpose**

Cisgender bisexual plus (including bisexual, pansexual, and polysexual) women and men experience unique health concerns including eating disorders. The purpose of this study was to develop community norms for eating disorder attitudes and disordered eating behaviors in cisgender bisexual plus women and men using the Eating Disorders Examination Questionnaire (EDE-Q).

### **Methods**

Participants were cisgender bisexual plus women ( $n = 462$ ) and men ( $n = 93$ ) participants in The PRIDE Study, an existing study of sexual and gender minority people.

### **Results**

Mean and standard deviation of EDE-Q scores among cisgender bisexual plus women and men, respectively, were: Global ( $1.75 \pm 1.26$ ,  $1.56 \pm 1.18$ ), Restraint ( $1.34 \pm 1.44$ ,  $1.42 \pm 1.53$ ), Eating Concern ( $0.96 \pm 1.13$ ,  $0.63 \pm 0.96$ ), Weight Concern  $2.27 \pm 1.55$ ,  $1.89 \pm 1.46$ ), and Shape Concern  $42 \pm 1.62$ ,  $2.30 \pm 1.57$ ). Among cisgender bisexual plus women and men, respectively, 27.5% and 22.6% scored in the clinically significant range on the Global score. Bisexual plus women and men reported any occurrence ( $\geq 1/28$  days) of dietary restraint (19.3%, 23.7%), objective binge episodes (11.1%, 10.8%), excessive exercise (4.5%, 5.4%), self-induced vomiting (1.7%, 0.0%), and laxative misuse (0.4%, 1.1%), respectively. A lower percentage of age-matched cisgender bisexual plus women (18–25 years) reported any occurrence of objective binge episodes, self-induced vomiting, laxative misuse, and excessive exercise than previously published in young women. Age-matched cisgender bisexual plus men (18–26 years) reported higher weight concern subscale scores than previously published in young men.

### **Conclusions**

These norms should aid clinicians in applying and interpreting the EDE-Q scores of cisgender bisexual plus women and men.



### **SPORTS MIGHT BE GOOD FOR BOYS WITH BEHAVIORAL ISSUES: STUDY**

**US News, December 8, 2020**

Participation in organized sports could help reduce behavior problems in very young boys, a new study of Irish kids suggests. One-year-old boys with developmental delays were less likely to have developed emotional problems or poor conduct by age 5 if they regularly attended a sports club or group, researchers reported recently in *The Journal of Pediatrics*. "Think about it as a possible protective effect," said lead researcher Ross Neville, a lecturer in sport management with the University College Dublin. "When we look at the data, participation in organized sport was associated with significant reduction in the proportion of developmental delayed boys who might have otherwise gone on to develop increases in behavioral problems prior to going to school." However, only at-risk boys gained some benefit from their participation in sports, the results showed. Sports had no apparent impact on the behavior of girls.



### **INSTAGRAM INFLUENCERS MAKING GUYS MORE BODY-CONSCIOUS**

**Health Day, December 10, 2020**

Young men's attitudes about body image and fitness can be affected by Instagram influencers, according to a new study. It included 300 American men, ages 18-30, who were shown images of bare-chested men and male fashion images similar to those posted by Instagram influencers, as well as other types of images. The participants were significantly less satisfied with their own bodies after seeing the

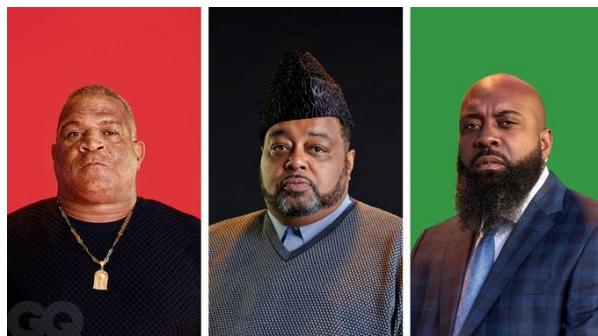
male physique images, the study found. The findings show that men, like women, respond to the power of so-called "fitspiration" posts from Instagram influencers, some with millions of followers, according to researchers from Flinders University in South Australia. "Despite the rise in use of social media, there haven't been many studies into its effect on men and our new study found there are similarities and differences between women and men," lead author Marika Tiggemann said in a university news release.



## HOW EDUCATORS CAN BEST FOCUS ON THE SOCIAL-EMOTIONAL NEEDS OF BOYS

**Multibriefs, December 10, 2020**

Creating safe spaces for youth, in particular boys and young men, to express what they're going through and heal from trauma is one of Chad Reed's overriding objectives. His personal history and work with nonprofits serving youth of color in the San Francisco Bay Area has made him a strong advocate for social-emotional learning (SEL), which he believes is a must before academic subject matter. While developing the soft skills reflected in [CASEL's five](#) competencies (self-awareness, self-management, social awareness, relationship skills and responsible decision-making) can be challenging for all students, one's gender, socio-economic level and cultural [background](#) can shape how readily a student can integrate this learning. Understanding the particular challenges facing boys can help teachers better support them in navigating social-emotional territory.



## **VISIBLE MEN: BLACK FATHERS TALK ABOUT LOSING THEIR SONS TO POLICE BRUTALITY**

*We asked the fathers and father figures of Michael Brown, Terence Crutcher, Daniel Prude, Rayshard Brooks, George Floyd, and Jacob Blake to reflect on the violence that forever altered their families' lives—and what it means to raise a Black man in America.*

**GQ, December 10, 2020**

Six months have passed since a Minneapolis police officer killed George Perry Floyd Jr., and already the subsequent storm of fury and hope that spawned so many anti-racist dreams seems to have lost its charge. A recent Pew survey points to a decrease in support for the Black Lives Matter movement among all racial groups except Black people since June, a reflection of the American, and perhaps human, tendency to return to life as normal, even if today's normal is very weird. One hopes, at least, that a new awareness has been brought to daily life.



## **ENGAGED DADS CAN REDUCE ADOLESCENT BEHAVIORAL PROBLEMS, IMPROVE WELL-BEING**

**American Association for the Advancement of Science, December 9, 2020**

In low-income families, fathers who are engaged in their children's lives can help to improve their mental health and behavior, according to a Rutgers University-New Brunswick study published in the journal *Social Service Review*. The researchers found that adolescents in low-income families whose fathers are more frequently engaged in feeding, reading, playing and other activities and who provide necessities such as clothes and food throughout their childhood have fewer behavioral and emotional problems -- reducing a significant gap between poor families and those with higher socioeconomic status.



## [\*\*PANDEMIC HITS BLACK MALE COMMUNITY COLLEGE STUDENTS HARD: STUDY\*\*](#)

**Patch, December 8, 2020**

A national trend flagged by The 74 that shows [\*\*steep declines\*\*](#) in community college enrollment is playing out in the Hudson Valley. The 74 looked at the most recent numbers from the National Student Clearinghouse and found that Black male students have been hardest hit. "This cratering of male enrollment at community colleges — just updated in November — is a fresh development; everyone is scrambling to figure it out," wrote Richard Whitmire. Dr. Michael A. Baston, President of Rockland Community College, told Patch it is happening locally, and it's not hard to understand why. The coronavirus pandemic has had a critical impact on Black male students, he said. "To start with, the number of potential Black male college enrollees is already challenged by high-school graduate numbers that are not robust depending on the community," Baston said. "Add to this the reality that, as data on COVID-19 demonstrates, Black males are more likely to be sicker, poorer, or working in low wage, high-risk front lines positions as essential workers," he said.



## [\*\*NEW ZEALAND: NEARLY HALF OF YOUNG GAY SPORTSMEN EXPERIENCE HOMOPHOBIA\*\*](#)

**RNZ, December 6, 2020**

Nearly half of young gay men who play sports in New Zealand have been the target of bullying, assaults and slurs, new research has found. The international peer-reviewed study by Monash University in elbourne [analysed survey responses from 1173 lesbian, gay and bisexual young people from New Zealand, Ireland, Canada and Australia](#). It found 42 percent of gay and bisexual young males in this country reported they had been the victim of homophobic bullying in team sports, while New Zealand youth were the least likely to report coming out to their teammates in sport. The study's lead author Erik Denison said the results were "alarming", showing not much had changed in team sports in more than five years.



## [WHO IS A REAL MAN? MOST AUSTRALIANS BELIEVE OUTDATED IDEALS OF MASCULINITY ARE HOLDING MEN BACK](#)

The Conversation, December 7, 2020

Most Australians recognise that traditional gender stereotypes are limiting and harmful for boys and men, a new national survey has found. And perhaps contrary to popular belief, many Australians are receptive to messages about alternative, healthy versions of masculinity. The survey of 1,619 respondents, commissioned by the Victorian Health Promotion Foundation, sought to gauge [people's attitudes towards men and masculinity](#). The sample was representative of the Australian population by age, state and gender.

Most people agreed on a few basic principles:

- traditional gender stereotypes are limiting and harmful for boys and men
- there is pressure on men to live up to traditional masculine stereotypes
- masculine expectations or outdated ideas of masculinity prevent men from living full lives
- boys need both women and men as role models, rather than only men.



## [THOUSANDS OF YOUNG AUSTRALIAN MALES WHO DIED FROM SUICIDE DID NOT HAVE MENTAL HEALTH SUPPORT, NEW ANALYSIS SHOWS](#)

SBS News, November 30, 2020

Thousands of young Australians who died from suicide were no longer receiving mental health help at the time of their deaths, new analysis of data shows. Young Australians who have taken their lives are typically disadvantaged males disengaged from work, study and mental health services. That's the picture painted by Orygen researchers in an analysis of coronial records that revealed 3365 people aged 10 to 24 died from suicide from 2006 to 2015. Their analysis, published in the Medical Journal of Australia on Monday, shows 73 per cent of young Australians who died by suicide experienced mental health difficulties before their death. However, two-thirds of the suicide cases were not in contact with mental health services when they died.



## [9 MOVIES WITH A NUANCED TAKE ON MEN'S MENTAL HEALTH THAT BROKE THE 'MACHO' HERO IMAGE](#)

Scoopwhoop, December 11, 2020

Men's mental health has rarely been explored by movies with the sensitivity it deserves. Because the idea of a male protagonist breaking down, crying, and seeking help is more alien to mainstream cinema than the concept of aliens themselves. But not with these films, where men's mental health issues were granted the sensitivity and attention they deserve.

## [AYA CANCER RATES ARE RISING, NEW STUDY FINDS](#)

**American Journal of Managed Care, December 3, 2020**

**Adolescents and young adults** (AYA) are known to be a distinct population when it comes to cancer incidence and care, but long-term data on the trends and characteristics of those cancers is still lacking. A new [study](#) from the Penn State College of Medicine published in JAMA Network Open aiming to identify those trends found that the rate of [cancer in AYAs](#) increased by nearly 30% from 1973 to 2015.<sup>1</sup> "Adolescents and young adults are a distinct cancer population," study author Nicholas Zaorsky, assistant professor of radiation oncology and public health sciences at Penn State, said in a [statement](#).<sup>2</sup> "But they are often grouped together with pediatric or adult patients in research studies. It is important to study how this group is distinct so that [care guidelines](#) can be developed to address the increase in cases." In females, 24.7% were diagnosed with breast carcinoma, 16.6% with thyroid carcinoma, and 11.5% with cervix and uterus carcinoma. In males, 18.5% were diagnosed with testicular cancer, 10.2% with melanoma, and 9.6% with non-Hodgkin lymphoma. In general, the relative incidence of carcinomas increased while the relative incidence of leukemias, lymphomas, germ cell and trophoblastic neoplasms, and neoplasms of the central nervous system decreased as AYAs aged.

**STRENGTHENING VACCINE CONFIDENCE AND ACCEPTANCE IN THE PEDIATRIC PROVIDER OFFICE**

**Helio, December 9, 2020**

**Abstract**

Although vaccine acceptance and uptake are overall high among children in the United States, vaccine delays or refusals are a growing concern. Vaccine hesitancy is a challenge for the pediatric provider, given the diverse factors associated with hesitancy and the limited evidence on effective strategies for addressing vaccine hesitancy in the provider office. In this article, we review available evidence and approaches for vaccine communication, including the importance of using a whole-team approach, building trust, starting the conversation early, using a presumptive approach for vaccine recommendations, motivational interviewing with parents who have concerns for vaccines, and additional techniques for responding to parent questions.



## NO GAME DAYS. NO BARS. THE PANDEMIC IS FORCING SOME MEN TO REALIZE THEY NEED DEEP FRIENDSHIPS.

**Washington Post, November 30, 2020**

For more than a decade, psychologists have written about the "[friendship crisis](#)" facing many men. One [2006 analysis](#) published in the American Sociological Review found that while Americans in general have fewer friends outside the family than they used to, young, White, educated men have lost more friends than other groups. Male friendships are often rooted in "shoulder-to-shoulder" interactions, such as watching a football game or playing video games, while women's interactions are more face-to-face, such as grabbing a coffee or getting together for a glass of wine, said Geoffrey Greif, a professor at the University of Maryland School of Social Work who wrote a [book](#) about male friendship. When Greif surveyed hundreds of men about how they most often socialized with friends, 80 percent of men said "sports" — either watching or participating in them together. Because of this, many men have probably had a harder time than women figuring out how to adapt their friendships in a pandemic that is keeping them apart. "The rules for guys pursuing other guys for friendships are not clear," Greif said. "Guys don't want to seem too needy." But the pandemic might be forcing this dynamic to change. Men weren't always like this. As young boys, male friends tend to share their deepest secrets and most intimate feelings with each other, said Niobe Way, a professor of developmental psychology who interviewed hundreds of boys for her 2013 book, "[Deep Secrets: Boys' Friendships and the Crisis of Connection](#)." But as boys begin to enter adolescence at age 15 or 16, "you start to hear them shut down and not care anymore," Way said. They start to act defensive about their friendships, saying they're "not gay" and that they're not as close anymore. "You hear those expectations of manhood get imposed on them."



### **BUILDING EMOTIONAL SAFETY NETS FOR MEN**

*Support networks with other men can help fend off the loneliness and isolation many men experience.*

**New York Times, December 3, 2020**

Mr. Kushigian and Mr. Compton are like many of the men I interviewed for my book on the need for greater emotional resiliency in boys and men. As both men have discovered, the solution to their loneliness and emotional isolation is something few men have but many need: emotional support networks — with each other. It's no coincidence that men are at the fore of the public health crises filling our newsfeeds. Think: unemployment, opiate addiction and overdose, sexual violence, alcohol-related deaths and, of course, loneliness and spikes in suicide. This was before the pandemic hit. In a 2020 meta-analysis, [Indian sociologists](#) suggested that the "excessive pressure to conform to traditional modes of masculinity increases the risk of men's suicidal behavior" amid the profound isolation of the pandemic. We already know that men are far less likely than women to seek mental health help when they are struggling, even though studies prove that [avoiding "negative emotions" leads to symptoms of mood disorders, including depression](#). What we may not know: Men, it turns out, suffer from anxiety and depression far more than we realize or like to believe. The diagnostic scales commonly used speak to symptoms that typically manifest in women (e.g., sadness, sullen behavior, loss of appetite). In men, however, depression is often masked beneath greater anger and irritability, risky behaviors, alcohol and substance abuse and leaning more heavily into such sanctioned escape valves as exercise regimens and work.



## [WHY IT WILL TAKE A VILLAGE TO SAVE OUR SONS](#)

**CNN, November 29, 2020**

From the cultural turbulence caused by uncertainty and polarization, to the endless social media and entertainment options, there's a long list of diversions competing for our kids' attention -- making it that much harder to connect with teens in ways that foster their healthy development as they move into young adulthood. Research has shown this can be particularly challenging if those teens are male. Boys have been found to have [higher high school dropout rates](#) than girls, [as well as higher suicide rates](#). They're struggling with technology, too: A [2007 survey](#) found that young men are two to three times more likely than girls to feel addicted to video games. In my work with families as a stress management and communication specialist, I've found that some young men have put so much attention on their digital devices that they've stopped connecting with their natural drive to become more responsible for their own well-being as a result.



## [WHAT PARENTS RAISING BOYS NEED TO DO ABOVE ALL ELSE](#)

**Yahoo Life, December 1, 2020**

Many boys today know what ultimately gives them greater emotional resiliency: a masculine identity that permits access to [the full range of their human emotions](#). But this isn't the script we — parents, teachers, coaches and even the male friends they look up to — hand them, because we fear raising 'incompetent' men.

More than any time in the past, however — when boys are more anxious, depressed and suicidal than they've ever been — embracing these qualities has

devastating consequences to **boys' well-being** and ability to thrive and, increasingly, survive. In turn, they have serious repercussions for the rest of us. Yet we still aren't raising boys in a way that anticipates or meets their most immediate emotional needs.



### **DISCRIMINATION ON SOCIAL MEDIA RESULTS IN HIGHER DEPRESSION, ANXIETY AMONG MINORITY MALES**

Medical Express, December 2, 2020

Exposure to ethnic discrimination on social media is associated with higher symptoms of depression and anxiety among young Hispanic males, according to a study by researchers at Florida International University's Robert Stempel College of Public Health & Social Work. The study, published in the *Journal of Clinical Psychology*, was based on surveys of 200 young Hispanic adults, ages 18-25. Half of the participants were from Miami-Dade County, Florida and half from Maricopa County, Arizona. Researchers found that, upon exposure to social media posts such as photos, memes or videos that include ethnic discrimination, users felt higher levels of depression and anxiety.

### **HEALTHY MEN: COLON CANCER: A GROWING RISK FOR YOUNG MEN**

Greater Milwaukee Today, December 1, 2020

Overall, colorectal cancer (which includes both colon and rectal cancers) is the third most commonly diagnosed cancer in both men and women, and the second leading cause of cancer death in both men and women, according to the Colorectal Cancer Alliance (CCA, [ccalliance.org](http://ccalliance.org)). But colorectal cancer, like most other cancers, is not an equal-opportunity disease. Aside from being diagnosed younger, men also die of the disease at much higher rates than women. And African Americans have the highest rates of all (20% higher for diagnosis, 40% higher for mortality). The good news is that overall, the rates of colon and rectal cancers have

been dropping since about the mid-1980s, according to the American Cancer Society (ACS, [cancer.org](https://www.cancer.org)). But, interestingly, the drop is thanks mostly to the fact that fewer older people are being diagnosed — new cases in those aged 55 and up have been decreasing by about 3.5% every year. And that's due in large part to better screening methods, which now allow potential cancers (including polyps) to be diagnosed earlier, when they're easier to treat, according to ACS. Unfortunately, there's some bad news too: diagnosis rates for people under age 55 have been increasing by 2% per year. Put a little differently a new report by ACS estimates that someone born in 1990 (who would be about 30 today) is twice as likely to get colon cancer and four times as likely to get rectal cancer than someone born in 1950 (who would be 70 today).



## **TWO PERSONALITY DIFFERENCES FOUND IN BOYS AND GIRLS**

*New research explores personality differences in early adolescence.*

**Psychology Today, December 1, 2020**

Psychologists tend to use five overarching traits to describe people's personalities: [extraversion](#), [agreeableness](#), [openness to experience](#), [neuroticism](#), and [conscientiousness](#). New [research](#) published in the Journal of [Personality](#) and Social Psychology applied this "[Big Five](#)" personality framework to early adolescent girls and boys (between the ages of 9 and 13), with the goal of understanding which personality traits showed the most divergence, and the most continuity, during these formative years. The researchers found three points of similarity and two differences between boys and girls.

In October 2020 The Partnership for Male Youth released [The State of Health of Adolescent and Young Adult Males in the United States: Unrecognized Depression: A Review of Research and Recommendations](#). The Partnership is pleased to announce a webinar on December 8, 2020 to discuss the ramifications of the report.

The publication is the first in a series on The State of Health of Adolescent and Young Adult (AYA) Males in the United States. The review examines the problem of unrecognized depression in AYA males and highlights the need for further work to explore how the causes and manifestations of depression can vary by gender and also its interactions with, for instance, race, ethnicity, socioeconomic status and sexuality. The report aims to spark dialogue among all who interact with adolescent and young adult males about how they can recognize depression in those young males and take action to address it. The webcast faculty will include national and international experts on young male mental health.

Registration is free and can be found [here](#).



### **WHY BOYS ARE MORE AT RISK OF FALLING BEHIND DURING REMOTE SCHOOL**

*Distractions and lack of motivation while learning at home might be hurting boys more than girls—and researchers say that could widen the gender achievement gap*

**Wall Street Journal, November 24, 2020**

Remote school has exposed a number of inequities in education, from rural residents who don't have high-speed internet service to low-income families who don't have laptops. Boys could be another student group that falls behind during virtual learning, according to some researchers. Studies conducted before the coronavirus pandemic reveal an academic achievement gap between boys and girls, with girls ahead. Now, some pediatric researchers say they expect the disparities to only increase. A 2018 meta-analysis of more than 200 mostly U.S. studies of teacher-assigned grades found that girls had significantly higher grades in elementary school through college than boys, including higher grades in the subjects of science, technology, engineering and math. The findings showed that while males are overrepresented in STEM careers it isn't because they are outperforming females in those subject areas. "I expect that remote learning will widen the existing achievement gap between boys and girls, assuming that remote learning demands greater conscientiousness than classroom learning," said Rose

O'Dea, a postdoctoral researcher in the Inter-Disciplinary Ecology and Evolution Lab at the University of New South Wales who led the analysis.



## [EXPLAINING DHAT SYNDROME: WHY YOUNG INDIAN MEN ARE SO AFRAID OF LOSING THEIR SEMEN](#)

**Swaddle, November 26, 2020**

The association of maleness and masculinity with the ability to produce semen, especially in hyper-religious cultures in India, has led to a unique problem in young men: Dhat syndrome. Stemming from a cultural misunderstanding of semen as a precious and scarce bodily fluid, Dhat syndrome is a psychological condition in which men fear losing their semen to the point they experience discomfort, anxiety, or even depression. "It's one of the most frequent disorders that presents in young adult males in most psychiatric clinics," says psychiatrist and sexologist Dr. Anjendra Targe. Dhat syndrome derives its name from the Sanskrit word dhatus, which in Hindu mythology means precious elixirs that constitute the body. Among them, the most precious is semen, considered a purified bodily liquid that needs to be rationed and conserved, according to Vedic literature. Even in ancient Ayurvedic texts, a misconception about how semen is formed led to a persistent, popular belief that semen is precious, not easily made, and the primary contributor to men's physical beauty and mental and physical strength. It's why Ayurveda often discourages older men from engaging in masturbation or sexual activity; they need to preserve their semen, and through it their vigor and vitality, for as long as possible. This view is fairly common and popular in Hinduism, but other religions like Islam, Buddhism, and Christianity also discourage sexual activity and masturbation and consider sex to be primarily for reproduction, not pleasure.

Unrecognized Depression in Adolescent and  
Young Adult Males in the United States:  
A Review of Research and Recommendations



The Partnership for Male Youth

**PMY WEBCAST  
DECEMBER 8, 2020**

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### **BLACK MEN ON WHY THEY STARTED THERAPY IN 2020**

*Research shows that thoughts of suicide and self-harm have been significantly higher for Black Brits during the pandemic.*

**Vice, November 27, 2020**

This year, University College London's COVID-19 **social study** reported that thoughts of suicide and self-harm were significantly higher among Black, Asian and minority ethnic Brits than their white counterparts. "In general, healthcare and medical practices have been historically horrible for people of colour. There's a deep distrust between systematic support and minorities," Will says. "And so, there's a stigma against mental health support, especially including taking any type of antidepressants or anti-anxiety pills. I don't think I've ever told another Black man that I've taken antidepressants." This stigma surrounding mental illness can be found in many parts of the Black community. "The community at large are very reticent about therapy," says Michael Opoku-Forfieh, a counsellor based in south east London. "There's a firm idea of what it means to be a man from this kind of cultural background. Recently, there's been an uptake in regard to the amount of Black people who are engaging in therapy. I'm seeing Black men become more willing to at least have a conversation with me about starting therapy."



### **BLACK MEN MAKE UP LESS THAN 3% OF PHYSICIANS. THAT REQUIRES**

## **IMMEDIATE ATTENTION,, SAY LEADERS IN ACADEMIC MEDICINE.**

*From systemic racism to economic disadvantage, Black men face numerous obstacles in their path to medicine. At the AAMC's annual meeting, three who succeeded shared their stories and their insights on how best to pave the way for others.*

**AAMC.org, November 23, 2020**

Once students enroll in medical school, institutions ought to support them holistically, going well beyond academic advising, Haywood said. Doing so requires checking on several crucial areas, including “psychological safety, financial barriers, and whether or not they’re even eating a couple of meals a day,” he explained. Black men bring tremendous resilience and grit to medicine, having overcome systemic racism and unequal educational opportunities, among other challenges. But they also need the right supports and opportunities.



## **UK: YOUNG MEN ARE INCREASINGLY REACHING OUT FOR MENTAL HEALTH SUPPORT**

**Happiful.com, November 20, 2020**

In the UK, young men are one of the most vulnerable groups when it comes to mental health, with three times as many men than women dying by suicide, and men making up just 36% of referrals to NHS talking therapies. But, new data from *Counselling Directory* shows that things may be taking a turn for the better, as a new report revealed an astonishing 217% increase in the number of young men looking for mental health information and resources in 2020. The directory, which allows users to search for counsellors in their area and working remotely, saw the number of young men – aged between 18 and 24 – accessing help leapt up, compared to last year; with young men making up 37% of total users in 2020, compared to 27% for the same period in 2019.



## WHY DO WE STILL HAVE 'GIRL STUFF' AND 'BOY STUFF?'

New York Times, November 18, 2020

When boys want to play princess and wear dresses, Diane Ehrensaft, director of mental health at the Child and Adolescent Gender Center at the University of California, San Francisco, says parents come to her asking, "What's wrong with that little boy?" She hears, "Oh, that's a trans girl." Before that, it was, "He must be gay." Actually, Ms. Ehrensaft said, "All we know is, it's a boy in a dress." Tomboys have shown us that girls being less "girly" are historically "acceptable," if not celebrated. Whereas the tomboy's counterpart, the "sissy," carries the homophobic and misogynistic warning to boys: Don't be like a girl. Ms. Davis spoke with In Her Words about the complex history of the tomboy, and what parents, educators and pediatricians can do to resist gendering childhood.

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Opinion

The Sydney Morning Herald

## AUSTRALIA'S 'BLOKE BLINDSPOT' - WE KEEP OVERLOOKING THE PEOPLE MOST AT RISK OF SUICIDE

Sydney Morning Herald, November 19, 2020

If we middle-aged white men are running the patriarchy, we should be sacked for not looking after ourselves. The numbers underscore a depressing situation in Australian men's health. Yet positive action on the ground – men taking ownership for their health – and at the national policy level this week are new reasons for optimism. But first, a portrait of pain for millions of men, their partners and their families: men die six years younger on average than women – at 79 versus 85; men are more likely to die by cancer than women, particularly from bowel, lung and liver cancer; and men account for more than 90 per cent of workplace deaths. Perhaps the saddest statistic comes from the new data on male suicide in Australia.

According to government figures released last month, we reached the highest ever number of male suicides in our history in pre-COVID 2019. Of the 3318 deaths by suicide, 2502 were males and 816 were females. Now, seven of nine daily suicides in Australia are men – more than 75 per cent. This week it was encouraging to hear the Prime Minister call out the tragic and male-specific aspects of suicide when he released two significant and positive reports: the Productivity Commission on mental health and the interim advice of the new national suicide prevention adviser, Christine Morgan. It was unprecedented. Morgan's report said Australia needed specific strategies to target suicide among men. And yet Australia has a "bloke blindspot" when it comes to this tragedy. The vast majority of formal and funded programs are not made with men in mind.



## **6 IN 10 TEENAGERS HAVE EXERCISED TO LOSE WEIGHT**

*Anti-obesity campaigns may be having unintended mental health consequences for teenagers, with a study showing 6 in 10 have exercised to lose weight.*

**Science Focus, November 17, 2020**

Significantly higher numbers of teenage boys and girls are dieting or exercising to shed pounds and are likely to overestimate their weight, according to a study led by University College London (UCL). Girls trying to lose weight are more likely to experience depressive symptoms than in previous years, the findings suggest. The researchers said efforts to reduce obesity across the nation may be having “unintended consequences” on weight-control behaviours and **mental health**. Mounting societal pressures, the rise of the fitness industry and social media may also be causing harm, they said. The research team reviewed data from 22,503 adolescents in the UK collected over three decades – in 1986, 2005 and 2015. They found that **42 per cent of 14-year-olds said they were trying to lose weight** in 2015 – up from 30 per cent in 2005. Some 8.5 per cent said they were trying to gain weight, a rise from 5.2 per cent in 2005. Some 44 per cent said they had dieted and 60 per cent had exercised to lose weight, compared to 38 per cent and 7 per cent of those in 1986.



## **GENDER GAP SEEN IN US YOUTH VOTE**

**VOA News, November 2, 2020**

Since the 2016 presidential election, more than 15 million people have turned 18, making young people a **critical voter bloc** for the 2020 presidential elections this November. Like their elders, the youth vote is not a monolith or a unified voting bloc that aligns on all issues and demographics. Gender, like race, will impact youth voting in its own way. Among millennial voters, born between 1981-1996, women were more likely to identify with or lean toward the Democratic Party, according to the **Pew Research Center**. Pew reported that 60% of millennial women associated with the Democratic Party while 31% associated with the Republican, or GOP. For millennial men, the gap was much smaller, with 48% associating with the Democratic Party and 44% associating with the GOP.



## THE MYSTERIOUS RISE OF COLON CANCER AMONG GEN-XER AND MILLENIAL MALES

*As colon cancer rates drop among older adults, younger generations are seeing a troubling trend.*

**WKYB, November 12, 2020**

When the world lost actor Chadwick Boseman in August, his death from colon cancer exposed a troubling trend: the mysterious rise of cases in otherwise healthy, young men. Even more alarming: black men are even more at risk. "We are much less likely to refer people for colonoscopy when they're younger, I think maybe we should be more so especially for black men," said Dr. Suneel Kamath, an oncologist with the Cleveland Clinic. When Dr. Kamath looked at the [National Cancer Database](#) for the last 10 years, a startling set of numbers jumped out.

"About 15% or so of cases in younger patients were in black men. That number was only about 7 or 8% for older patients. So there's a significantly higher rate in younger patients," Dr. Kamath pointed out. On average, black men will have a survivor rate of less than 5 years, a year less than white men, and four years less than Hispanic and Asian men according to Dr. Kamath. And that's not all: "These effects didn't go away, even for black patients who were highly educated, had private insurance, and high incomes as well," Dr. Kamath said.



## **STUDY: YOUNG MEN WITH ED HAVE HIGHER RATES OF DEPRESSION, ANXIETY**

— Screen for psych problems in workup, researchers urge  
**MedPage Today, November 13, 2020**

Mental health disorders were diagnosed nearly twice as often in young men who had erectile dysfunction (ED), a researcher reported. Approximately 15% of young men with ED were given a new diagnosis of anxiety or depression 3 years after their ED diagnosis, compared with 8% of patients in a control group, said Tad Manalo, a 4th-year medical student at Emory Medicine in Atlanta.

"Mental health disorders such as depression and anxiety are known risk factors for ED in young men," Manalo said in a presentation at the [\*\*Sexual Medicine Society of North America 2020 virtual meeting\*\*](#). "Screening for mental health disorders should be included in the workup of ED," and referring patients to a mental health professional or sexual therapist should be considered. "The key clinical implication of this research would be not to just focus on a young man's ED," Bobby Najari, MD, MSc, of NYU Langone Health in New York City, who was not involved with the research, told MedPage Today. "We should consider the fact that they could also have anxiety or depression." "Erectile dysfunction in younger men is understudied and underrecognized in the medical field," Najari continued. He said the study represents an opportunity for urologists not only to address sexual issues among young men, but also to take a more interdisciplinary, holistic approach to managing mental health concerns.



## **COULD PROPECIA UP YOUNG MEN'S SUICIDE RISK?**

**US News, November 12, 2020**

Young men who consider using the drug Propecia to prevent baldness may be putting themselves at risk for depression and suicide, a new study suggests. Information from the World Health Organization indicates that over the past 10 years, reports of suicidal ideation among young men using the drug have increased, rising significantly after 2012, the researchers said. "There are many possible explanations for our findings," said senior researcher Dr. Quoc-Dien Trinh, from the division of urologic surgery at Brigham and Women's Hospital, in Boston. Either there is some sort of biological explanation linking Propecia (finasteride) to suicidality and psychological adverse events, or media attention, which heightened awareness and may have increased reporting of adverse events, may have played a

role, he said.



### **MOST YOUNG PEOPLE ARE "TERRIFIED" OF GOING BALD**

**YouGov, November 10, 2020**

The youth of America shares a common fear: going prematurely bald. Most 18-to-24-years-old men (59%) and women (57%) agree with the statement “going bald terrifies me,” according to a YouGov poll of more than 32,000 Americans. Most 25-to 34-year-old women (55%) and about half of 25-to 34-year-old men (51%) agree that a thinning hairline is frightening. Male pattern hair loss is **not common** for most men under 30 years old, which perhaps explains the terror around going bald at a young age. As men get older, their likelihood of experiencing hair loss increases, and their concern appears to fade as it becomes more expected. By age 35-44, only 41% of men are so worried about losing their hair – 48% have conquered their fears by this point. Among the oldest men – those aged 65 and above – only 14% are worried about the prospect of a cue ball head.

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Unrecognized Depression in Adolescent and  
Young Adult Males in the United States:  
A Review of Research and Recommendations



The Partnership for Male Youth

**PMY WEBCAST  
DECEMBER 8, 2020**

In October 2020 The Partnership for Male Youth released [The State of Health of Adolescent and Young Adult Males in the United States: Unrecognized Depression: A Review of Research and Recommendations](#). The Partnership is pleased to announce a webinar on December 8, 2020 to discuss the ramifications of the report.

The publication is the first in a series on The State of Health of Adolescent and Young Adult (AYA) Males in the United States. The review examines the problem of unrecognized depression in AYA males and highlights the need for further work to explore how the causes and manifestations of depression can vary by gender and also its interactions with, for instance, race, ethnicity, socioeconomic status and sexuality. The report aims to spark dialogue among all who interact with adolescent and young adult males about how they can recognize depression in those young males and take action to address it. The webcast faculty will include national and international experts on young male mental health.

Registration is free and can be found [here](#).



## [ADOLESCENT BOYS HAVE HIGHER MORTALITY DUE TO UNINTENTIONAL INJURY, INTERPERSONAL VIOLENCE](#)

**Medical Life Sciences News, November 9, 2020**

A new study on gender equality in health and wellbeing in the Asia Pacific region calls for greater attention to be paid to excess mortality and health risks experienced by boys in the first 20 years of life. According to the study, published last month in *The Lancet Global Health*, the SDGs have brought justified focus on girls' sexual and reproductive health and elimination of harmful practices; however, there is a need for greater attention to adolescents as well as the effects of harmful gender norms on boys. The study pointed out that "gender norms vary across sociocultural contexts" in the Asia Pacific. But across the region, patriarchal systems strengthen gender norms "assigning higher status and power to boys over girls", and "reward hegemonic (dominant) constructs of masculinity". These "contribute to boys' risk taking, use of and exposure to violence", resulting in higher incidence of injuries and death. "Adolescent boys have substantially higher mortality due to unintentional injury, interpersonal violence, and alcohol and other drugs, and higher prevalence of harmful drinking and tobacco smoking," found the study. "In all but some South Asian countries (Bangladesh, India, and Pakistan), boys also had substantially higher rates of suicide than their female counterparts."



## GENDER DIFFERENCES IN THE EPIDEMIOLOGY OF ALCOHOL USE AND RELATED HARMS IN THE UNITED STATES

**World Health, November 4, 2020**

Over the past century, differences in alcohol use and related harms between males and females in the United States have diminished considerably. In general, males still consume more alcohol and experience and cause more alcohol-related injuries and deaths than females do, but the gaps are narrowing. Among adolescents and emerging adults, gaps in drinking have narrowed primarily because alcohol use among males has declined more than alcohol use among females. Among adults, alcohol use is increasing for women but not for men. Rates of alcohol-related emergency department visits, hospitalizations, and deaths all have increased among adults during the past 2 decades.



## MEN WHO EAT NUTS ARE MORE FERTILE: ALMONDS, HAZELNUTS AND WALNUTS IMPROVE QUALITY OF SEMEN AND BOOST SPERM COUNT AND MOTILITY, STUDY FINDS

**Daily Mail, November 10, 2020**

Men who add a handful of nuts to their diet can increase their sperm quality and fertility, a new study shows. Spanish researchers compared men who were fed a mixture of tree nuts – almonds, hazelnuts and walnuts – over 14 weeks as a supplement to their standard Western diet with those who weren't. The inclusion of

this nut mix for 14 weeks significantly improved the sperm count, viability, motility (its ability to move independently) and morphology (length of the head and tail), they found. Nuts contain omega-3 fatty acids, antioxidants and the B vitamin folate, which has been linked with fewer sperm abnormalities. The study is an indicator that adding nuts to a basic British diet can modulate male fertility and has an effect on sperm's 'epigenetics' – changes in gene expression.



### **'POWER OF A MOUSTACHE': HOW MOVEMBER ENCOURAGES MEN'S HEALTH, AWARENESS**

*Recently the Movember movement has expanded to raise money for causes including prostate and testicular cancer, men's mental health and suicide prevention.*

**Today, November 9, 2020**

Last year, thousands of people across the country saw November as an excuse to grow a moustache — and, as a result, raised over \$18 million for men's health. The global [\*\*Movember\*\*](#) movement, which began in Australia, addresses the little-discussed fact that men are dying too early. According to the Centers for Disease Control and Prevention, men die an average of five years earlier than women in the U.S., and for largely preventable reasons. The 1,250 men's health projects that Movember has funded thus far — spanning 20 countries — are trying to change that, with the ultimate goal of achieving a 25% reduction in men's premature death by 2030. "Movember today is more relevant than ever... at a time where there's a lot of challenges coming towards us externally as a society, as well as towards men within that society," Mark Hedstrom, executive director of Movember's U.S. branch, told TODAY. "The power of a moustache as a fun way to engage in a very serious conversation is core to what we do as an organization."



## A STORY LESS OFTEN TOLD: YOUNG MEN'S EATING DISORDERS AND CROSS FIT

**Morning Chalkup, October 30, 2020**

While women with eating disorders run the risk of losing their menstrual cycle and developing osteoporosis from lack of hormones supporting bone growth, eating disorders in men aren't a one-off, sin-consequence issue either. For men undereating, testosterone production plummets because of the lack of fat on the body, again leading to low bone density. Men with eating disorders also have a 50-70% greater risk of developing depression and other coexisting mental disorders. Despite hospitalizations for men with eating disorders increasing 53% between 1999 and 2009, according to a 2011 study by the Agency for Healthcare Research and Quality, these issues are still significantly underrepresented.

Unrecognized Depression in Adolescent and Young Adult Males in the United States:  
A Review of Research and Recommendations

A graphic element featuring a yellow silhouette of a person sitting cross-legged on a mat. The silhouette is composed of a complex, yellow, geometric pattern that resembles shattered glass or a network. The background of the entire graphic is a solid blue color.

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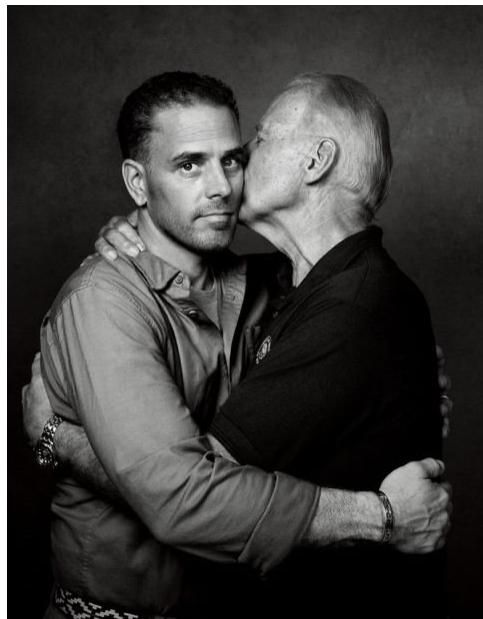


[WHAT DOES IT MEAN TO BE A MAN IN 2020? INTRODUCING A NEW SERIES ON MASCULINITY](#)

**The Guardian, October 19, 2020**

What does it mean to be a man in 2020? This is the complicated question our new Guardian US series, The State of Men, sets out to explore. As longstanding structures of gender, power and privilege undergo major reappraisal, masculinity finds itself in a state of flux. Pervasive stereotypes about men – that they are fundamentally aggressive, domineering, promiscuous and unemotional – are slowly being dismantled, freeing them and society at large to reassess what makes a man. But these changes are far from universally embraced. Men have seen their wages decline and employment prospects dip. But even as women's economic

contributions have grown significantly, the [\*\*majority of Americans\*\*](#) continue to look to men as the primary breadwinners. [\*\*Research\*\*](#) suggests that males in the US without work are more unhappy than their peers in other wealthy nations, and experts [\*\*warn\*\*](#) that the upheaval in traditional social and economic roles will erode men's self-esteem and undermine their mental health. That's just part of it: [\*\*you can read the entire weeklong series here\*\*](#). Our goal is to open up a conversation for all genders, on foundations of honesty, empathy, vulnerability and openness. We hope you join in.



[\*\*REAL MEN EMBRACE THEIR SONS AND FATHERS, JUST LIKE JOE AND HUNTER BIDEN IN THAT PHOTO\*\*](#)

**USA Today, October 22, 2020**

Despite all the bro hugs and high-fives, we generally do not embrace or treat each other with tenderness. Kissing is for Europeans, or sissies, or maybe Mafia dons who have been betrayed. We usually don't kiss or hug each other unless it is done with irony and even a bit of aggression. Men know, however, that the embrace of our fathers is different. Early on, we become accustomed to affection from our mothers. As we enter manhood, we pretend to roll our eyes, but we smile, accept and even luxuriate in their maternal love and attention. At the same time, we learn to put distance between ourselves and our fathers, as part of creating our own masculine identity. And yet we know that for better or for worse, we share some kind of legacy with our fathers, whether our relationship with them was loving or hostile, close or distant. We know this makes the rules between men different for fathers and sons.



**PANDEMIC DISPROPORTIONATELY AFFECTING THE HEALTH OF MEN, NEW AD CAMPAIGN DECLARES**

**EIN Newswire, October 28, 2020**

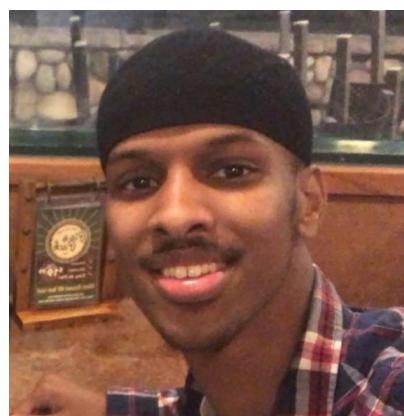
The [\*\*Canadian Centre for Men and Families\*\*](#) (CCMF) is running billboard ads in Calgary and Vancouver to highlight the serious mental health consequences on men of the severe isolation imposed by necessary social distancing. The new billboard ads declare "Men often suffer in silence. And now it's worse. Help the men you love get the help they need." The unique campaign urges family and friends to intervene in support of male loved ones. The visual features a distressed young man hiding behind a falsely happy mask. "Research shows that men have smaller social networks than women, a deficiency made worse in the current situation," said CCMF Alberta Executive Director Beth Barberree. "Without strong support, men are at increasing risk of suicide." It has already been known for months that COVID-19 is having a disproportionate effect on the physical health of men. Most jurisdictions are reporting that men are much more likely to die from the disease. In British Columbia, for example, men who contract the disease are 82% more likely to be admitted to the ICU and 37% more likely to die. "This campaign is a call to action to each of us to look behind the mask for the hidden signs that the men we love are suffering," said CCMF Vancouver Director Paul Dowell.

## DIRECTORS

PMY is pleased to announce the appointment of Tolu Lawrence, JD, as Director and Ahmad Mahmood, as Youth Director, to the PMY Board of Directors.



**Tolu Lawrence, JD**, is Vice President of Strategic Growth and Engagement at Promundo. She has over a decade of experience bringing together leading nonprofits, foundations, social enterprises, and brands to develop and support mission-driven initiatives that further social good. With Promundo, she leads the expansion of partnership development across sectors to support strategic growth, sustainability, and impact, manages the Workplace Advisors program, and serves on the Steering Group of the Parental Leave Corporate Task Force. Prior to joining the team at Promundo, Tolu launched Tolu + Co., a consultancy focused on social impact partnerships and digital engagement strategies. She also led Strategic Partnerships at The Representation Project, developing gender equality campaigns and initiatives with socially conscious brands, including Harry's, Lucasfilm, Spotify, Unilever, and more. With a focus on intersectional gender equality and healthy masculinity, Tolu serves as an advisor to Feminist.com, Good Men In Sport, and formerly served on Spotify's Culture Change Collective. She also sits on the boards of MotherCoders and PL+US. Tolu holds a Juris Doctor degree from American University Washington College of Law and is a member of the California Bar.



**Ahmad Mahmood** is the son of two Black refugees and a Junior at the University of California, Berkeley. Born and raised in SouthEast San Diego, he's a self proclaimed freedom fighter who majors in Legal Studies. His main area of work and organizing centers racial justice through combating police violence and the prison industrial complex. He's one of two undergraduate student reps on his campus' Independent Advisory Board on Police Accountability and a leading student in the fight for Prop 16, the repeal of Prop 209 (Ban on Affirmative Action). Ahmad believes racism, in particular anti-Blackness, is a public health crisis. He recognizes the death of young Black men at the hands of police as a health pandemic, in addition to those lost in the prison industrial complex. Ahmad believes to center young Black men's health, is to address all underlying factors that contribute to their livelihoods. To do this, Ahmad fights for greater investment in education, neighborhood services like parks, libraries, and mentorship programs. As a student at UC Berkeley, Ahmad has negotiated the campus to develop a mental health response team, to replace armed police officers for non criminal calls.

"We're delighted that Tolu and Ahmad have joined our board," said David Bell, MD, PMY Chair. "Their unique knowledge, experience and perspective will bring valuable perspective to our work," he said.

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### THE ALPHA-MALE STYLE IN AMERICAN EVANGELICALISM

*A historian asks whether a warped view of masculine authority has corrupted our faith and political witness.*

**Christianity Today, October 27, 2020**

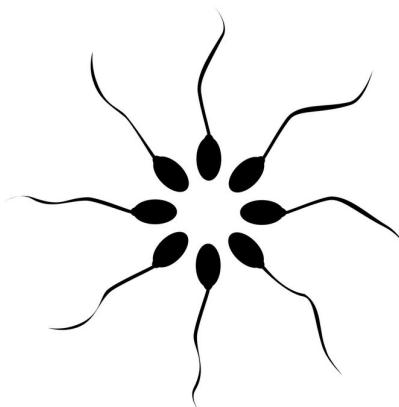
In her recent book, *Jesus and John Wayne: How White Evangelicals Corrupted a Faith and Fractured a Nation*, Calvin University historian Kristin Kobes Du Mez situates Gothard and Piper in a long line of white, alpha-male leaders whose devotion to a militant Christian patriarchy and nationalism inevitably led to exuberant support, among large numbers of white evangelicals, for Donald Trump as president—despite his clear deviation from anything evangelical in a spiritual or behavioral sense. As it turned out, Du Mez argues, obedience wasn't as much about goodness and grace as it was about power and who wielded it. Early in the 20th century, Du

Mez writes, "Christians recognized that they had a masculinity problem." If America was to be truly great and fully Christian, it had to man up. Effeminate features of Victorian piety would no longer do for a nation aspiring to righteous superpower.



**TEEN BOYS THINK MARIJUANA MAKES SEX BETTER**  
**US News, October 30, 2020**

Teenage boys who see ads for pot are more likely than girls to link marijuana with better sex, a new study suggests. The reason? Many boys think people who use pot are less inhibited and enjoy sex more, which leads them to want to try marijuana in the future. Girls and young women, however, are less likely to use pot based on messages that connect it to sex, the researchers found. "The messages adolescents and young adults are seeing are part of what is having impact, the type of appeal and the content, not just the fact that young people are seeing these messages on social media," said lead author Jessica Fitts Willoughby, an associate professor with the Murrow College of Communication at Washington State University. "Messages matter."



## **HIGH-FAT DIET IN CHILDHOOD MAY AFFECT SPERM LATER IN LIFE**

**Medical Express, October 22, 2020**

New research in mice suggests that a high-fat diet early in life may impair male fertility in adulthood. The first-of-its-kind study is published ahead of print in the *American Journal of Physiology-Endocrinology and Metabolism*. As obesity increases around the world—particularly in children—experts have raised the question of how excessive weight and obesity-associated type 2 diabetes may affect sperm quality and male fertility. Testicular lipid dynamics—fat levels and fat metabolism in the testes—play an important role in maintaining normal structure of developing sperm cells. Mitochondrial function—the mitochondria are the energy centers of the cells—and antioxidant defenses provide energy for the production of sperm with normal movement patterns (motility). A new study explores whether a high-fat diet in childhood can irreversibly damage sperm quality later in life even after a healthy diet is adopted.



## **TRUMP, BIDEN AND MASCULINITY IN THE AGE OF CORONAVIRUS**

**Washington Post, October 15, 2020**

The president's emergence from his bout with the novel coronavirus is being hailed by many allies as a sign of his physical strength — the latest chapter in the effort by Trump and his supporters to cast himself as the manliest of men, conflating masculinity and strength and engaging in a dispute of sorts with Joe Biden over the meaning of machismo. In response to Biden encouraging Americans to wear a mask, Fox News commentator Tomi Lahren [wrote on Twitter](#): "Might as well carry a purse with that mask, Joe." The back-and-forth between Trump and Biden has long resembled a testosterone-filled, mano-a-mano bluster between the high school jocks they used to be. They evoke different brands of manliness — an old-fashioned machismo for Trump, a manly but caring boy-next-door for Biden.



### **YOUNG, WHITE US MEN ARE THE LEAST LIKELY TO WASH THEIR HANDS DURING THE CORONAVIRUS PANDEMIC**

*White males between ages 18 and 24 were the least likely to report washing their hands before eating, after using the bathroom or blowing noses, a new CDC report finds*  
**Daily Mail, October 13, 2020**

White college-aged men in the US are the least likely to wash their hands amid the coronavirus pandemic, a new report finds. This group had the fewest number who reported regularly remembering to wash their hands before eating at a restaurant or after using the bathroom, the Centers for Disease Control and Prevention (CDC) revealed last week. Overall, compared to 2019, Americans were 2.3 times more likely to wash their hands after coughing, sneezing, or blowing their noses and twice as likely before eating at a restaurant.



### **WHY THE CORONAVIRUS IS KILLING MORE MEN THAN WOMEN**

*Men have weaker immune systems that, in some cases, may actually sabotage the body's response to an invader. But social and cultural factors may also play a role.*  
**Washington Post, October 17, 2020**

By mid-October, the coronavirus had killed almost 17,000 more American men than women, according to data from the Centers for Disease Control and Prevention. For every 10 women claimed by the disease in the United States, 12 men have died,

found an analysis by Global Health 50/50, a U.K.-based initiative to advance gender equality in health care. That disparity was one of many alarming aspects of the new virus. It bewildered those unfamiliar with the role of gender in disease. What has become more evident, 10 months into this outbreak, is that men show comparatively weaker immune responses to coronavirus infections, which may account for those added deaths. "If you look at the data across the world, there are as many men as women that are infected. It's just the severity of disease that is stronger in most populations in men," Franck Mauvais-Jarvis, a Tulane University physician who studies gender differences in such diseases as diabetes. In such cases, biology can help explain why.



#### **'ONE IN THREE BOYS EXPOSED TO ONLINE CONTENT ENCOURAGING THEM TO BULK UP BODIES'**

*Around one in three boys have been exposed to content encouraging them to build their bodies up, with many urged to buy substances that might not be safe, according to a survey.*

**Cumnock Chronicle, October 13, 2020**

A study of nearly 15,000 UK schoolchildren suggested the number viewing potentially harmful online content has increased over the last four years, with particular concern relating to body image. The research, carried out by Youthworks and Internet Matters, uncovered a worrying new trend among children – particularly boys – aspiring to muscular bodies and six packs. Those aged 13 were the most likely group to be viewing such content. Among boys, those who said they "often" looked at material online encouraging them to bulk up their bodies had lower self-esteem than those who never saw this type of content, the report claims. "The big message from this report is that harmful content has overtaken cyberbullying as a major threat to young people," said Adrienne Katz, from Youthworks, who co-authored the report.



## [TEENAGERS WITH DEPRESSION OR ANXIETY MORE PRONE TO MI IN MIDLIFE, STUDY FINDS](#)

**Medical Dialogues, October 11, 2020**

Depression or an anxiety disorder in male adolescents was associated with a 20% increased likelihood of experiencing an acute MI in midlife, according to a Swedish national registry study presented at the virtual annual congress of the European Society of Cardiology. The association was assessed partly by poor stress resilience as well as lack of physical fitness among the teenagers with an affective disorder, says Cecilia Bergh, PhD, of Obrero (Sweden) University, the lead author of the study. "Effective prevention might focus on behavior, lifestyle, and psychosocial stress in early life. If a healthy lifestyle is encouraged as early as possible in childhood and adolescence, it is more likely to persist into adulthood and to improve long-term health. So look for signs of stress, depression, or anxiety that is beyond normal teenager behavior and a persistent problem", reported Dr. Bergh.

## [8 INSTAGRAM ACCOUNTS THAT ARE GETTING MEN TO TALK ABOUT THEIR HEALTH](#)

*These influential guys are helping others open up about cancer, Crohn's disease, sobriety, and more.*

**Everyday Health, October 13, 2020**

"There is very little stigma talking about getting ripped or ordering Rogaine or Viagra; why not the actual health matters? You aren't going to die if you can't get it up, but there are some devastating consequences if you don't take care of your actual health," says Justin Birckbichler, a testicular cancer survivor. Like Birckbichler, the men behind these Instagram accounts are shifting the discussion around men's health. From cancer diagnoses to yoga inclusivity, they're creating communities, breaking down stereotypes, raising men's health awareness, and providing daily motivation to live your healthiest life.



## ['CELEBRITY TREASURE ISLAND' HOST MATT CHISHOLM TACKLES MALE MENTAL HEALTH IN 'MAN ENOUGH'](#)

Variety, October 14, 2020

"Man Enough," the New Zealand version of Australian documentary format "Man Up," which tackles male mental health issues, is due to land on TVNZ 1 this month. Fronted by "Celebrity Treasure Island" host Matt Chisholm, the series (2 x 44') is backed by men's health charity Movember and was produced by Wellington-based production outfit Gibson Group during the COVID-19 pandemic. In the series, Chisolm sets out on a personal journey into the world of masculinity, on a mission to break the silence around male suicide and challenge ideas about what it means to be a modern man. He visits rugby clubs, construction sites, boardrooms, men's barbershops and boxing gyms, asking whether men can be "man enough" to open up. "It's very rare that a TV series can actually save lives, but 'Man Enough' has the potential to do just that, by encouraging men to open up and seek help," said Chou-Lambert. "Male suicide and mental health are sadly global issues, which have been exacerbated by the pandemic, so this kind of show is needed now, more than ever. It's incredible that our long-term partners Gibson Group have been able to produce such an entertaining and impactful show despite COVID-19 restrictions."

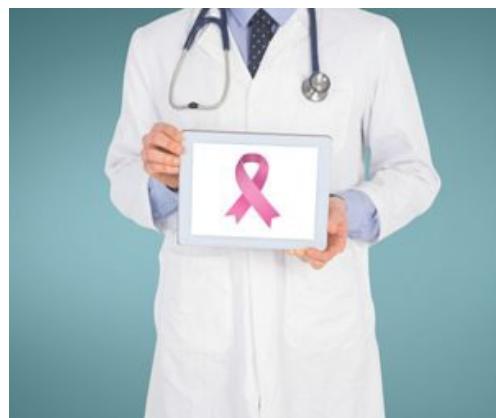


## [A TRANSGENDER MAN MAY BECOME THE FIRST TO RECEIVE A PENIS TRANSPLANT. DOCTORS SAY IT WOULD BE A 'QUANTUM LEAP' FOR](#)

## **SURGICAL MEDICINE**

**Business Insider, October 16, 2020**

A team of Massachusetts surgeons is preparing to perform the world's first-ever penis transplant on a transgender man. During the procedure, surgeons would take the penis of a deceased donor and transfer it to a transgendered man who was assigned female at birth. As there are only a handful of penis transfer surgeries that have been performed on cisgender men who lost their penises in war or to cancer, this surgery could be groundbreaking for the future of penile implant surgery.



## **MALE BREAST CANCER DIAGNOSED LATE WITH DEADLY CONSEQUENCES**

**Newsmax, October 18, 2020**

Breast cancer in men is rare. But because it's not often suspected in men, diagnosis often comes only after a tumor has begun to spread throughout the body, new research shows. "Approximately one-half of males with breast cancer received a diagnosis after it had already spread," either to nearby or distant tissues, said a team of researchers at the U.S. Centers for Disease Control and Prevention. Late diagnosis can be lethal: Overall, five-year survival with male breast cancer diagnosed early was nearly 99%, but it dropped to about 26% for men whose tumors had already spread to "distant" sites upon diagnosis. Nearly one in every 10 cases of male breast cancer (8.7%) were diagnosed at a late stage, the CDC team found.



## **HOW COVID-19 IS IMPACTING MEN'S MENTAL HEALTH DIFFERENTLY**

**Healthline, October 9, 2020**

The fifth annual [\*\*MENtion It\*\*](#) educational campaign from Cleveland Clinic zeroes in on why men often shirk away from addressing concerns about their health. The new [\*\*online survey\*\*](#) examined how the coronavirus outbreak has affected men mentally and physically as well as influenced their day-to-day health behaviors. Cleveland Clinic's survey team reached about 1,000 adult males, 18 years or older, across the nation. They found that 77 percent of respondents said their stress levels increased during the pandemic, while 59 percent reported they felt isolated. About 45 percent said their emotional and mental health declined during this difficult period. The data also showed that this has been a more troubling period for adult males than past crises — with 59 percent saying COVID-19 had a greater negative impact on mental health than the 2008 economic recession. Like [\*\*past MENtion It surveys\*\*](#), these findings underscored just how rare it is for adult American men to seek medical and psychological health. The survey showed that 66 percent say they rarely even discuss the toll that COVID-19 has been taking on their mental health, while 48 percent say they put off seeing a doctor for non-COVID-19 health concerns.

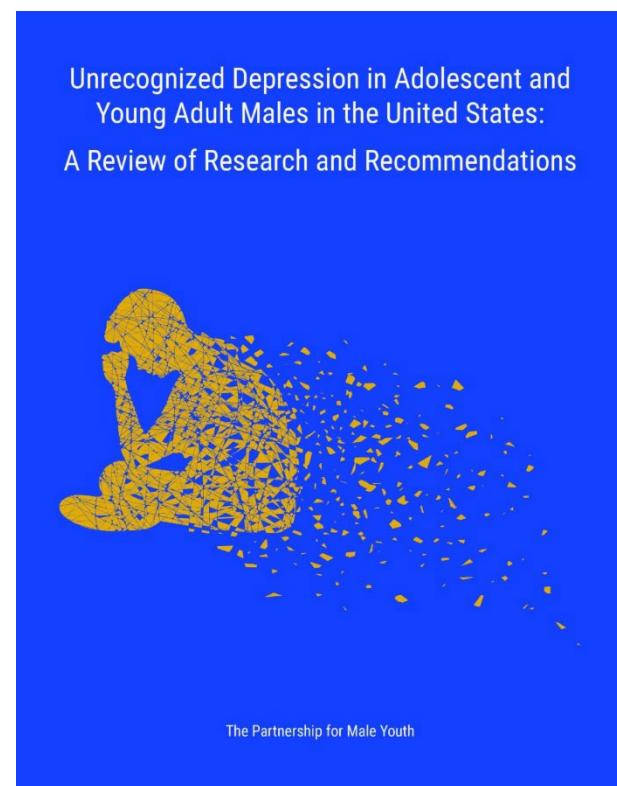


## **MEN, YOUNG ADULTS LESS LIKELY TO SOCIALLY DISTANCE, STUDY FINDS**

**UPI, October 7, 2020**

More North American and European men and young adults of both sexes fail to

adhere to [COVID-19](#) social distancing guidelines than older adults in these regions, a survey published Wednesday in the journal [PLOS](#) found. In the survey, conducted by researchers at Harvard T.H. Chan School of Public Health and the University of Calgary in Canada, 59% of male respondents said they adhered to local social distancing guidelines, while 69% of female respondents reported doing so, the data showed. In addition, more women than men -- 85% versus 71% -- said they avoided socializing in person, as well as avoided leaving the home -- 71% versus 59% -- to help contain the spread of COVID-19, according to the researchers. Meanwhile, 49% of adult respondents aged 18 to 24 years complied with guidelines for social distancing, while up to 90% of adults aged 25 and older did so, the researchers said.



The Partnership is pleased to release "[Unrecognized Depression: A Review of Research and Recommendations](#)". The publication is the first in a series on The State of Health of Adolescent and Young Adult Males in the United States. The review examines the problem of unrecognized depression in AYA males and highlights the need for further work to explore how the causes and manifestations of depression can vary by gender and also its interactions with, for instance, race, ethnicity, socioeconomic status and sexuality. "This report aims to spark dialogue among all who interact with adolescent and young adult males about how they can recognize depression in those young males and take action to address it," said David Bell, MD, MPH, Partnership Board Chair. The publication will serve as the foundation for discussion during the Partnership's December 10, 2020 [National Summit on Adolescent and Young Adult Male Health](#), which will explore connections between relational and mental health.



### **CORONAVIRUS SAFETY RUNS INTO A STUBBORN BARRIER: MASCULINITY**

*When political leaders suggest basic precautions appear unmanly, men are less likely to follow health and safety advice, experts say.*

**New York Times, October 11, 2020**

The experts say the best public health practices have collided with several of the social demands men in many cultures are pressured to follow to assert their masculinity: displaying strength instead of weakness, showing a willingness to take risks, hiding their fear, appearing to be in control. Men's resistance to showing weakness — and their tendency to take risks — was demonstrated by scientists long before Covid-19. Studies have shown men are less likely than women to [wear seatbelts](#) and [helmets](#), or to [get flu shots](#). They're more likely [to speed](#) or [drive drunk](#). They are [less likely](#) to [seek out medical care](#). Some [initial research](#) indicates a similar pattern is playing out with the coronavirus. [Gallup's Covid-19 tracking poll](#), updated on Wednesday, has found that American women are more likely than men to take precautions to avoid contracting the coronavirus, including by wearing masks outside the home. Other recent polls have found that men give higher marks to Mr. Trump than women on his handling of the pandemic.

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## [AUSTRALIAN MALES DRINKING DURING ADOLESCENCE LINKED TO RISKIER DRINKING LATER ON, FINDS NEW REPORT](#)

**Australian Institute of Family Studies, October 8, 2020**

The report, which investigated the drinking habits of Australian males aged 10 years and older, found that drinking before the recommended age of 18 years was associated with more frequent alcohol use in early adulthood. Almost half of adolescent drinkers surveyed in 2013/14 had gone on to drink alcohol at moderate-to-high-risk levels in early adulthood – compared to just 20% who had not been drinking at all in adolescence. The report, which investigated the drinking habits of Australian males aged 10 years and older, also found that drinking before the recommended age of 18 years was associated with more frequent alcohol use in early adulthood. Almost half of adolescent drinkers surveyed in 2013/14 had gone on to drink alcohol at moderate-to-high-risk levels in early adulthood – compared to just 20% who had not been drinking at all in adolescence.



## [MUSCLE DYSMORPHIA: WHY ARE SO MANY YOUNG MEN SUFFERING THIS SERIOUS MENTAL HEALTH CONDITION?](#)

**The Conversation, October 9, 2020**

Body image concerns among men are increasingly common and can have a serious impact on mental health. And for an estimated one in ten young men who go to the gym in the UK, these body image concerns can result in a mental health condition known as muscle dysmorphia. Though researchers are only just beginning to understand the complexities of the condition, it appears young men are currently being affected by it at a higher rate compared to other populations. It's believed there are many reasons driving this, but researchers have found that media and social media pressure, alongside changing ideas of masculinity may both be major causes. Sometimes referred to as "bigorexia" or "reverse anorexia", people with muscle dysmorphia believe their body is too small, skinny, or insufficiently muscular – even though the opposite may be true. This distorted view causes a preoccupation with becoming overly muscular and lean, often leading to the development of dangerous habits, such as excessive weight training, restrictive dieting and the use of substances such as anabolic steroids. It can also lead to anxiety, depression and may affect their daily life. But currently diagnosing muscle dysmorphia is still difficult. Though several self-report surveys exist to help physicians diagnose patients, these surveys only assess related symptoms (such as a desire for bigger muscle, or body image issues) rather than offering a robust diagnosis.



## [NEW CHILDREN'S BOOK GIVES BOYS WHO LOVE BALLET A CHANCE TO FEEL SEEN](#)

*John Robert Allman's "Boys Dance!" explains how fancy footwork can pay off at school and in sports, while spotlighting male role models in the art form*

**Huffington Post, October 10, 2020**

Allman, who is based in New York, said his lifelong love of the stage inspired him to write "[\*\*Boys Dance!\*\*](#)" The book, released last month, features illustrations by [\*\*Luciano Lozano\*\*](#) and is geared toward young, aspiring male dancers who are passionate about ballet, jazz and other classical styles — but have yet to see themselves represented in children's literature. "I wanted to make sure that boys would be able to see dance as something they can — and should — get into if they want to," Allman told HuffPost. "So little in media when I was a kid made that case, showed you a role model, or made it seem OK to be excited about dance the way I was. But it's something guys have always loved and excelled in, so they shouldn't be at all hesitant to try it."



### [\*\*THE SHOCKING REASONS WHY THOUSANDS OF YOUNG MEN ARE RESORTING TO VIAGRA\*\*](#)

*With increasing numbers of the under-30s affected by impotence, experts warn that relying on the little blue pills may be masking serious health dangers*

**Daily Mail, September 28, 2020**

A recent survey of 5,000 people carried out for Upjohn, the maker of Viagra Connect, the over-the-counter version of the drug, showed that 18 per cent of 18-24-year-old men had erection difficulties. This echoes what clinicians are seeing. 'I have been in this field for 27 years and 20 per cent of my erectile-dysfunction patients are now aged under 30, compared with two per cent 20 years ago,' says Lorraine Grover, a specialist nurse from the Sexual Advice Association. 'I'm seeing boys as young as 16, and quite a lot of young men in their 20s.' This has worrying implications, as while many of the new generation of teenage and young adult Viagra users are otherwise physically fit males who use it as a prop to ensure sexual performance, others are suffering sexual difficulties and impotence caused by obesity and obesity-related type 2 diabetes. This is a problem previously seen only in much older patients, and it's causing concern, says Ian Eardley, a professor of

urology at Leeds Teaching Hospitals NHS Trust.

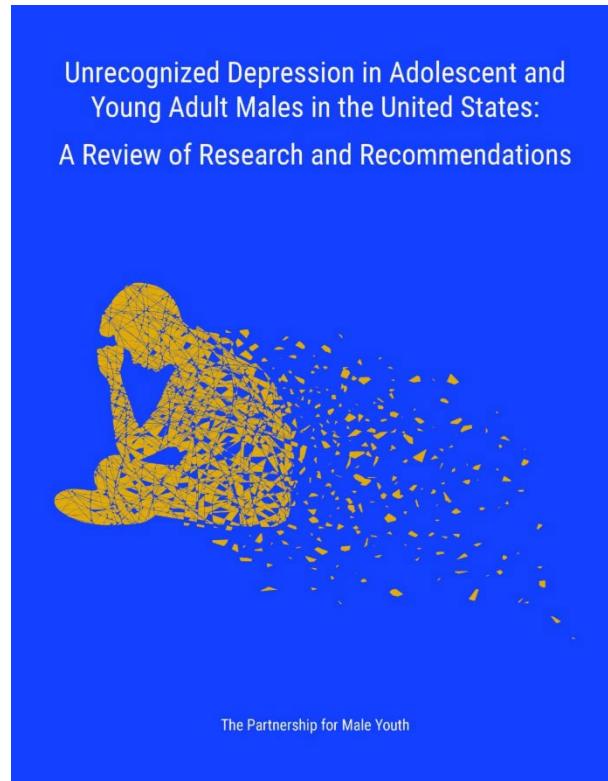


### **IN COVID ERA, MORE YOUNG MEN DRIVING UNSAFELY, INTOXICATED: NHTSA**

*Preliminary data from the government's traffic-safety division shows a disturbing trend toward driving without seatbelts, and other more dangerous behavior.*

**Car and Driver, October 3, 2020**

When COVID-19 shut down most of the country this spring, it didn't take long for American drivers to pick up some bad driving habits. Fewer cars were on the road but more people were speeding, in part because police stopped enforcing as many traffic stops to minimize the spread of the coronavirus. Seatbelt use went down. And more people died with alcohol or other drugs in their system. All of these things were reported anecdotally earlier this year, but the National Highway Traffic Safety Administration (NHTSA) released a [report](#) this week showing that U.S. roads are noticeably more dangerous in the COVID era than they were before. We looked at the headline numbers—an increase in the number of deaths per miles traveled—earlier this week, so here we're digging a bit deeper into NHTSA's analysis of just what's increasing the dangers out there these days. NHTSA's in-depth report has been in the works since early in the pandemic's days in the U.S. For all road users, the number of people who died who tested positive for alcohol went from 21.3 percent before March 16 to 26.9 percent during the COVID-19 public health emergency (NHTSA's data collection for this study ended in mid-July). The presence of cannabinoids went from 21.4 to 31.2 percent. Opioids? From 7.6 to 12.9 percent. Overall, vehicle drivers showed "significantly higher overall drug prevalence during the public health emergency with 64.7 percent testing positive for at least one active drug compared to 50.8 percent before the public health emergency began," NHTSA said. When broken down by sex, males were more likely to have positive results in any of these three categories than females.



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[HOW EVEN A CASUAL BRUSH WITH THE LAW CAN PERMANENTLY MAR A](#)

## [\*\*YOUNG MAN'S LIFE - ESPECIALLY IF HE'S BLACK\*\*](#)

**The Conversation, September 28, 2020**

Loss of life isn't the only potential consequence of a brush with the law. Even a single arrest, without conviction, can be devastating to the rest of a young man's life – especially if he's Black – particularly in terms of employment and earnings. And African American men are much more likely to get arrested than their white counterparts. A young African American [\*\*is seven times more likely\*\*](#) to get arrested than a white peer. By the time they are 23, Black men are at a [\*\*49% risk of getting arrested\*\*](#) and six times more likely to be incarcerated than white men. As of 2010, [\*\*one-third of African American adult males\*\*](#) had a felony conviction on their records, compared with 8% of all U.S. adults. While the data on the system's [\*\*disproportionate impact\*\*](#) on Black men are bad enough, it doesn't end there. Any interaction with the justice system, even for a misdemeanor or arrest without conviction, can have devastating consequences for the individual. More than 60% of formerly incarcerated individuals [\*\*remain unemployed one year after being released\*\*](#), and those who do find jobs make 40% less in pay annually. Research shows that a criminal record of any sort – including arrest without conviction – [\*\*reduced the likelihood of a job offer by almost 50%\*\*](#). The impact is substantially larger for Black job applicants.



## [\*\*LACK OF SLEEP AMONG AMERICANS WORSE FOR MEN, STUDY SAYS\*\*](#)

**Science Times, September 29, 2020**

A study from the University of Oregon examines the possible stereotypical link between sleep habits and masculinity, aiming to understand why men, on average, reportedly get less sleep than women. The results of the study were published in the [\*\*Journal of the Association for Consumer Research\*\*](#). Collectively, the experiments illustrated that men who sleep less appear to be more masculine, expecting a more positive reception from society. These apparent trends among men were not consistently observed for the perception of women. "The social nature of the sleep-deprived masculinity stereotype positively reinforces males who sleep less, even though sleeping less contributes to significant mental and physical health problems," the authors described. They also noted that this might be particularly more detrimental, given the fact that men have more negative attitudes

toward psychological help. Additionally, looking more into the matter might reveal a "toxic cycle," with men sleeping less to appear "more masculine," thus putting themselves more at risk of mental health issues and actively avoiding professional help. Researchers, however, expressed hope that as society continues to change and challenge the traditional masculine image, general attitudes toward sleep might be more positive, leading to more people enjoying more nights of healthy sleep.

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Certain behaviors that are indicators of mental health disorders among AYA males, as distinguished from AYA females, are elevated rates of suicide, conduct disorder, substance use and interpersonal violence. Additionally, norms of masculinity can lead to complicating factors such as stigma among AYA males surrounding help-seeking behaviors for mental health disorders. In terms of suicide alone, among youth ages 15-24, young males complete suicide at a rate that is four times that of young females.

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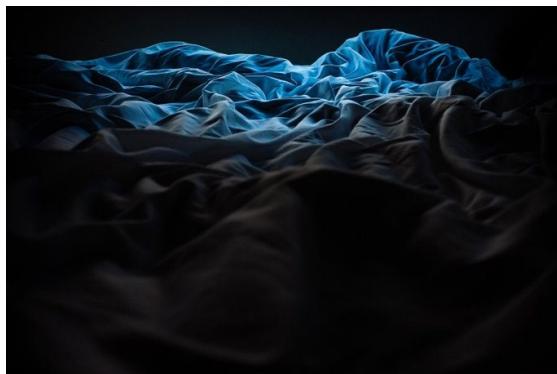
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[\*\*SUICIDE RATE AMONG YOUNG AMERICANS UP BY 57%, DEATHS SPIRAL BY 30-60% IN MANY STATES: CDC\*\*](#)

**meaww.com, September 26, 2020**

Youth suicide has become an increasingly prominent public health issue in the US and the numbers are rising, according to experts. It has gone up among persons in the 10-24 age group from 6.8 per 100,000 in 2007 to 10.7 in 2018. The rate of death by suicide among Americans in the 10-24 age group increased by 57.4% from 2007 to 2018, after a period of stability from 2000 to 2007, reveals an analysis by the US Centers for Disease Control and Prevention (CDC). The suicide rate is the number of deaths due to suicide to persons aged 10-24 per 100,000 population aged 10-24. The current report includes rates for 2018, the latest year for which final mortality data from the National Center for Health Statistics (NCHS) are available. The results suggest that in 2007, about seven out of every 100,000 people in the 10-24 age group died by suicide. By 2018, the rate had climbed to about 11 out of every 100,000, despite national goals to lower the suicide rate. "Nationally, the suicide rate among persons aged 10-24 was statistically stable from 2000 to 2007, and then increased 57.4%, from 6.8 per 100,000 in 2007 to 10.7 in 2018. When examining the change in rates between 3-year averages of the periods 2007-2009 (7.0) and 2016-2018 (10.3), the national percentage increase was 47.1%," write authors. Another [analysis](#) by the CDC, for example, shows that about one in five youths in the US seriously considered attempting suicide, one in six made a suicide plan, one in 11 made an attempt, and one in 40 made a suicide attempt requiring medical treatment in 2019.



**EDUCATIONAL INTERVENTION BEFORE 'FIRST SEX' CAN PROTECT SEXUAL HEALTH OF BLACK MALES AND PREVENT UNWANTED PREGNANCIES**

**Medical Xpress, September 21, 2020**

A new Johns Hopkins Medicine study adds to evidence that the earlier parents, educators and health care workers have age-appropriate and frank discussions about safe sex, the better will be their—and their partners'—long-term sexual health and development. Specifically, the research concludes, these early interventions can lead to fewer unintended pregnancies. The findings, published online in the Aug. 13, 2020, issue of the journal *Culture, Health & Sexuality*, are based on the analysis of self-reported sexual experiences of Black male teens and young

adults. "Our findings add to our understanding of the context and consequences of having sex early in life (before age 13), suggesting ways to better support the healthy sexual development of Black male adolescents," says Johns Hopkins Children's Center physician Arik Marcell, M.D., associate professor of pediatrics and public health at the Johns Hopkins University School of Medicine, and a member of the research team. Prior research, Marcell says, indicates that up to 30% of U.S. urban Black male adolescents report their first sex experience before age 13, compared with 10% among white peers. These studies also suggest that regardless of race or gender, young people whose first sexual encounter occurs before age 13 are more likely to experience negative sexual and reproductive health behaviors, such as multiple sexual partners, sex under the influence of substance use, unintended or unwanted pregnancy, and sexually transmitted infections.



### [GOING TO DAYCARE GOOD FOR BOYS](#)

**Medical Xpress, September 23, 2020**

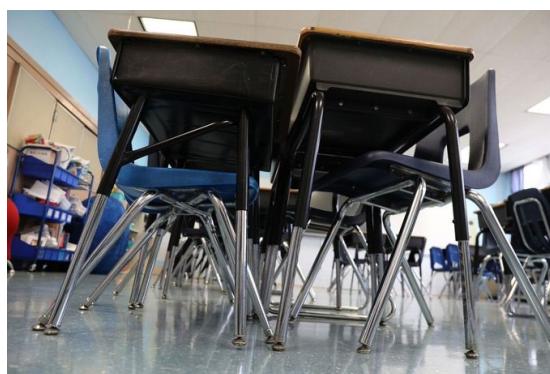
Starting daycare as early as six months old is especially good for boys, a new Canadian study suggests: more go on to complete high school and do better economically as adults than those who start later or don't attend daycare at all. Published in July in *Pediatrics*, the study led by researchers at Université de Montréal followed a Quebec cohort of some 2,900 francophone children born in 1980 and 1981 to see how attending daycare affected their success later in life. The results were revealing: the earlier they started daycare, boys were 8-per-cent more likely to finish high school and 4-per-cent less likely to have low income as young adults. For girls, attending daycare early had no effect on their graduation rate and incomes. "Daycare is very prevalent in our society, so although a few percentage points difference may not seem like much, the effect can be widespread," said lead author Sylvana Côté, a professor at UdeM's School of Public Health and researcher at the CHU Sainte-Justine children's hospital. "Dropping out of high school has a major economic cost, both for individuals and for society in general," she added. "That's why early child care is important: it can be a cost-effective way to spur social development, economic opportunity and to protect against poverty."



## **PARENTS MIGHT BE DOWNPLAYING CONCERN FOR THEIR SONS, STUDY FINDS**

**Washington Times, September 24, 2020**

Social scientists are expressing alarm that parents could be downplaying concerns about boys in a society that increasingly values gender equality, according to a new national study. The sixth annual American Family Survey, a nationwide study of 3,000 Americans, was conducted by YouGov for the Deseret News and the Center for the Study of Elections and Democracy at Brigham Young University. Researchers questioned parents separately about concerns about boys only, girls only, and boys and girls together. When asked about boys and girls together, 36% of parents reported concerns about boys and 35% about girls. But when asked about boys only, 45% noted concerns, compared with 30% for the girls-only question. This disparity, researchers say, suggests a social contract that allows parents to express fears about girls, but less so about boys. "There is, probably, more concern about boys and young men in our current society but it can be masked by norms of gender equality," the study states.



## **COMMENTARY: KEEPING SCHOOLS CLOSED IS TAKING A TOLL ON OUR YOUNG BLACK MALES**

**Chicago Tribune, September 24, 2020**

The latest reports from doctors and scientists state that while there may be a COVID-19 vaccine by the end of this year, the fall of 2021 is likely the earliest we'll see a vaccine that's safe for children. The students in schools that are waiting for such a vaccine before resuming in-person instruction will have gone 18 months without being in a classroom. This is problematic for all children, and even more so for vulnerable and at-risk populations such as Black boys and young men. The stakes of being out of school are especially high for Black males. [\*\*Homicide is already the leading cause of death\*\*](#) for Black male teens, while suicide is the third-leading cause and rising. One in three Black men will be imprisoned in his lifetime, compared with 1 in 17 white males. Black male unemployment is higher than other groups. Black men and boys are also more likely to face excessive force from police.



## [\*\*RUTH BADER GINSBURG HAS DIED. SHE LEAVES BEHIND A VITAL LEGACY FOR WOMEN - AND MEN\*\*](#)

**Time, September 18, 2020**

In that long, hard slog, she employed some novel devices, using "gender" (so as not to distract male jurists with the word "sex") and representing harmed male plaintiffs when she could find one (to show that discrimination hurts everyone). And she never raised her voice. When she was done, a widower could get the same Social Security benefits as a woman and a woman could claim the same military housing allowance as a man. The longer she lived, the wider her reach and the deeper the appreciation for her years on the bench. At the opening concert of the National Symphony Orchestra in Sept. 2019, Kennedy Center chair David Rubenstein introduced the dignitaries in the audience. When he got to the justice, women rose to applaud her. Then, the men quickly joined in until everyone in the hall was standing, looking up at the balcony, cheering and whistling, as if they'd come to tell her that they knew what she had done for them, not to hear Shostakovich's Piano Concerto #2. This wasn't an audience of liberals, but a cross-section of the capital touched by a once-young lawyer who saw unfairness and quietly tried to end it during her 60 years of public service.



## [\*\*GENDER HARASSMENT AND INSTITUTIONAL BETRAYAL IN HIGH SCHOOL TAKE TOLL ON MENTAL HEALTH\*\*](#)

**Science News, September 15, 2020**

High school students who endure gender harassment in schools that don't respond well enter college and adulthood with potential mental health challenges, according to a University of Oregon study. The study, published last month in PLOS ONE, found that 97 percent of women and 96 percent of men from a pool of 535 undergraduate college students had endured at least one instance of gender harassment during high school. Experiences of gender harassment, especially for those who encountered it repeatedly, were associated with clinically relevant levels of trauma-related symptoms in college. "We found that the more gender harassment and institutional betrayal teens encounter in high school, the more mental, physical and emotional challenges they experience in college," said lead author Monika N. Lind, a UO psychology doctoral student. "Our findings suggest that gender harassment and institutional betrayal may hurt young people, and educators and researchers should pay more attention to these issues." Gender harassment, a type of sexual harassment, is characterized by sexist remarks, sexually crude or offensive behavior and the enforcement of traditional gender roles.



## [\*\*PANDEMIC TAKES TOLL: QUARTER OF STUDENTS KNOW SOMEONE WITH SUICIDAL THOUGHTS\*\*](#)

## The College Post, September 16, 2020

Pandemic-induced stress has taken its toll on the mental health of US college students, with over half of them (58 percent) saying they were "moderately," "very," or "extremely" worried about their mental health in a [survey](#) from Chegg.org, the nonprofit branch of Silicon Valley edtech company Chegg. Even more worrying is the finding that almost a quarter (23 percent) of college students said they know someone with suicidal thoughts since the pandemic started. Five percent said that they attempted to kill themselves. The survey found the percentage of [Black students](#) among those who attempted suicide was higher than the average but did not specify how much higher. In a similar finding, the Centers for Disease Control and Prevention revealed in [a survey](#), conducted in late-June, that one in four US adults between 18 and 24 confessed to having contemplated suicide in May due to the pandemic. Listening to friends, playing video games, and studying together were the most effective stress busters for college students, the survey said, particularly for male students. Female students, on the other hand, said they found listening to other students and asking them about how they are doing was most helpful.



## [TEENS, PARENTS, PHYSICIANS SUPPORT SCREENING YOUNG PEOPLE FOR GENDER IDENTITY, STUDY SUGGESTS](#)

Kaiser Permanente, September 14, 2020

Teenagers who question their gender identity may not feel comfortable bringing up the issue with their doctors. New research suggests that adding gender identity questions to a pre-visit screening could make those conversations easier. In a study published Sept. 15 in the [Journal of Adolescent Health](#), Kaiser Permanente researchers reported on a pilot study in which they added gender identity questions to an intake survey at two adolescent health clinics in Northern California. They also surveyed some of the participating teen patients, their parents, and their doctors about the experience. Two-thirds of adolescents, 75.5% of parents/guardians, and 92.5% of clinicians said it was important to screen for gender identity in primary care.



## MINORITY MALES FACE DEPRESSION, ANXIETY FROM DISCRIMINATION ON SOCIAL MEDIA

**Florida International University, September 16, 2020**

Researchers at the Robert Stempel College of Public Health & Social Work have found that exposure to social media discrimination is associated with higher symptoms of depression and anxiety, particularly among male Hispanic young adults. "Surprisingly, there is a lot of research about cyberbullying and social media but there really wasn't a thorough study that looked at how exposure to ethnic discrimination on social media impacts mental health," said Miguel Ángel Cano, associate professor in the Department of Epidemiology at Stempel College. The study—recently published in the [Journal of Clinical Psychology](#)—found that, upon exposure to social media posts such as photos, memes or videos that include ethnic discrimination, users felt higher levels of depression and anxiety, even after controlling for overall self-esteem. "When participants were exposed to ethnic discrimination on social media directly, or vicariously on a friend's social media page, it was found to have adverse effects on mental health," Cano explained. In addition, the study found that higher social media discrimination was only associated with higher symptoms of depression and generalized anxiety among men, but not women. "Men may be more affected by ethnic discrimination in social media because it is likely that they are exposed to more egregious forms of racist/discriminatory content that specifically depicts men," Cano said. "Consequently, this may have a stronger or longer-lasting impact, and it may also threaten their concept of masculinity and threaten their perceived social status and power."



## **LOSS OF A PET MAY LEAD TO MENTAL HEALTH PROBLEMS IN CHILDREN, ESPECIALLY BOYS**

**Study Finds, September 17, 2020**

Researchers from Massachusetts General Hospital say that when a child forms a strong emotional attachment to a pet, and then the pet passes away, they may experience intense psychological distress. This sets the stage for adolescent depression as far as three years or more into the future. According to this research, 63% of pet-owning children deal with the death of a pet before their seventh birthday. Researchers used a data sample consisting of 6,260 children for this study. Both child and mother responses in this dataset allowed the study's authors to examine the mental health impact of losing a pet on children up to eight years old. "Thanks to this cohort, we were able to analyze the mental and emotional health of children after examining their experiences with pet death over an extended period," explains senior study author Erin Dunn, ScD, MPH, with the MGH Center for Genomic Medicine and Department of Psychiatry. "And we observed that the association between exposure to a pet's death and psychopathology symptoms in childhood occurred regardless of the child's socio-economic status or hardships they had already endured in their young lives." Researchers note that boys seem to deal with more mental health problems after a pet's death than girls. Also, it doesn't seem to matter the child's age when a pet dies, or if they'd already lost an earlier pet.



## [\*\*MALES AND FEMALES HAVE DIFFERENT CIRCADIAN RHYTHMS, STUDY FINDS\*\*](#)

**Very Well Health, September 18, 2020**

If you have trouble syncing up your sleep schedule with your partner, there might be a scientific explanation for it. A team of researchers found that a person's sex substantially impacts whether they're a morning or night person, and how well they can adapt to disruptions in their normal sleep rhythm, like shift work and long-distance travel. The researchers who worked on the paper, which was published on September 4 in the journal *Science*, analyzed multiple studies on sleep patterns and wakefulness. They discovered that females tend to be morning people, and are more active during the day, while males are more likely to be active at night. Females were also better at coping with disruptions in their normal circadian rhythm than males, making them more resilient when disturbed during sleep. Males, on the other hand, are more likely to nap in the afternoon.



## [\*\*MOVEMBER EXTENDS FUNDING FOR MAKING CONNECTIONS INITIATIVE INTO 2022, CONTINUING ITS COMMITMENT TO MENTAL HEALTH PROGRAMS\*\*](#)

**PR Newswire, September 14, 2020**

Movember, the leading men's health charity, has announced it will extend funding for five of the Making Connections program sites. The Making Connections initiative aims to improve the mental health and wellbeing of Men and Boys of Color and Veterans in the US. Originally developed and coordinated by Prevention Institute, the Movember-funded Making Connections work leverages the power of social connections to develop and

implement actionable, community-level prevention plans to improve mental health across the country. As mental health challenges continue to increase nation-wide, Movember is committed to finding ways to help improve the lives of men and their families. The Making Connections initiative is guided by the Movember-funded landscape report on the state of mental health titled [Making Connections for Mental Health and Wellbeing Among Men and Boys in the US](#). Written by Prevention Institute, the report confirms that mental health problems are pervasive and extensive in the US and building resilience is a critical protective factor for mental wellbeing.



### [OBESITY GREATEST RISK FACTOR FOR YOUNG ADULTS WITH COVID-19](#)

**Medical Express, September 9, 2020**

Young adults with underlying conditions such as morbid obesity, diabetes and hypertension are at the highest risk of being placed on a ventilator or dying from COVID-19, according to a study of 3,000 hospitalized patients aged 18 to 34. As has been seen in other age groups, males are at greater risk than females—representing 58 percent of hospitalized cases among young people and 65 percent of young people who died or were placed on ventilators. People with morbid obesity—defined as having a body mass index of 40 or more—were extremely overrepresented, accounting for 41 percent who needed ventilation or died. This was followed by high blood pressure, which accounted for 31 percent of intubated and dead patients, and diabetes, representing 27 percent of intubated and dead patients. Young people with all three of these underlying conditions had the same risk for death or intubation as middle-aged (35-64) patients without the conditions.



## **COMORBID ADHD MORE PREVALENT IN BOYS, ADOLESCENTS WITH AUTISM SPECTRUM DISORDER**

**Psychiatry Advisor, September 12, 2020**

In hospitalized children with autism spectrum disorder (ASD), predictors of comorbid attention-deficit/hyperactivity disorder (ADHD) included male sex, adolescent age, White race, and longer hospital stay, according to study results presented at Psych Congress 2020 Virtual Experience, held online from September 11 to 13, 2020. Boys were found to have a significantly higher odds of comorbid ADHD compared with girls (odds ratio [OR], 2.2; 95% CI, 1.741-2.749; P <.001). Adolescents between the ages of 12 and 18 years were more likely to have ADHD compared with those aged <11 years (58.7% vs 41.3%, respectively). A higher prevalence of comorbid ADHD was also found in White patients (66.7%) compared with those of African American (16.4%), Hispanic (11.4%), and Asian (2.5%) descent. Patients with ASD and comorbid ADHD were mostly from the South (30.8%) and Midwest (29.9%).



## **THE PANDEMIC HAS RESEARCHERS WORRIED ABOUT TEEN SUICIDE**

**NPR, September 10, 2020**

Teen and youth anxiety and depression are getting worse since COVID lockdowns began in March, early studies suggest, and many experts say they fear a corresponding increase in youth suicide. At the end of June, the Centers for Disease

Control and Prevention surveyed Americans on their mental health. They found symptoms of anxiety and depression were up sharply across the board between March and June, compared with the same time the previous year. And young people seemed to be the hardest-hit of any group. Almost 11 percent of all respondents to that survey said they had "seriously considered" suicide in the past 30 days. For those ages 18 to 24, the number was 1 in 4 — more than twice as high. Data collection for several studies on teen mental health during the pandemic is currently underway. And experts worry those studies will show a spike in suicide, because young people are increasingly cut off from peers and caring adults, because their futures are uncertain and because they are spending more time at home, where they are most likely to have access to lethal weapons.

### **CLINICIANS GAINING DEEPER UNDERSTANDING OF DMDD IN CHILDREN**

**PsychCongress, September 10, 2020**

Clinicians could be on the brink of a much greater understanding of the relatively new diagnosis of disruptive mood dysregulation disorder (DMDD) in children, including more evidence on whether selective serotonin reuptake inhibitors (SSRIs) offer the most promising direction in treatment. DMDD is more common in males and heightens risk of depression, anxiety, and suicidality later in life. "It's not a mild disorder," Dr. Carbray said. "This is a disorder that can have significant manifestations over time for children and adolescents as they grow into adulthood." There are no federally approved medication treatments for DMDD, with early research pointing to SSRIs such as citalopram as a promising course (used in combination with a stimulant where comorbid ADHD is present). However, Dr. Carbray added that evidence of the efficacy of SSRIs and other antidepressants for DMDD remains inconclusive, with no duplication of initial study findings as of yet.



### **CELEBRITY THERAPIST JEFF ROCKER ON BLACK MEN DEALING WITH ANXIETY AND DEPRESSION AMID COVID-19**

## **Black Enterprise, September 11, 2020**

According to the U.S. Department Office of Minority Health, suicide became the second-leading cause of death for African Americans between the ages of 15-24 in 2017. In the same year, data showed that the rate for African American men who died by suicide was four times greater than African American women. Celebrity therapist and licensed mental health counselor Jeff Rocker sees the effects it has on his clients and has created a platform for black men to talk about the mental health issues they may be facing. The coronavirus disease has adversely affected the mental health of Black men in a myriad of ways. 2020 has brought a lot of frustration to many Black men that have heightened their anxiety to new levels to the point where they find themselves constantly worrying about the safety of their families, financial stability, and reevaluating their short term and long goals. Sadly enough, research reveals that 44% of African Americans have experienced pay cuts or job loss. In comparison, 73% lacked emergency financial reserves to cater to their three-month expenses due to the epidemic. As you can see, the significant decrease in household income imposes a substantial financial burden on Black men as they try to provide for their families.



## **SCALING UP EFFORTS TO TACKLE MALE SELF-HARM**

*Men and boys account for 75 per cent of deaths from suicide, making them a key group for interventions, but an expanded national effort to prevent suicide demands that we have evidence of what actually works*

## **University of Melbourne, September 9, 2020**

Reducing suicide is a particularly male challenge – men and boys account for a massive 75 per cent of deaths from suicide. “If we are to make significant reductions in suicide rates we need to address what’s happening among men and boys,” says Professor Jane Pirkis, Director of the Centre for Mental Health at the University of Melbourne. The economic and social hardship brought on by the COVID-19 pandemic only makes the need for reaching men early with effective interventions more urgent. Professor Pirkis says there is evidence that the risk of suicide is heightened by the fallout of economic downturns like unemployment, while social distancing restrictions imposed to combat the virus can leave people isolated and disconnected, increasing the risk of stress, anxiety and depression, and other mental health problems. In July, crisis help service Lifeline reported a 22 per

cent increase in calls from Victoria amid the state's extended lockdown following a second wave of infections. "We know that the risk factors for suicide are likely to be heightened by the pandemic, so in the immediate term we need to address these "upstream" issues with policies like effective income support for people," Professor Pirkis says. "But we also need to scale up effective interventions."



## [ARE COMPLICATIONS MORE LIKELY TO OCCUR IN MOTHERS CARRYING BOYS?](#)

**Eve, September 2020**

Researchers in Australia analysed more than 500,000 births and came to a conclusion that the baby's gender could be linked to the health of both mother and child. It further linked that the sex-specific interactions of the mother, placenta and foetus have biological implications, influencing the health of the mother and the baby during pregnancy, and that the ripple effects can also be observed postpartum. According to neonatologist Dr Querube Santana - Rivas, "male gender is a risk factor for a lot of the complications right after birth, especially in the premature population." The speculation here is that male foetuses usually weigh heavier at an earlier gestational age compared to females. Fetal Heart Rate monitoring in preterm babies shows that heart rate dynamics are notably higher in females, leading to better outcomes compared to males. It has also been recognised that a male foetus accompanies a higher risk of premature rupture of membranes, umbilical cord prolapse, failure to progress to the second stage of labour and caesarean delivery. Similarly, female foetuses have been reported to carry with them an increased vulnerability of hypertensive disease in pregnancy.



## **BLACK MALES FACE APPALLING INEQUITIES IN AMERICA. WHY THERE'S A NEW REASON FOR HOPE**

*Despite our many years of frustration and struggle, I still believe America can turn around the horrifying statistics for our Black males.*

**USA Today, September 12, 2020**

In August, President Donald Trump signed into law legislation to create the federal [\*\*Commission on the Social Status of Black Men and Boys\*\*](#), a 19-member panel that will explore solutions to the widespread inequities that Black males face in America. Commissions are not panaceas, but I believe emphatically that providing data on the condition of Black males in areas like health, education, employment and criminal justice will help leaders craft policies that make our country a better place. And at a time when our nation is so divided on so many issues, it's encouraging that this step forward was taken with bipartisan support. Republican Sen. Marco Rubio and Democratic Rep. Frederica S. Wilson, both from Florida, led the push in Congress to establish the commission. The [\*\*lawmakers worked together to launch a similar commission when they served in the Florida legislature.\*\*](#)

## **SCHOOL SHOOTINGS REVISITED FOR CLINICIANS**

**Psychiatric Annals, September 8, 2020**

### **Abstract**

School shootings are an unfortunate reality that have become more prevalent in recent years, impacting countless lives throughout the country, and the number of incidents continues to rise. Despite the increasing incidence of these shooting events and widespread media coverage, school shooters' characteristics and risk factors have not been well categorized. The aim of this article is to highlight these areas through a review of current literature pertaining to school shootings. Findings indicate that many school shooters are White adolescent males with personality and sociocultural characteristics who feel marginalized by society and without prosocial supports, and they are often exposed to additional risk factors such as substance abuse or trauma. Although the increase in these shooting events is troubling, schools are attempting to implement prevention strategies, including an interdisciplinary school team to assess threats.

## **EMERGING TRENDS IN EATING DISORDERS AMONG SEXUAL AND GENDER MINORITIES**

**Current Opinion in Psychiatry, August 27, 2020**

### **Abstract**

#### **Purpose of review**

To review the recent literature on eating disorders, disordered eating behaviors (DEB), and body image dissatisfaction among sexual and gender minority populations, including, but not limited to, gay, lesbian, bisexual, and transgender people.

#### **Recent findings**

Overall, eating disorders, DEB, and body dissatisfaction are common among sexual and gender minority populations. Lifetime prevalence for anorexia nervosa (1.7%), bulimia nervosa (1.3%), and binge-eating disorder (2.2%) diagnoses are higher among sexual minority adults compared with cisgender heterosexual adults in the United States. Lifetime prevalence of eating disorders by self-report of a healthcare provider's diagnosis are 10.5% for transgender men and 8.1% for transgender women in the United States, including anorexia nervosa (4.2 and 4.1%) and bulimia nervosa (3.2 and 2.9%), respectively. DEB may be perpetuated by minority stress and discrimination experienced by these individuals. Body dissatisfaction may be a core stressor experienced by transgender people; gender dysphoria treatment has been shown to increase body satisfaction. A particular clinical challenge in caring for transgender youth with eating disorders is the standard use of growth charts based on sex.

#### **Summary**

Novel research demonstrates that sexual and gender minorities with eating disorders have unique concerns with regards to disordered eating and body image.



## **DADS NEED TO GIVE SONS THE SAME NURTURING THEY GIVE THEIR DAUGHTERS**

**Washington Post, August 28, 2020**

For all of the progress we're making in the conversation about what masculine identity should look like in such commercials, as well as in the larger conversation about masculinity, there's still a glaring blind spot. Boys today are more anxious, depressed and suicidal than any previous generation. They are also desperately struggling to find their way toward adulthood. The widely perceived **gaps in depression and anxiety between boys and girls are closing**, as researchers realize that the scales previously used account for the ways that women typically experience these forms of mental illness. What's more, far more males of all ages are less likely to seek help and treatment than are women. Two essential tools that many fathers use with their daughters, compassion and nurturing, would greatly benefit sons. Yet they're still being withheld from boys — at great cost.



## **DEPRESSED, ANXIOUS YOUNG MEN MAY BE AT GREATER RISK FOR MID-LIFE HEART ATTACK**

**PsychCentral, August 31, 2020**

Depression or anxiety in young adult males, ages 18 or 19, is linked to a 20 percent greater risk of having a heart attack in middle age, according to a new Swedish study from the European Society of Cardiology (ESC) Congress 2020. The link can be partly explained by poorer stress resilience and lower physical fitness among teens with mental disorders. "Be vigilant and look for signs of stress, depression or anxiety that is beyond the normal teenage angst: seek help if there seems to be a persistent problem — telephone helplines may be particularly helpful during the COVID-19 pandemic," said study author Dr. Cecilia Bergh of Örebro University in Sweden. "If a healthy lifestyle is encouraged as early as possible in childhood and adolescence it is more likely to persist into adulthood and improve long-term health." There are signs that mental health has been declining in young people. This

study looked at whether conditions like depression in young adults (age 18 or 19) are linked to a higher risk of cardiovascular disease in adulthood. The research team also investigated the possible role of stress resilience (ability to cope with stress in everyday life) in helping to explain any links.

### **THE POTENTIAL CAUSAL ROLE OF HPVs IN PROSTATE CANCER**

Oncology Times, August 25, 2020

Human papillomaviruses (HPVs) may have a causal role in prostate cancer, according to a literature review published in the open access journal *Infectious Agents and Cancer*, supporting the case for universal HPV vaccination. James Lawson and Wendy Glenn at the University of New South Wales, Australia, reviewed results from 26 previous studies on HPVs and their links to prostate cancer. They assessed the existing evidence using a common set of nine causal criteria, including the strength and consistency with which HPVs were associated with prostate cancers and whether HPVs were detected in prostate tissues that later went on to develop cancer. "Although HPVs are only one of many pathogens that have been identified in prostate cancer, they are the only infectious pathogen we can vaccinate against, which makes it important to assess the evidence of a possible causal role of HPVs in prostate cancer," Lawson noted.



### **THOMAS BEALL NAMED TO PMY BOARD OF DIRECTORS**

PMY is pleased to announce the appointment of Thomas Bell, MHSA, to the PMY Board of Directors. Mr. Beall currently serves as a social marketing and health communications consultant. For more than 25 years, he worked for Ogilvy Public Relations where he served as founding Global Managing Director of the agency's industry-leading social marketing practice. He also co-chaired the agency's Global Health Practice. He directed many of the agency's largest public health and public

education accounts, working over decades in support of such clients as the Centers for Disease Control and Prevention, the National Institutes of Health, the Centers for Medicare & Medicaid Services, the U.S. Agency for International Development, as well as major companies including Merck and Pfizer. His work focused on health promotion and disease prevention across the ages, with a recurring focus on sexual and reproductive health. "We're delighted that Tom has joined our board," said David Bell, MD, PMY Chair. "His unique knowledge and experience will bring valuable perspective to our work," he said.

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### [\*\*WITH OUR GYMS CLOSED, LOCKDOWN IS A CHANCE FOR GAY MEN TO RETHINK NARROW BODY IDEALS\*\*](#)

**The Guardian, September 1, 2020**

In time for this year's Mardi Gras the ABC [published a story](#) investigating pressures around body image. It reported that "gay men have a much higher level of body dissatisfaction than other people", that for the gay community "appearance can be currency". Research presented by [The National Eating Disorders Association](#) shows that although gay men represent only around 5% of the total male population, they make up 42% of males who have eating disorders. With gyms closed and the public stare of a male gaze largely absent, an extended lockdown is perhaps the perfect opportunity to heave off the heavy weights of our cultural expectations. "[Body neutrality](#)" might provide a remedy; a movement that deprioritises the substantial power we give to appearance and attraction, and how they temper our external judgements and personal worth. By neutralising the body we're taught to better appreciate its achievements, its potential, the limits of what it can do for us, far beyond our perceptive desirability and the socially reproduced standards of beauty.

### [\*\*A LONGITUDINAL EXAMINATION OF BODY-CHECKING BEHAVIORS AND EATING DISORDER PATHOLOGY IN A COMMUNITY SAMPLE OF ADOLESCENT MALES AND FEMALES\*\*](#)

**Abstract**

**Objective**

Related to the cognitive-behavioral theory of eating disorders, body checking has gained increasing recognition as both a maintaining factor for eating disorders and an important target for treatment. However, it is unclear whether body-checking behaviors contribute to the development of disordered eating, or if these behaviors develop as a response to experiencing eating disorder thoughts and behaviors. This study aims to examine the relationships between body-checking behaviors and eating disordered thoughts and behaviors in adolescent females and males in the community over time.

**Methods**

Participants included 238 adolescents ( $n = 104$  males,  $n = 134$  females,  $M_{age} = 16.5$  years) recruited from high schools in British Columbia, Canada, who completed the Eating Disorder Examination Questionnaire and Body Checking Questionnaire at baseline (T1) and again approximately 4 months later (T2).

**Results**

After controlling for baseline levels of eating pathology and body mass index (BMI), body checking at T1 predicted increases in eating pathology for both males and females. In contrast, after controlling for baseline levels of body checking and BMI, eating pathology at T1 did not predict changes in body checking for females, but it did for males. Findings suggest that, among adolescents, engaging in body-checking behaviors may increase risk for disordered eating.



**FAILURE TO LAUNCH IN YOUNG MEN IS A MENTAL HEALTH ISSUE**

**Psychology Today, August 20, 2020**

There is a growing recognition among researchers, policy-makers, and the general public that young men's mental health is an issue in need of much greater attention. This is based on worrying statistics indicating elevated rates of numerous mental health issues in young men. For example, men account for over [\*\*75% of people\*\*](#) with substance use disorders such as alcohol or drug misuse, with onset typically occurring in late adolescence or early adulthood. In the US, young men aged 15-24 have suicide rates over four times greater than young women. Clearly, many young men are experiencing difficult psychosocial circumstances that may be contributing to these elevated rates. One of these issues is known as "failure to launch." Mounting evidence indicates that young men are facing increasing difficulties in completing an education and entering the workforce to become established and independent adults. In sum, young men experiencing failure to launch are typically unemployed, living with their parents and out of the educational system. This means they can lack the social capital that comes with workforce or educational participation. They may also lack financial capital, meaning an inability to go out and socialize with other youth.



### [\*\*CHINA COLLECTS DNA FROM 700 MILLION MALES TO CREATE WORLD'S GENETIC DATABASE USING U.S. TESTING KIT\*\*](#)

**Tech Times, August 22, 2020**

China has been working on building the world's largest genetic database as Chinese police gather blood samples from around 700 million males, including children, all over the country. [\*\*According to new research\*\*](#), police have been doing rounds in communities and even schools to draw blood samples as the Chinese government aims to create a national DNA database. It has been reported that the government has been [\*\*compiling\*\*](#) genetic information since 2017. In June, [\*\*The New York Times\*\*](#) reported that the project will allow the state to track down the male relatives based on their genes. This will also boost the country's surveillance powers, including artificial intelligence, facial recognition systems, and advanced security cameras. This will also enhance the government's efforts to use genetics to restrain its citizens, particularly tracking ethnic minorities and other targeted groups.

Meanwhile, police officers said this database will help track criminals and aide in criminal investigations.



## [WHAT HAPPENS WHEN A THOUSAND TEENAGE BOYS FORM THEIR OWN GOVERNMENT](#)

*For the new documentary Boys State, directors Jesse Moss and Amanda McBaine use a long-running youth program to examine US democracy. The result is both comedy and horror.*

**Hyperallergic, August 17, 2020**

The prospect of allowing a thousand adolescent males to govern themselves sounds like a Lord of the Flies-ready scenario, but [the Boys State program](#) thankfully has plenty of safeguards in place to prevent ritualized murder. It is in fact one big civics lesson orchestrated annually by the American Legion (there's a separate program for girls, because these institutions were founded in the '30s and Americans hate change), with each state hosting its own weeklong gatherings of high school juniors. For the new documentary [Boys State](#), directors Jesse Moss and Amanda McBaine brought their crew and cameras to the 2018 Boys State in Texas. The idea behind the program is to instruct these kids in the vagaries of politics, and the film in turn explores politics as practiced in the US today — so this is both a comedy and a horror movie. Even in the shadow of a subject as fraught as politics, the film remains essentially good-natured. Moss and McBaine skillfully cut through the boys' thick bravado in interviews, showcasing the vulnerability that comes with public office (even a fake office that you go after because doing so looks good on your college application). In the years to come, the lads may grow up to become fascist YouTubers or DSA congressmen, but for now they're all just trying to make sense of the many mystifying aspects of a very dumb country.



## MEDICINE LAGS IN DELIVERING SERVICES FOR SEXUALLY ACTIVE ADOLESCENT GAY MEN

**Out in Jersey, August 20, 2020**

Young gay sexual minority men—especially Black and Latino youth—have their first sexual experiences at younger ages. This emphasizes the need for comprehensive and inclusive sex education, according to Rutgers researchers. The [study](#), published in the Journal of Sex Research, examined consensual sex behaviors to better understand same-sex sexual debut, or the age at which people first engage in sexual behaviors. The researchers, part of the Rutgers School of Public Health's Center for Health, Identity, Behavior and Prevention Studies (CHIBPS), found that 19 percent of participants had their first sexual experience before the age of 13. The researchers also found that same-sex sexual encounters first happen, on average, at 14.5 years, with Hispanic/Latinx and Black non-Hispanic male participants. The study showed they reported a younger age for their first time performing oral sex or engaging in anal sex, compared to their peers. Earlier age of sexual debut among sexual minority men is associated with a range of sexual and health risk behaviors. They include an increased likelihood of condomless sex; tobacco, alcohol, and other substance use; psychological distress; suicidality; and earlier age of HIV diagnosis. According to the researchers, health care providers, including pediatricians and behavioral health therapists, can help reduce potential harms of these behaviors.



## **[BIAS LEADS TO YOUNG GAY MEN MISSING KEY HEALTH CARE](#)**

**Futurity, August 21, 2020**

Young gay men who are uncomfortable discussing sexual issues with their primary care providers and experience health care discrimination are less likely to seek coordinated care, according to a new study. That can lead to missed opportunities for early diagnosis of chronic and mental health issues, researchers say. The study in the [\*\*Journal of Gay and Lesbian Social Services\*\*](#) examines the types of health care facilities that young gay men use, their preference for coordinated health care, and their satisfaction with the care provided. Researchers found that dissatisfaction with health care—due to [\*\*discrimination\*\*](#) based on race, ethnicity, economic status, or sexual orientation—greatly affected how and where people seek medical care. “Oftentimes, once gay patients disclose their sexual orientation, providers do not know how to respond in a sensitive way and many patients leave the encounter less likely to disclose this information in future visits,” says Marybec Griffin, assistant professor at the Rutgers School of Public Health. “Even if the disclosure conversation is successful, many providers lack the knowledge of gay men’s health issues, which translates to inappropriate screening and prevention service, including the low levels of HPV vaccination and site-specific STI [sexually transmitted infection] testing.”

## **[Changes in mental health and drug use among men who have sex with men using daily and event-driven pre-exposure prophylaxis: Results from a prospective demonstration project in Amsterdam, the Netherlands](#)**

***The Lancet, August 18, 2020***

### **Abstract**

### **Background**

Gay, bisexual and other men who have sex with men (GBMSM) are at increased risk of mental health disorders and drug use. In GBMSM taking pre-exposure prophylaxis (PrEP) for HIV, the proportion engaging in risk behaviors could increase due to decreased perception in HIV risk. In turn, this could leave them further susceptible to mental health disorders.

### **Methods**

The AMsterdam PrEP study (AMPrEP) is a demonstration project offering a choice of daily PrEP or event-driven PrEP regimen at the STI clinic of the Public Health Service of Amsterdam. Eligible participants were HIV-negative GBMSM and transgender people at risk of HIV, aged ≥18 years. We assessed anxiety and depressive mood disorders (Mental Health Inventory 5), sexual compulsivity (Sexual Compulsivity

Scale), alcohol use disorder (Alcohol Use Disorder Identification Test), and drug use disorder (Drug Use Disorder Identification Test) using yearly self-administered assessments (August 2015–September 2018). The proportion of mental health problems were analyzed and changes over time and between regimen were assessed using a logistic regression model. Variables associated with the development or recovery of disorders were assessed using a multistate Markov model.

### **Interpretation**

Mental health disorders are prevalent among those initiating PrEP. We did not find increases in mental health disorders during PrEP use, but rather a decrease in sexual compulsivity and drug use disorders. The initial prevalence of mental health disorders in our study point at the continuous need to address mental health disorders within PrEP programs.



### **WHY ARE BLACK MALE DOCTORS STILL SO SCARCE IN AMERICA?**

**Forbes, August 11, 2020**

The fact that Black males comprised only 3.1% of medical school enrollment for the 1978-79 school year according to the Association of American Medical Colleges (AAMC) probably isn't that alarming. After all, it was 1978 – Jimmy Carter was President. Dallas and Grease had just been released, and I was only seven. The shocking and demoralizing realization though is that the comparable stat for the 2019-20 year is actually lower at 2.9% (or nearly unchanged at 3.4% for the “alone or in combination statistic” that includes those identifying with another race as well). How could it be that over the past forty years with all our “progress” on issues of racial inequity and injustice that that number is actually worse now than then? Indeed, for those who felt the election of a Black president was clear proof that America had moved beyond racism, this single sobering statistic is just one of **many to the contrary.**



## **NEW STUDY SUPPORTS MORE FREQUENT HIV SCREENING AMONG HIGH-RISK YOUNG MEN WHO HAVE SEX WITH MEN**

**Massachusetts General Hospital, August 5, 2020**

A new study has found that HIV screening every three months compared to annually will improve clinical outcomes and be cost-effective among high-risk young men who have sex with men (YMSM) in the United States. The report, led by researchers at the Massachusetts General Hospital (MGH), is being published online in Clinical Infectious Diseases. "Young men who have sex with men account for one in five new HIV infections in the United States. Yet, more than half of young men who have sex with men and who are living with HIV don't even know that they have it," says Anne Neilan, MD, MPH, investigator in the MGH Division of Infectious Diseases and the Medical Practice Evaluation Center, who led the study. "With so many youth with HIV being unaware of their status, this is an area where there are opportunities not only to improve care for individual youth but also to curb the HIV epidemic in the U.S. Despite these numbers, the Centers for Disease Control and Prevention previously determined that there was insufficient youth-specific evidence to warrant changing their 2006 recommendation of an annual HIV screening among men who have sex with men."



## **YOUNG MALE MENTAL HEALTH WRITING FELLOWS PROGRAM DEADLINE EXTENDED**

The Partnership for Male Youth is pleased to announce its Young Male Mental Health Writing Fellows Program. Under a competitive system, selected Fellows ages 18-25 will create a collection of stories, drawing on personal experiences, news and culture that will amplify their voices and perspectives on young adult male mental health. The collection will be posted online on an interactive text and video platform, designed to encourage other young males to respond to the stories.

Statistically, young men have been reluctant to speak out about their battles with mental health. This program aims to change that. The principal objective is to open dialogue among male youth themselves about how they can safeguard their mental health. A secondary objective is to educate the public about the mental health challenges young males face.

Our project will release a number of essays by younger men who tell the tale of their successful battles with mental illness. Through these stories, our objective is to help young men across the world realize that they are not alone in struggling with mental health issues. Participants can submit an already completed essay or submit a pitch if they want to be certain that their essay fits with our project. We can also provide a brief instructional guide on how to put together a personal essay. Grants for up to \$500 will be awarded for the best submissions. For more information go [here](#). Deadline for submissions is September 30, 2020.



### **STUDY HIGHLIGHTS RISK OF MENTAL HEALTH DISORDERS IN MALE EX-SERVING PERSONNEL**

**Medical Express, August 11, 2020**

There is little UK research into how the mental health of veterans compares to the UK general population. In order to fill this gap, a team of researchers from the University of

Liverpool and King's Center for Military Health Research, King's College London, examined the prevalence of common mental disorders (CMD), post-traumatic stress disorder (PTSD) and alcohol misuse in UK veterans compared to non-veterans. New research, published in *Psychological Medicine*, shows that, when compared to males in the UK general population, male veterans (who previously served in the UK Armed Forces) report a higher prevalence of common mental disorders, post-traumatic stress disorder, and alcohol misuse (hazardous, harmful and dependent drinking). Female veterans report a higher prevalence of hazardous drinking compared to females in the UK general population.



### [MEN WITH MORE STEREOTYPICAL MASCULINE VIEWS ARE MORE LIKELY TO SUFFER MENTAL ILLNESS](#)

**Science Times, August 6, 2020**

Researchers from the UPMC Children's Hospital of Pittsburgh and Promundo in the United States studied 3,600 opinions on masculinity from men. They found that those men who harbor toxic masculinity attitudes such as aggressiveness towards LGBT members are more likely to bully and harass other people. These men also tend to experience depression and suicidal thoughts. The study was published on Tuesday, August 4, in Preventive Medicine and based on the "[Man Box](#)"

[Scale](#) developed by Promondo-US to measure harmful practices and stereotypes on masculinity. Promondo-US is a member of a global consortium that promotes gender equality and ending violence. The "Man Box" Scale is a 15-item scale that encompasses themes about self-sufficiency, physical attractiveness, acting tough, hypersexuality, control, and rigid gender roles. Dr. Elizabeth Miller, chief of adolescent and young adult medicine at UPMC Children's Hospital, explained that although there have been many discussions about harmful masculinity in the research community and media, there has been no one agreed standardized way to measure it. They used the 2016 data from 3,600 men ages 18-30 to find the association between having a high score on Man Box Scale and violence. They found that the higher the score, men would engage in bullying and sexual harassment. The study shows how detrimental toxic belief on masculinities can affect men, their peers, families, and communities, said lead author Amber Hill, a fourth-year medical student from the University of Pittsburgh School of Medicine.



## **MALE PATIENTS REPORT GREATER NEED IN SCREENING FOR INTIMATE PARTNER VIOLENCE**

**Clinical Advisor, August 4, 2020**

One in 4 men are victims of intimate partner violence (IPV) and 1 in 5 report being perpetrators of violence, according to the results of an online survey published in Annals of Family Medicine. However, only 1 in 10 men said that their primary care provider asked about their history with IPV during well visits. Using data from the 2014 Men's Health, Fatherhood, and Relationships Study, researchers analyzed the gaps between patient-reported IPV involvement and the frequency of clinicians screening for IPV. The sample was limited to non-incarcerated men aged 18 to 35 years who stated that they have been in a romantic relationship. Participants identified the frequency of physically violent behaviors they perpetrated or experienced in their relationship on a scale from 1 (never) to 4 (often). IPV was defined as perpetration only, victimization only, and perpetration and victimization. Researchers then used questions from a previous British study to assess beliefs about clinician IPV identification; participants were asked if clinicians should ask their patients whether they had hurt or been hurt or frightened a partner as well as if their provider has ever asked them these questions. A total of 916 respondents were included in the study. A majority of respondents (92.1%) expressed their support for clinicians asking male patients about IPV victimization, and 89.5% supported clinicians asking about IPV perpetration. However, only 13% of men reported being asked about victimization and 11% reported being asked about perpetration. Researchers noted that this gap is indicative of a need for increased IPV questioning and identification, in addition to interventions and referrals.

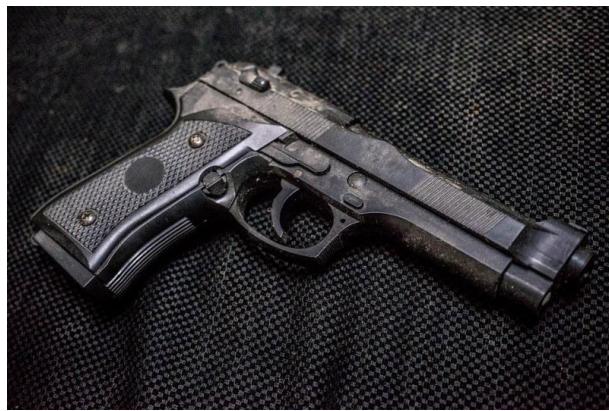


### **BULLYING LEADS TO HIGHER BMI IN YOUTH: UW STUDY**

*Researchers say it affected more males than females*

**Kitchener Today, August 9, 2020**

Bullying can lead to a higher Body Mass Index (BMI) in young people, according to a new study from the University of Waterloo. UW researchers studied data collected from over 4,500 Ontario high school youth over a span of three years. From this data, they found both genders saw an increase in BMI one year after bullying took place in high school, resulting in some students going from a normal weight status to an overweight or obese status. However, they noted an increased BMI was more likely among young men, with 60 per cent being affected compared to 51 per cent of young women. "For males, victimization one year earlier was associated with higher odds of high weight status in the second year, even though no victimization was reported in the second year," said Nour Hammami, a School of Public Health and Health Systems PhD graduate who co-led the study, in the release.



### **MAINE BOYS MORE LIKELY TO BRING GUNS TO HIGH SCHOOL IF BULLIED FOR GENDER OR SEXUAL ORIENTATION, STUDY FINDS**

**Bangor Daily News, August 6, 2020**

While Maine kids are **generally bringing guns to school** less frequently than in the

past, a [new study](#) has found that high school boys in the Pine Tree State were significantly more likely to do so if they were bullied based on their gender or sexual orientation.

Based on a 2015 survey that collected answers from more than 3,500 Maine high school boys, researchers found that those boys were three times more likely to carry a firearm to school at least once in the previous year if they had received negative comments or been attacked based on one of two factors: their sexual orientation or how feminine they seemed. While previous research has shown that bullied adolescents are more likely to bring weapons to school, the study from the University of Toronto aimed to identify specific types of bullying associated with that behavior, according to its authors. By doing so, they hoped to show how professionals and policymakers can decrease the likelihood of gun violence and improve relationships among kids. "These are concerning results and continue to show the negative impact of bullying victimization among young people," said lead author Kyle T. Ganson, an assistant professor at the University of Toronto and a former Maine resident. "Both gender- and sexual orientation-based bullying are common among adolescent boys, which we found may increase the likelihood of high-risk behaviors."



### [\*\*50% OF YOUNG MEN IN THE UK BELIEVE FEMINISM HAS 'GONE TOO FAR': REPORT\*\*](#)

*HOPE not hate surveyed young men about their attitudes towards gender equality during COVID-19*

**Global Citizen, August 4, 2020**

Some young men in the UK believe that feminism has gone overboard in its pursuit for equality. The UK-based anti-extremism charity HOPE not hate [released](#) a new report on Monday that found half of the young men surveyed believe feminism "has gone too far and makes it harder for men to succeed." The charity surveyed 2,076 young men between 16 and 24 years old about their ideological beliefs during the COVID-19 pandemic in the report entitled "[Young People in the Time of COVID-19](#)." Only 21% of male participants did not agree that feminism had gone too far. Less than half of male participants, 39%, believed it is a more dangerous time to be a woman than a man in Britain today. Meanwhile, nearly 1 in 5 had "negative" views about feminists. HOPE not hate attributes the anti-feminist perspective popular among younger millennial and Generation Z men to the growing far-right ideology in the UK. "Men's rights and anti-feminism are

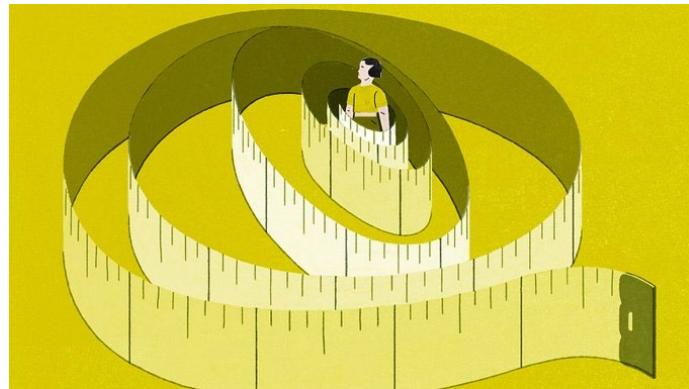
increasingly becoming a slip road to the far right, appealing to young men feeling emasculated in an age of changing social norms," the report said.



## [BOYS MAY BE HIDING THEIR FEELINGS LESS AMID THE CORONAVIRUS PANDEMIC](#)

**CNN, July 27, 2020**

Psychologist and author Michael C. Reichert has been conducting workshops in emotional literacy for teenage boys. Before schools closed, he'd teach boys who signed up for his in-person groups of 40 to 50 teens to understand, acknowledge and express their feelings — something most had been reared to tamp down or ignore. And then the world shut down and his workshops at a boys' school outside Philadelphia went online. The emotional impact on his clients was intense. "What I saw was a growing desperation on the part of these boys — 16, 17, 18 — to connect with someone who understands what they're going through," he said. "They weren't finding it with their families. They were desperate to find it with each other." These boys — and young men — became more expressive, more emotional and more connected, even in a virtual setting. Reichert has chronicled how most boys are "[relational learners](#)" — meaning they learn better when they feel emotionally tethered to their teachers. It's a finding that was hardly acknowledged a decade ago, and so boys who acted out or couldn't focus were marked as "feral by nature," Reichert said. Many people assumed boys' behavior was rooted in biology, more than the relentless cultural messages they received. "The way to deal with a boy who's not performing or being a pain in the ass was to dominate him or punish him," he said, when in actuality emotional connection is the straighter path to helping them academically. But in a world that tells boys not to emotionally connect, that was a huge challenge. Now, some are seeing that cultural armor crack amid the pressure of the pandemic.



### **WITH EATING DISORDERS, LOOKS CAN BE DECEIVING**

**New York Times, July 27, 2020**

The researchers, led by Dr. Jason M. Nagata, a specialist in adolescent medicine at the university's Benioff Children's Hospital, [found in a national survey](#) that distorted eating behaviors occur in young people irrespective of their weight, gender, race, ethnicity or sexual orientation. And it's not just about losing weight. The survey revealed that among young adults aged 18 to 24, 22 percent of males and 5 percent of females were striving to gain weight or build muscle by relying on eating habits that may appear to be healthy but that the researchers categorized as risky. These practices include overconsuming protein and avoiding fats and carbohydrates. The use of poorly tested dietary supplements and anabolic steroids was also common among those surveyed.

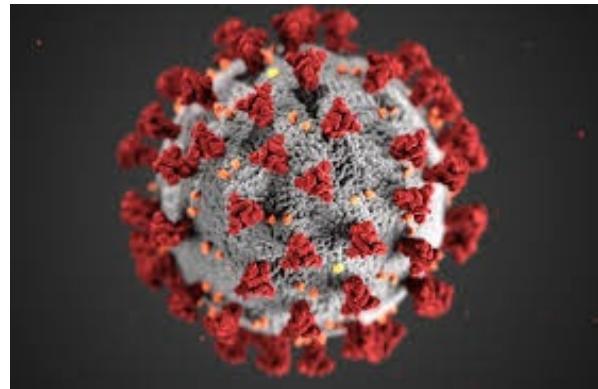


### **HOUSE PASSES BILL ESTABLISHING COMMISSION TO STUDY RACIAL DISPARITIES AFFECTING BLACK MEN, BOYS**

**The Hill, July 27, 2020**

The House on Monday overwhelmingly passed legislation that would establish a bipartisan commission to study societal disparities affecting Black men and boys. Lawmakers approved the bill, introduced by Rep. [Frederica Wilson](#) (D-Fla.), in a 368-1 vote. Rep. [Mo Brooks](#) (R-Ala.) voted against the measure. The legislation, called the Commission on the Social Status of Black Men and Boys Act, would create a 19-person panel consisting of lawmakers, agency officials and nongovernmental

experts to investigate and make policy recommendations on “potential civil rights violations affecting black males and study the disparities they experience in education, criminal justice, health, employment, fatherhood, mentorship and violence.” The commission would then be required to produce a public report annually and provide guidance aimed at reducing systemic racism.



#### [NEW RESEARCH SUGGESTS GENETIC LINKS TO MALE VULNERABILITY TO COVID-19](#)

**New York Times, July 25, 2020**

A preliminary report on four Covid-19 patients [published in the medical journal JAMA](#) offers intriguing clues about why some healthy young men become severely ill from the infection, and why men in general are more prone than women to serious effects of the disease. Very rare genetic defects that weaken the immune system may have played havoc in the four patients — two sets of brothers ages 21 to 32 from unrelated families in the Netherlands. All, previously in good health, were admitted to intensive care units between March 23 and April 25. One, age 29, died. Genetic analyses of the patients and their families identified flaws in a gene that enables cells to make molecules called interferons, which stir the immune system to fight off viruses. Without this line of defense, the researchers speculated, the patients struggled to fight the infection. These genetic defects they were found to have are too rare to account for many other inexplicably severe cases of Covid-19, the researchers said, but the findings point to the possibility that other genetic variations may also influence susceptibility. The findings also offer hints about why men in general may be more vulnerable than women to severe cases of Covid-19.



## [COVID-19: IS MALE PATTERN BALDNESS A RISK FACTOR FOR MORE SERIOUS ILLNESS?](#)

**Medical Express, July 23, 2020**

Are bald men more likely to suffer severe COVID-19 symptoms? Researchers are looking into the possible link after preliminary observations of high frequency of male pattern baldness among patients admitted to the hospital for COVID-19. Dr. Gregory Poland, a Mayo Clinic COVID-19 expert, says two very small studies suggest that androgens, which are male sex hormones associated with male pattern hair loss, could be the explanation. "The interesting thing is they also found this true for older women who were experiencing more of a male pattern baldness because of elevated androgenic hormones. So, there is something to this," says Dr. Poland. Dr. Poland says the correlation may be similar to what we've learned about COVID-19 and blood types. "We've heard about blood group A being higher risk than blood group O. These are lots of individually small factors, including genes, environment, baseline state of health, even age, that together determine someone's risk for having severe disease if they were to get infected."



## [INSIDE THE 'MAN BOX': HOW RIGID IDEAS OF 'MANNING UP' HARM YOUNG MEN AND THOSE AROUND THEM](#)

**Phys.org, July 22, 2020**

Among men in Australia, why do some use violence? Why do other men drink to excess and feel hopeless or suicidal, while many men do not? A [national survey](#) of Australian men aged 18 to 30 finds men's support for stereotypical ideas about what it means to be a man is a key influence. In fact, it has a greater influence on negative behaviour than other factors, including men's education, occupation, ethnicity or where they live. Belief in stereotypical masculine norms among men is around 20 times more important than demographic variables in predicting the use of physical violence, sexual harassment and online bullying. Endorsement of these masculine norms is also 11 times more influential than other factors in predicting binge drinking and ten times more influential in predicting negative mood.



### **STALKING, HARASSMENT OF PARTNERS COMMON AMONG TEENS**

**Medical Express, July 23, 2020**

Nearly half of U.S. teens have been stalked or harassed by a partner or done the deed themselves, a new study finds. The study included 148 boys and 172 girls, aged 12 to 18, who were in relationships or had been in relationships in the past year. The teens were asked if a partner had ever followed or spied on them, damaged something of theirs, or gone through their online accounts. The teens were also asked if they'd ever done any of these things to a partner. The researchers found that 46.5% of boys and nearly 51% of girls said they'd stalked or harassed a partner, and about 45% of boys and 51% of girls reported a partner doing these things to them. Among boys, having worse relationships with parents and living in neighborhoods with higher rates of violent crime were associated with a higher chance of stalking or harassing a partner, the findings showed.



## [ANOTHER REASON TO VACCINATE BOYS AND YOUNG MEN AGAINST HPV](#)

*New research has found a causal link between HPV and prostate cancer development.*

**News GP, July 16, 2020**

There is a clear established causal link between human papillomavirus (HPV) infection and development of cervical cancer in women. Now, new research has found a causal link between HPV and prostate cancer in men. The [research](#), published in Infectious Agents and Cancer, reviewed results from 26 previous studies on HPVs and their links to prostate cancer. Among its findings, it noted recent studies reported that 231 of 1071 prostate cancers (21.6%) were HPV-positive, while only 74 of 1103 benign prostate controls (6.7%) were HPV-positive. 'HPV infections may initiate prostate oncogenesis directly and influence oncogenesis indirectly,' the authors wrote.



## [VULNERABILITY OF 1 IN 3 YOUNG ADULTS TO SEVERE COVID-19 LINKED TO SMOKING: STUDY](#)

*Researchers found that, of those who were analyzed, young adult males were at higher risk, even as more women reported having asthma and immune conditions.*

**Radio.com, July 14, 2020**

One third of young adults are at risk of severe COVID-19, and this vulnerability may be linked to smoking, according to new research. A study published in the Journal of Adolescent Health on Monday found that 32% of young adults — about one in three — were medically susceptible to extreme COVID-19, reports CNN. However, researchers found that when individuals who smoke cigarettes or e-cigarettes were

not taken into account, the percentage of those vulnerable reduced to 16%, or by half. "Recent evidence indicates that smoking is associated with a higher likelihood of COVID-19 progression, including increased illness severity, ICU admission or death," said Sally Adams, lead author of the study and a specialist at University of California, San Francisco's National Adolescent and Young Adult Health Information Center, in a press release.



### **TEENAGE BOYS 'LESS LIKELY TO HEED SOCIAL DISTANCING WARNINGS'**

**The Age, July 14, 2020**

The survey found anxiety levels had risen among young males and females since the pandemic hit the UK, but also that males were significantly less inclined to believe they were at personal risk of catching the virus. It also found that adolescent males were less likely to comply with guidelines such as avoiding mixing with friends or extended family, and washing hands frequently. According to [the survey](#), conducted in April by researchers from the University of Sheffield and Ulster University, more than 30 per cent of males aged 13 to 17 agreed "there is no risk that I can easily spread the virus to others", compared with 20 per cent of girls. Males were also more likely than girls to believe a person of their age who didn't follow social distancing rules was "cool".



### **SIX SIGNS YOUR TEENAGER IS STRUGGLING WITH DEPRESSION - AND HOW SPORT CAN HELP**

**Mirror, July 13, 2020**

Men's health charity Movember's [Bridging The Distance report](#), which looked at the

impact of the Covid-19 pandemic on social connections, revealed that 55% of young men (in the 18-24 age group) said they found not being able to take part in team sport either stressful or very stressful. "Involvement in team sport forms a huge part of many young people's lives," explains Tracy Herd of Movember. "We know that particularly for boys, it has huge benefits for mental health and emotional wellbeing. It's where they learn how to be part of a team, improve their self-confidence and develop strong friendships. Having that suddenly taken away could have a hugely detrimental effect on these young athletes."



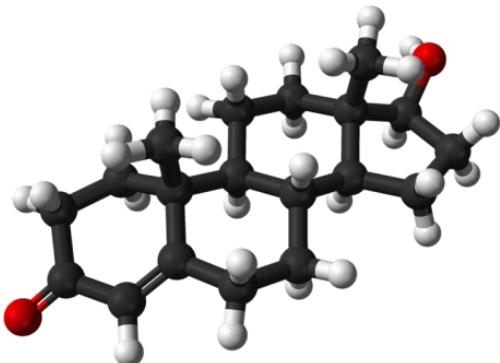
### **GAY AND BI MEN, IN PARTICULAR THOSE WITH HIV, HAVE HIGHER HEP C RATE**

*Men who have sex with men on PrEP are also diagnosed with hepatitis C at a substantially elevated rate.*

**POZ, July 16, 2020**

Compared with the general population, hepatitis C virus (HCV) rates are substantially higher among men who have sex with men (MSM), in particular those living with HIV as well as HIV-negative men taking pre-exposure prophylaxis (PrEP), NATAP reports.

Presenting their findings at the International AIDS Conference (AIDS 2020), which was held virtually last week, researchers at the University of New South Wales and the World Health Organization conducted a systematic review and meta-analysis of HCV rates among MSM compared with the general population. Looking at studies published between 2000 and 2019, the investigators found 196 pertinent papers. Compared with the HCV prevalence rate in the general population, the prevalence rate was 3.0-fold higher among MSM as a whole, 6.4-fold higher among HIV-positive MSM and 1.5-fold higher among HIV-negative MSM.



## [EXPERIMENT SHOWS YOUNG MALES GIVEN TESTOSTERONE MORE GENEROUS WHEN WATCHED BY OTHERS](#)

**Medical Express, July 16, 2020**

A team of researchers from Shenzhen University, Wayne State University and Peking University, has found via experimentation that young males given a dose of testosterone are more generous when they are watched by others. In their paper published in the journal *Proceedings of the Royal Society B*, the group outlines an experiment they conducted with young male volunteers and what they learned from it. In studying their data, the researchers found that those men who had received a gel with testosterone and who were asked to donate while others watched tended to donate the most money to the charity. The researchers suggest that the volunteers were showing an example of a desire to appear more attractive or to enhance their status—all due to the increased amount of the hormone, which was having an impact on their brains. It had given them an increased desire to boost their social standing—and they gave in to that desire by donating more money.

## [EATING DISORDERS IN ADOLESCENT BOYS AND YOUNG MEN: AN UPDATE](#)

**Current Opinion in Pediatrics, August 2020**

### **Abstract**

#### **Purpose of review**

To review the recent literature on eating disorders and disordered eating behaviors among adolescent boys and young men, including epidemiology, assessment, medical complications, treatment outcomes, and special populations.

#### **Recent findings**

Body image concerns in men may involve muscularity, and muscle-enhancing goals and behaviors are common among adolescent boys and young men. Recent measures, such as the Muscularity Oriented Eating Test (MOET) have been developed and validated to assess for muscularity-oriented disordered eating.

Medical complications of eating disorders can affect all organ systems in male populations. Eating disorders treatment guidance may lack specificity to boys and men, leading to worse treatment outcomes in these population. Male populations that may have elevated risk of eating disorders and disordered eating behaviors include athletes and racial/ethnic, sexual, and gender minorities.

## **Summary**

Eating disorders and disordered eating behaviors in boys and men may present differently than in girls and women, particularly with muscularity-oriented disordered eating. Treatment of eating disorders in boys and men may be adapted to address their unique concerns.



### **THIS VOTER GROUP COULD SWAY 2020 ELECTION**

**Voice of America, July 6, 2020**

While the youth vote -- now the largest voting bloc in the U.S. -- is predicted to have a significant impact on the 2020 election, young white males may play an outsized role in determining the election. Young white males "form a sizable and sometimes disproportionate swath of the American electorate," reported the Center for Information & Research on Civic Learning and Engagement (CIRCLE) at Tufts University in Medford, Massachusetts. Young white males came out in force in the 2016 presidential election: One million more young white males went to the polls and cast a vote than young white females, and they preferred Republican candidate Trump to Democratic candidate Hillary Clinton by 22 percentage points. And two years later in the 2018 midterm elections, while the majority – 60% -- of young voters ages 18 to 29 identified with the Democratic Party, more than four in 10 young white men said they favored Trump, according to the Public Religion Research Institute (PRRI) is a nonprofit, nonpartisan research organization. Priorities among young white male voters are "Make America Great Again and the gun rights movements," according to CIRCLE.



## **BOYS ARE TWICE AS LIKELY AS GIRLS TO BE BULLIED ABOUT THEIR SEXUAL ORIENTATION, STUDY FINDS**

**Daily Mail, July 7, 2020**

Many children are bullied as a result of their sexuality, and boys are twice as lucky to suffer as girls, according to a new study of Brazilian teenagers. Researchers from Brazil's national cancer institute studied health survey data submitted by 101,646 students in the country aged between 13 and 15. They were asked about their sleeping habits, if they'd experienced bullying and the reason given for the bullying - including their perceived sexual orientation. The team say that parental support and help from friends and family 'acted as a protective factor' and could help moderate the consequences of bullying. Boys experienced this kind of victimisation twice as much as girls, according to the researchers, with 1.1 per cent of boys and 0.6 per cent of girls saying they suffered. Bullying between students is found in most schools and it seems to happen regardless of a students' social, cultural, and economic characteristics. A different study of schoolchildren over 40 countries found up to 45.2 per cent of boys were bullied in one form or another and up to 35.8 per cent of girls suffered.



## **IMPACT OF INCARCERATION: HIV INFECTION RISK IN BLACK GAY MEN**

*New research has found that Black, nonheterosexual males with a recent history of incarceration, arrest, or "stop and search" face a higher risk of HIV and become less willing to take preexposure prophylaxis.*

**Medical News Today, July 7, 2020**

The study is the work of Rutgers School of Public Health in Piscataway, NJ, the City University of New York (CUNY), George Washington University in Washington, DC,

and Morehouse School of Medicine in Atlanta, GA. The researchers came together to weigh the impact of arrest and incarceration on the health of nonheterosexual Black men. The team reports its findings in the journal [Social & Science Medicine](#). "Evidence suggests Black sexual minority men in the United States may face some of the highest rates of policing and incarceration in the world," notes lead author Devin English, Ph.D. "Despite this," English points out, "research examining the health impacts of the [United States] carceral system rarely focuses on their experiences. This study helps to address this gap." "We examined how incarceration and police discrimination, which have roots in enforcing white supremacy and societal heterosexism, are associated with some of the most pressing health crises among Black sexual minority men like depression, anxiety, and HIV," English explains. As many as 43% of respondents reported having experienced police discrimination in the previous year. These events were most frequently reported by those who had experienced incarceration. Those who reported having experienced high levels of discrimination in the context of law enforcement also reported high levels of psychological distress. The study also associated past-year police and law enforcement discrimination with a higher likelihood of engaging in behaviors the researchers linked to a heightened risk of HIV infection.

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#### **NEW PMY RESOURCE**

PMY is pleased to announce an open access, online searchable database of all past issues of the Weekly News Roundup. The database contains over 3,000 news summaries with hyperlinks to the original source material, derived from 390 past issues of the Roundup. As the only database containing information and scientific articles on the health and well-being of males ages 10 through 24, it should be a valuable resource for individuals who are conducting research in the field or are just interested in certain topics. Visit the database [here](#).

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#### **[JUST THREE IN TEN YOUNG MEN IN IRELAND WOULD ATTEND THERAPY, SURVEY FINDS](#)**

**Irish Examiner, July 7, 2020**

Just three in ten men in Ireland would attend counselling or psychotherapy, a survey from the Irish Association for Counselling and Psychotherapy (IACP) has found. The figures come as a new Dublin mural is unveiled to encourage men to seek therapy if they are struggling with their mental health. The campaign encourages men aged 25-34 to normalise therapy and speak to a counsellor if necessary. The survey also found that men are less likely than women to have personally attended a counselling or psychotherapy session.



## **SIGNS OF DEPRESSION MEN SHOULDN'T IGNORE, ACCORDING TO EXPERTS**

**NDTV, July 6, 2020**

Symptoms of depression can be different in men and women. Men also tend to use different coping skills. Brain chemistry, hormones and different life experiences may be responsible for this. Depression symptoms which are same in both men and women include feeling of helplessness, hopelessness and sadness, extreme fatigue, difficulty in sleeping or sleeping too much, and not getting pleasure from activities usually enjoyed. There are other signs, or behaviours, which could signal depression but are not as widely recognised. These include escapist behaviour like spending too much time at work or on sports. Digestive problems, headaches, increased intake of alcohol, controlling violent or abusive behaviour could be symptoms of depression, reports mayoclinic.org. Psychiatrist Dr Sanjay Chugh says that depression is a mood disorder in which the primary disturbance is in the mood of person experiencing depression. "The cardinal symptom of depression is therefore low mood, sadness and feeling blue, along with a lot of weepiness for no evident reason" he says. "Some men, especially adolescent males, we can also expect to see a lot of irritability. Men can also experience anhedonia, which refers to lack of interest or pleasure in things which were interesting or pleasurable," Dr Chugh explains.



## [FATHERS ARE MORE LIKELY TO BE REFERRED FOR NUTRITION OR EXERCISE COUNSELING](#)

**Medical Express, July 6, 2020**

Fatherhood status has been linked to medical providers' weight-related practices or counseling referrals. A new study in the *Journal of Nutrition Education and Behavior* found that overweight and obese men who are fathers were more likely than men without children to be referred for nutrition or exercise counseling. "There's more research showing that fathers play a central role in child development but also in their weight-related health outcomes," said lead study author Alicia Boykin, MD, MS, Division of Adolescent and Young Adult Medicine, UPMC Children's Hospital of Pittsburgh, Pittsburgh, PA, USA. "It's critical to address healthy diets and physical activity among men who are already fathers, but also among men who may become fathers soon in the future."

## [EFFICACY OF SCHOOL-BASED INTERVENTIONS FOR IMPROVING MUSCULAR FITNESS OUTCOMES IN ADOLESCENT BOYS: A SYSTEMATIC REVIEW AND META-ANALYSIS](#)

**Sports Medicine, March 2020**

### **Abstract**

**Background:** It has been reported that boys' and girls' physical activity (PA) levels decline throughout adolescence. Boys are at risk of physical inactivity during adolescence; however, in intervention research, they are an under-represented group relative to girls. It is suggested that the school environment may be central to developing interventions that support adolescents in meeting the current PA guidelines. The aim of this systematic review and meta-analysis was to investigate the efficacy of school-based physical activity interventions for improving muscular fitness (MF) in adolescent males.

**Conclusions:** School-based interventions which aimed to increase MF outcomes in adolescent boys demonstrated small-to-moderate effects. Traditional and plyometric methods of resistance training appear to be the most effective form of PA delivery in adolescent males. More quality research is required to assess the

impact of MF delivered in the school environment to inform future intervention design.

### **THERE'S A MALE MENTAL HEALTH CRISIS LOOMING**

*As lockdown stress increases, Fabian Devlin explains how men can improve their mental health*

**The Telegraph, June 29, 2020**

A recent study, from the Royal College of Psychiatrists (RCP), found that men aged 18-25 are reported to have been badly affected by mental health for the first time during lockdown, with the RCP warning of “a tsunami of mental illness” to come. Furthermore, research from almost 2,000 Samaritans volunteers who have been taking calls throughout lockdown, have found middle-aged men are the group most at risk of suicidal feelings. We spoke to 60 men from a wide range of backgrounds – lawyers, businessmen, postmen and professional sportsmen - who shared their stories and battles with mental illness. The main lesson we drew from them is that no one – absolutely no one – is immune from mental health challenges. It doesn’t matter what background you come from, how wealthy you are, what job you do, what age you are, mental illness simply does not discriminate. It welcomes us all.



### **GENDER NONCONFORMING BEHAVIOR MIGHT EXPLAIN HEIGHTENED RISK OF PARENTAL MALTREATMENT AMONG NONHETEROSEXUAL BOYS**

**Psypost, June 30, 2020**

A new study has found that teenage boys — but not girls — who identified as either homosexual or bisexual were more likely to have experienced parental maltreatment in childhood. Moreover, the association was largely explained by childhood gender nonconforming behavior. These findings were published in *Child Development*. Studies have consistently linked nonheterosexuality to an increased history of childhood maltreatment, including neglect, emotional abuse, and physical abuse. Some hypotheses attempt to explain this link by

suggesting that childhood sexual abuse can shape atypical sexual orientation by leading girls and boys to adopt same-sex attraction. Another theory, however, suggests that nonheterosexuals display gender nonconforming behavior in childhood that place them at greater risk of experiencing parental maltreatment.

### **TESTOSTERONE LEVELS SHOW STEADY DECREASE AMONG YOUNG US MEN**

*The decline in total testosterone was observed even among men with normal body mass index.*

**Urology Times, July 3, 2020**

According to Lokeshwar, potential causes for these declines could be increased obesity/BMI, assay variations, diet/phytoestrogens, declined exercise and physical activity, fat percentage, marijuana use, and environmental toxins. "We've seen that lower values of testosterone have been associated with increased comorbidities and an increase risk for all-cause mortality. This decline specifically, in these young adult men, with increased obesity may lead to an increase in precocious cancer," Lokeshwar said, adding such decreases can also result in a lower libido and an increased risk for erectile dysfunction. "This is especially worrisome in this young adult age group, as many men feel stigma and are less likely to seek care for these low libido and erectile dysfunction." Lokeshwar added. "Testosterone levels in AYA men are used as the benchmark normal levels for testosterone. This is very scary, because generally, when we think of normal values of testosterone, we treat based upon this age group. This may ultimately lead to the undertreatment of testosterone deficiency, which can have large ramifications and severe consequences."

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## **EDUCATIONAL COMIC BOOKS MAY BE 'POWERFUL TOOL' FOR IMPROVING HPV VACCINATION AMONG COLLEGE STUDENTS**

*An educational comic book about HPV and HPV vaccine improved college students' attitudes about completing the vaccination process and their intention to do so within one year.*

**Healio Infectious Disease, June 18, 2020**

Despite the proven safety and efficacy of HPV vaccines, U.S. HPV vaccination coverage remains lower than the Healthy People 2020 goal of 80% coverage for both males and females," said Obianuju Aguolu, PhD, MBBS, MPH, postdoctoral associate of the internal medicine – infectious diseases department at Yale University. "Effective communication through timely, complete and appropriate communication is key to successful and sustainable HPV vaccination in communities. Understanding effective messages and methods of dissemination are critical to addressing suboptimal vaccine uptake," she said. Comic books may be effective for health education of diverse groups because they are "easily accessible, low cost, engaging and unobtrusive." Aguolu and colleagues examined the predictors of college students' intention to complete the HPV vaccination series and the impact of an educational HPV vaccine comic book targeted to college students on their knowledge, beliefs, attitudes, perceived norms, perceived behavioral control and intention regarding completing the HPV vaccine doses within 1 year. The results demonstrated that, among "a diverse population" of male and female students aged 18 to 26 years at a college in northeast Ohio, only 29% reported finishing three doses of HPV vaccine. According to Aguolu, reading the comic book "significantly improved" participants' knowledge about HPV and HPV vaccination, and mean HPV and HPV vaccine knowledge scores improved, from 50% to 90%. Attitudes, perceived norm, self-efficacy and intention regarding complete HPV vaccination within one year of reading the comic book also improved significantly, Aguolu added.



## **THIS IS THE TOLL THAT EVERYDAY RACISM TAKES ON BLACK MEN IN AMERICA**

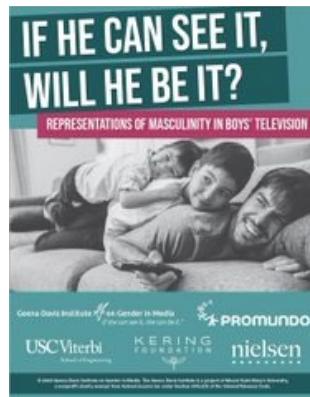
## **World Economic Forum, July 2, 2020**

As a public health researcher who studies the effects of racism on the health of black men, I have found that the life-and-death effects of racism in the U.S. go far beyond police shootings. I also have found that, while racism harms many groups of people, black men are paying the highest cost. As a result of racism, and associated poverty and injustice, life expectancy at birth of black men is [71.9](#) years, far below white women (81.2), black women (78.5), and white men (76.4). These are mainly because of black men's higher risk of dying from [several types of cancer](#), stroke, HIV, and homicide. Despite overall declining numbers of homicide in the U.S., homicide remains the [number one cause](#) of death for black males 10 to 24. On average, black youth face one major discriminatory experience each year.

## **MAKING MEN FEEL MANLY IN MASKS IS, UNFORTUNATELY, A PUBLIC HEALTH CHALLENGE OF OUR TIME**

**Washington Post, June 27, 2020**

This week Dick Cheney launched the hashtag #RealMenWearMasks. Cheney [was on his daughter's Twitter account](#). He wore a navy fleece vest, a tan cowboy hat and, covering everything from his chin to the bridge of his nose, a standard pale blue surgical mask. Typed Liz Cheney, who is also a Wyoming congresswoman: "Dick Cheney says WEAR A MASK." The maddening aspect of #RealMenWearMasks isn't the message but what's behind it: We've reached the point of this polarized pandemic where our current plan for salvation is convincing certain recalcitrant men that wearing masks is the testosteroney thing to do. "People need face coverings that make them feel stylish, cool, and — yes — even manly," a Harvard epidemiologist [wrote in the Atlantic](#). Men, otherwise, are less inclined to wear masks. [A recent study](#), co-authored by professors at Berkeley and the U.K.'s Middlesex University, found that men resisted for several reasons: They were less likely to believe they'd get sick with the coronavirus (they are actually more likely to get sick), and "Men more than women agree that wearing a face covering is shameful, not cool, a sign of weakness, and a stigma." #RealMenWearMasks. Let's spray paint it on every sidewalk in the country, hire skywriters to scribble it up and down the Gulf coastline. Get Lee Greenwood to write a song. Let's hope other politicians get behind it, too.



## IF HE CAN SEE IT, WILL HE BE IT? REPRESENTATIONS OF MASCULINITY IN BOYS' TELEVISION

Promundo, June 23, 2020

"If He Can See It, Will He Be It? Representations of Masculinity in Boys' Television" was developed through a collaboration among Promundo, the Geena Davis Institute on Gender in Media at Mount Saint Mary's University, and the Kering Foundation. The report analyzes how men are represented on screen, in the most popular boys' television. The study examined the top 25 Nielsen-rated television programs (from 2018) among boys ages seven to thirteen, including a television dataset of a total of 3,056 characters from 447 episodes. The report finds that male characters on the most popular TV shows for boys are portrayed as aggressive, uncaring, and as hands-off parents; it concludes by providing recommendations for action, such as: for content creators to make commitments to inclusive storytelling and to portraying male characters with a full range of emotions on screen; and for parents to avoid media that reinforces damaging gender norms, and maintain open dialogue with boys at home.



## MEN'S MENTAL HEALTH: 'MAN UP' IS NOT THE ANSWER

Medical News Today, June 27, 2020

In high-income countries, three times as many men as women die by suicide, according to a [World Health Organization \(WHO\)](#) report from 2018. The American Foundation for Suicide Prevention also cite 2018 data, noting that in that year alone, "Men died by suicide 3.56 [times] more often than women" in the

United States. And Mental Health America, a community-based nonprofit, reference data suggesting that [more than 6 million men](#) in the U.S. experience symptoms of [depression](#) each year, and more than 3 million experience an [anxiety](#) disorder. Despite these staggering figures, the National Institute of Mental Health (NIMH) report that [men are less likely than women](#) to have received formal [mental health](#) support in the past year. Why is this the case? Recent research offers some explanations and proposes ways of remedying the situation.

## [WHY YOUNG ADULTS, ESPECIALLY MALES, ARE HAVING SEX LESS FREQUENTLY](#)

**Healthline, June 18, 2020**

People are having less sex, and the decline is being seen among younger adults, particularly men. The trend may have more to do with the internet and dating apps than morality, fear of pregnancy, or easy access to porn. About 1 in 3 men ages 18 to 24 years reported no sexual activity in the past year, according to a [new study](#) published in JAMA Network Open. Between 2000-2002 and 2016-2018, past-year sexual inactivity rose from almost 19 percent to almost 31 percent among men ages 18 to 24, according to researchers led by Dr. Peter Ueda, a postdoctoral researcher at the Karolinska Institutet in Stockholm, Sweden. Sexual inactivity among women of the same age remained relatively constant, rising from 15 percent to 19 percent over the same time period. The study also found that sexual activity declined significantly among men and women ages 25 to 34 years old (7 percent versus 14 percent among men, 7 percent versus 12 percent among women). Sexual activity did not decline among adults ages 35 to 44 years old.



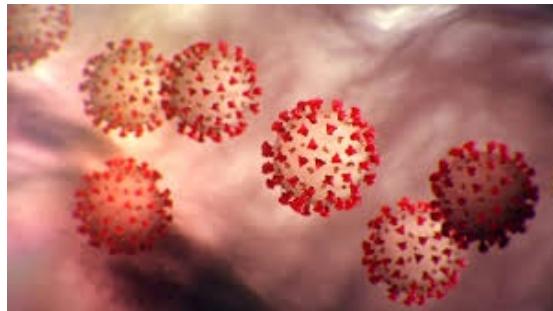
## [WHY CORONAVIRUS HIGHLIGHTS THE NEED FOR TARGETING SUPPORT FOR MALE MENTAL HEALTH](#)

*Unemployment and social isolation, combined with ingrained ideas about masculinity, can cause difficulties for men.*

**New Statesman, June 18, 2020**

Lockdown has had an impact on the mental health and wellbeing of many people, but, say experts, there are specific problems affecting men, leading to calls for more specialised support. “It is critical that the government puts suicide prevention at the heart of its coronavirus recovery strategy, with financial support for less well off men being key”, says Joe Potter, a policy manager for The Samaritans. With many charities struggling for funding at the moment, especially smaller ones, community-based support services that target male mental health

need government support to innovate and expand their digital and physical outreach, adds Potter. The UK-based charity, Global Action on Men's Health, is advocating for more gender-responsive health promotion work, more specifically, mental health communication and services that are better designed to the specific needs of men and women .“Men’s mental health is highly likely to be more affected than it might at first sight appear,” says Peter Baker, the charity’s director.



### **MEN'S HEALTH: COVID-19 PANDEMIC HIGHLIGHTS NEED FOR OVERDUE POLICY ACTION**

**The Lancet, June 20, 2020**

COVID-19 shows how sex and gender differences are differentially impacting on men. Men's lower immune responses combined with gendered practices and behaviours related to masculinity, including smoking and drinking, engaging less in preventive public health measures such as mask-wearing or handwashing, and delayed health-care seeking, could contribute to men's vulnerability to COVID-19.



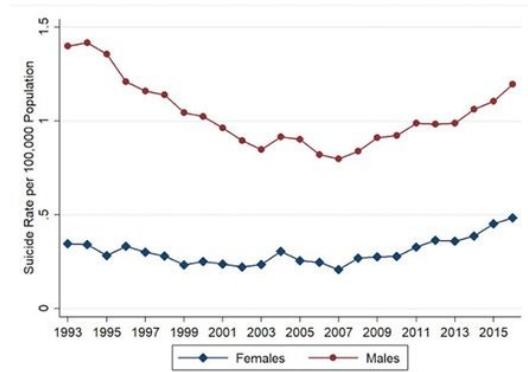
### **RELIGION MAY OFFER PROTECTIVE ROLE FOR BLACK ADOLESCENT BOYS WHO EXPERIENCE POLICE ABUSE**

**The Source, Washington University in St Louis, June 19, 2020**

In the wake of the deaths of George Floyd, Rayshard Brooks and many more, a new study from the Brown School at Washington University in St. Louis finds that religion may offer a protective role for black adolescent boys who experience police abuse. “Black adolescent experiences with police violence is nothing new,” said Ashley N. Jackson, a doctoral student and first author of the paper “[‘Can I](#)

[\*\*Live': Black American Adolescent Boys' Reports of Police Abuse and the Role of Religiosity on Mental Health\*\*](#), published June 17 in the International Journal of Environmental Research and Public Health. "This is evident by the time frame when this data were collected (2001 to 2004) when juxtaposed with the experiences of black youth today," Jackson said. "Black communities continue to experience police violence and its adverse effects at alarming rates. We continue to see the urgency of the issue as illustrated in the uprisings and protests seeking racial justice not only within the U.S. but also across the globe after the death of George Floyd, Breonna Taylor and many others."

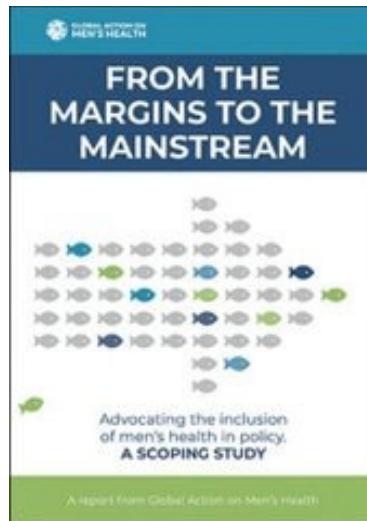
Figure 2. Suicide Rates of Teenagers Ages 14-18



### [\*\*A NEW STUDY TIES ANTI-BULLYING LAWS TO A REDUCTION IN SUICIDE — BUT BOYS WERE MOSTLY UNAFFECTED\*\*](#)

The 74, June 10, 2020

Worrying reports of increased depression and anxiety among K-12 students, coupled with rising rates of teen suicide, have manifested the fears of American parents over the past decade. As the media [draws greater attention](#) to tragic cases of young people driven to despair at school, both doctors and teachers point to the perennial scourge of bullying as a culprit. But new research finds some grounds for hope. According to [a working paper](#) circulated by the National Bureau of Economic Research, the nationwide spread of anti-bullying laws is associated with reduced bullying, depression and suicidal ideation among children between the ages of 14 and 18. The laws, perhaps the most prominent tool used by states to curb abusive behavior in school, also significantly decreased suicide in teen girls, the study finds. Meaningful improvements in adolescent mental health will be greeted as a cause for celebration by lawmakers, who have enacted the statutes in every state and the District of Columbia over the past 20 years. But the study also finds that their beneficial effects are concentrated predominantly among young women, with male students seeing no decreased risk of suicide.



## FROM THE MARGINS TO THE MAINSTREAM - ADVOCATING THE INCLUSION OF MEN'S HEALTH IN POLICY - A SCOPING STUDY

Global Action on Men's Health, June 20, 2020

This report examines the policy response to men's health to date, the barriers to policy development, the currently-available opportunities and, most importantly, the policy priorities and the next steps necessary for their achievement through effective advocacy. The impact of COVID-19 has without doubt made this much more urgent work.

**Note from the authors:** Honest feedback is very important as we see its publication as the start of a process and we are aiming to produce a short follow-up statement in September/October which summarises the responses we have received. The statement will also set out how we propose to take forward a new advocacy campaign that helps to make men's health mainstream.

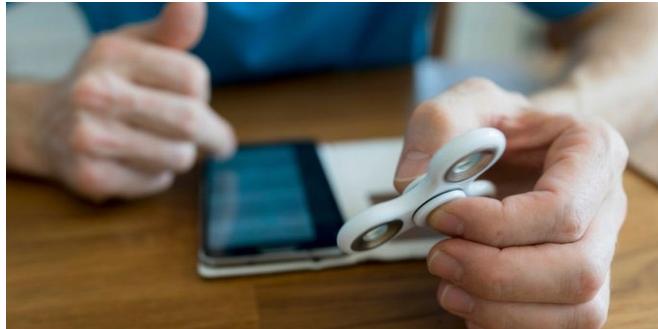


## YES, MEN AND BOYS CAN HAVE EATING DISORDERS, TOO

Seattle Times, June 16, 2020

Recent research suggests that 1 in 4 individuals with anorexia nervosa or bulimia nervosa are male, while men and boys make up one-third — and possibly more — of people with binge-eating disorder. It's ironic that so much research on human health has traditionally focused on men, with results extrapolated to women as if they are just men with a few parts swapped out — a particular

problem with research on cardiovascular disease — yet the reverse is true with eating-disorder research. Many clinical eating-disorder trials even exclude male patients because they are deemed “atypical.”



#### **FDA APPROVES DIGITAL GAME FOR CHILDREN WITH ADHD**

**AAP News, June 16, 2020**

Some children with attention-deficit/hyperactivity disorder (ADHD) may soon get treatment through use of a video game. The Food and Drug Administration (FDA) gave marketing approval to [EndeavorRx](#), a game-based digital therapeutic device from Akili Interactive to help improve attention. “The EndeavorRx device offers a non-drug option for improving symptoms associated with ADHD in children and is an important example of the growing field of digital therapy and digital therapeutics,” Jeffrey Shuren, M.D., J.D., director of the FDA’s Center for Devices and Radiological Health, said in a [news release](#). FDA officials said it is the first game-based therapeutic the agency has ever approved. The device is intended for children ages 8-12 years old and requires a prescription. It is intended to be used along with other treatment modalities including therapy, medication and/or education programs.

#### **FDA EXPANDS GARDASIL 9 INDICATION FOR PREVENTION OF SELECT HPV-RELATED HEAD AND NECK CANCERS, WHICH ARE MORE PREVALENT IN MALES**

**Onc Live, June 15, 2020**

The FDA has approved an expanded indication for Gardasil 9 for the prevention of oropharyngeal and other head and neck cancers caused by human papillomavirus (HPV) types 16, 18, 31, 33, 45, 52, and 58, according to Merck, the developer of the HPV 9-valent recombinant vaccine.<sup>1</sup> The indication for oropharyngeal and head and neck cancer was granted accelerated approval based on the effectiveness of the vaccine in preventing HPV-related anogenital disease. The continued approval for this indication, however, will be contingent upon the verification of clinical benefit as demonstrated in a confirmatory trial, which is currently underway.



## **[DO ALL MEN DIE EQUALLY?](#)**

*Statistics show that the most common cause of death in males is heart disease. But will this hold true when breaking down the data by age or ethnicity?*

**Medical News Today, June 19, 2020**

Men's health lags significantly behind women's health, not just in the public eye, but also as a focus for the medical profession. Do males die sooner than females? And is a Black male likely to die from the same cause as a White male? In a Special Feature article, we explore the leading health risks in males and delve deeper into the data, breaking it down into relevant sections by age and ethnicity. We also explore why research into men's health should include males from all walks of life. According to the [Centers for Disease Control and Prevention \(CDC\)](#), heart disease is the top killer when analyzing data from males of all age groups and ethnicities in a large 2017 data set for the United States. Nearly one-quarter of death in males is due to heart disease. But, to understand the full picture, it makes more sense to look at the data broken down by [age](#) or [ethnicity](#), as this changes the landscape quite significantly.

## **[BRIEF REPORT: SEXUAL DEBUT AMONG 14-TO-17-YEAR-OLD SEXUAL MINORITY MALES: A PRELIMINARY INVESTIGATION OF EARLY HIV RISK AND SEXUAL HEALTH NEEDS](#)**

**Journal of Acquired Immunodeficiency Syndrome, July 1, 2020**

### **Abstract**

#### **Background:**

Adolescent sexual minority males (ASMM) are disproportionately at risk of HIV.

#### **Purpose:**

This study documents the sexual debut behaviors of ASMM, tests whether sexual debut and sexual behavior differed by race/ethnicity, and explores the association between early anal sex debut and engaging in condomless anal sex.

#### **Results:**

The average age of sexual debut with a male partner was 14 years ( $SD = 2.4$ ). Approximately one-third (31%) reported anal sex at their sexual debut, with non-Latino black/African American ASMM more likely to report anal sex at debut (63%) compared with non-Latino white (28%), Latino (21%), or mixed race/other identified youth (19%;  $\chi^2 = 12.1$ ,  $P = 0.01$ ). All participants (100%) who reported an anal sex debut before the age of 14 years reported engaging in condomless anal sex in their lifetime, compared to 60% of those who reported an anal sex debut when they were 14 years old or older ( $\chi^2 = 5.6$ ,  $P = 0.03$ ). Participants

wanted information about how to safely and comfortably have anal sex (59%) and skills around partner communication (>50%) before debut.

#### **Conclusion:**

Sexually active ASMM begin engaging in sexual behavior with other males early and with incomplete knowledge and skills regarding sexual health and safety.

### **AN INTERVENTION FOR MENTAL HEALTH LITERACY AND RESILIENCE IN ORGANIZED SPORTS**

**Medicine & Science in Sports & Exercise, June 15, 2020**

#### **Abstract**

##### **Purpose**

In this study we tested the effectiveness of a multi-component sports-based program aimed at promoting early intervention, help-seeking and resilience among a sample of adolescent male sport participants.

##### **Results**

Significant positive group by time interactions were found for the primary outcomes of depression and anxiety literacy, intentions to seek help from formal sources, confidence to seek mental health information, and resilience. We also found a significant positive group by time interaction for the secondary outcome of wellbeing. There were no group by time interactions for social distance (stigma), intentions to seek help from informal sources, implicit beliefs about adversity, perceived familial support, or psychological distress.

##### **Conclusion**

Given the high rates of sport participation worldwide and the increasing focus on mental health in this domain, translation and dissemination of the program may be warranted following replication.

### **STUDY LINKS BODY-OBJECTIFICATION TO SELFIE-SHARING AMONG YOUNG MEN AND WOMEN**

**psypost.org, June 9, 2020**

New research published in [Addictive Behaviors Reports](#) explores the link between body-objectification and selfie-posting behavior. The study found that body surveillance and positive expectations toward selfies predicted selfie-engagement among both men and women. Results showed that women engaged in more selfie-posting behavior than men. Still, results showed only small differences in men's and women's body surveillance and body shame scores, suggesting that self-objectification is becoming increasingly relevant for men. Furthermore, findings for both men and women revealed a relationship between narcissism scores and positive expectancies toward selfies, which included expectancies for self-presentation, self-confidence, and sexual desire. "In other words," the authors illustrate, "men and women with vulnerable/grandiose narcissistic traits seem to share their body images through selfie-posting and expect an improvement in their self-confidence."



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PMY YOUNG MALE MENTAL HEALTH  
WRITING FELLOWS PROGRAM**

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For more information, go [here](#).

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**PREVALENCE AND CORRELATES OF MUSCLE-ENHANCING BEHAVIORS AMONG ADOLESCENTS AND YOUNG ADULTS IN THE UNITED STATES**

International Journal of Adolescent Medicine and Health, June 5, 2020

We find that nearly a third of young men in the US engage in muscle-enhancing behaviors. Of the 18,924 adolescents at baseline, 29.2% of males and 7.0% of females reported weight gain attempts, while 25.2% of males and 3.8% of females reported any muscle-enhancing behavior. All muscle-enhancing behaviors were more common in males compared to females ( $p<0.001$ ). Among young men 18–26 years old, 15.6% reported using legal performance enhancing substances and 2.7% reported using androgenic anabolic steroids. Factors that were associated with muscle-enhancing behaviors in males across three data collection waves included Black or Hispanic/Latino race/ethnicity, age over 14 years, higher parental education, lower body mass index, and participation in team sports.

**'WE'RE LOSING OUR KIDS': BLACK YOUTH SUICIDE RATE RISING FAR FASTER THAN FOR WHITES; CORONAVIRUS, POLICE VIOLENCE DEEPEN TRAUMA**

USA Today, June 7, 2020

Calling black youth suicide a "crisis," the Congressional Black Caucus issued a report in December showing suicide attempts by black adolescents of both sexes rose 73% from 1991 to 2017. Injuries from attempted suicides increased 122% for black boys during the same period. White youth still die by suicide at a higher rate, but the rate of black youth suicide is increasing faster than any other racial or ethnic group. Black youth under 13 were twice as likely to die by suicide than their white counterparts.



### **HEALTHY MEN: BEING A GUY ISN'T EASY IN THE TIME OF COVID**

**Duluth News Tribune, June 1, 2020**

A recent paper published by Well Being Trust ([wellbeingtrust.org](http://wellbeingtrust.org)) and the Robert Graham Center ([graham-center.org](http://graham-center.org)) estimates that in the United States alone, in addition to the deaths directly caused by COVID-19, there could be as many as 75,000 "deaths of despair" — deaths that will be attributable to suicide or substance abuse, which itself may be triggered by job loss, social isolation and/or massive levels of uncertainty about what the post-COVID future will be like. Based on decades of previously gathered data, the overwhelming number of those collateral deaths will be male. Two-thirds of opiate overdoses are boys or men, as are 78% of alcohol-related deaths and 80% of suicides.



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### **STAYING-AT-HOME WITH OUR SONS: FOSTERING HEALTHY MASCULINITY IN CHALLENGING TIMES**

Promundo, June 2, 2020

*Staying-at-Home with our Sons: Fostering Healthy Masculinity in Challenging Times*, a new report by Promundo and the Kering Foundation, summarizes the findings from a national survey of parents of boys ages 4-14 in the United States (US) exploring what parents in the US want for their sons and their views toward gender norms and pressures, alongside findings from discussions with boys on the topic of masculinity. Based on research conducted by PerryUdem, this report provides new insights on how parents can support healthier and more connected, resilient behavior in their sons. This report is the first in a series of new research and resources from the Global Boyhood Initiative, a project of Promundo and the Kering Foundation.



## PLAYING VIDEO GAMES MAY CAUSE POOR EATING HABITS IN YOUNG MALES, RESEARCHERS WARN

*Researchers link poor eating habits in male college students to playing video games.*

**Newsgram.com, June 3, 2020**

For the findings, the research team used information collected from over 1,000 male college students aged between 18 and 24 at the University of New Hampshire as a part of the ongoing College Health and Nutrition Assessment Survey (CHANAS) study. Students reported daily video game time in an online survey and provided diet information by recording the food they ate over two weekdays and one non-consecutive weekend day. Physical activity was based on the average steps taken per day as tracked with a pedometer. The survey revealed that just over 40 per cent of college men play video games at least five hours per week. The researchers found that those who played video games consumed more saturated fat and sodium than non-users, which suggests they are eating more salty snacks. Gamers also consumed fewer fruits and vegetables and engaged in less physical activity than non-users.

## STUDY REVEALS COUNTRIES IN ASIA HAVE LARGEST MEN'S HEALTH GAPS IN THE G20

*Men face greater health risks than women in 58 percent of countries worldwide, but majority of G20 members have healthier men, except countries in Asia*

**Economic Times, May 20, 2020**

Manual, the well-being platform for men, has analysed health data\* for 156 countries worldwide across ten categories - including life expectancy, rates of diseases such as diabetes, cancer and obesity, mental health disorders and daily alcohol intake - to find out where has the largest gender health gaps. Out of the 156 countries studied, men face greater health risks in 58 percent. Only two nations globally have gender health equality (South Africa and Guatemala), while women face greater health risks in the remaining 41 percent of countries. It's widely acknowledged that women are more likely to outlive men in wealthy nations but how do G20 countries, the most advanced and emerging economies in the world, compare? The data reveal the men's health gap is largest in Russia (-50) and South Korea (-39). Four further G20 countries in Asia follow this trend – Japan (-27), India (-26), Indonesia (-24) and China (-23).

## STUDY EXAMINES BLACK MALE YOUTH REACTIONS TO SOCIAL MEDIA VIDEOS OF COMMUNITY VIOLENCE

**Phys.org, May 29, 2020**

Published by the journal *Social Work Research*, [the study](#) presents findings from a survey of black male youth incarcerated in a Midwestern city jail. The research sheds light on youths' reactions to social media videos showing violence in their communities. The researchers found that, in the six months before responding to a survey, participants frequently used social media and witnessed violence in their communities, including violence in social media videos. They also found that the identity of the perpetrator shaped reactions to such videos. Seeing

a video involving police violence was significantly associated with negative emotional outcomes. Seeing a video of civilian violence was not. "Exposure to police violence," the authors posit, "may be more impactful for individuals who perceive police as a threat to their personal safety." Prior research has shown that black young adults, particularly males, are disproportionately more likely to experience police force or the threat of such force. The authors conclude that, for black, male, emerging adults with a history of involvement in the criminal justice system, the perpetrator's identity may be more emotionally impactful than the type of violence depicted.



### MOVEMBER CONVERSATIONS: A GUIDE TO TALKING TO MEN ABOUT TOUGH TIMES

**Movember, May 8, 2020**

Movember has developed a new, free, online tool designed to help us reach out to men in our lives who could use some support. Now more than ever it's important for us to stay connected with and look out for each other. However, when we feel unsure about what to say, or concerned about saying the wrong thing, we may hesitate to check in with men we suspect are struggling. [Movember Conversations](#) was designed in consultation with subject matter experts and based on learning principles and proven best-practices to facilitate open and honest conversations with men about challenges they are facing. By presenting sample scenarios that are especially relevant now, such as job loss, family pressures, and social isolation, [Movember Conversations](#) provides opportunities to learn about and practice helpful ways to respond. Since launching on May 8, 2020, Movember Conversations has been used by over 3,000 people, who reported that it improved their likelihood and confidence to broach important but difficult conversations.

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For more information, send an email to [dbarbour@partnershipformaleyouth.org](mailto:dbarbour@partnershipformaleyouth.org)

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#### **YOUNG MALES MORE LIKELY TO BE LONELY THAN OLDER FEMALES: STUDY**

**Free Press Journal, May 31, 2020**

Loneliness may decrease as you age. Researchers have found that young people and men in "individualistic" societies are more likely to be lonely than older people and women. Individualistic society is characterised by individualism, which is the prioritisation or emphasis of the individual over the entire group. For the findings, published in the journal Personality and Individual Differences, the research team analysed data on more than 46,000 people aged 16-99 across 237 countries and territories, who took part in an online survey for the BBC's Loneliness Experiment. The study carried out by Exeter, Manchester and Brunel universities, found that a young man living in an individualistic society - such as the UK or the US - is more likely to report feeling lonely than an older woman in a collectivist society - such as China or Brazil. "Contrary to what people may expect, loneliness is not a predicament unique to older people. In fact, younger people report greater

feelings of loneliness," said study researcher Manuela Barreto from the University of Exeter in the UK. Since loneliness stems from the sense that one's social connections are not as good as desired, this might be due to the different expectations younger and older people hold. "The age pattern we discovered seems to hold across many countries and cultures," Barreto said. Using survey responses from 237 countries, islands and territories, the researchers were able to carry out an unprecedented analysis of cultural differences. "There is an awareness that admitting to feeling 'lonely' can be especially stigmatising for men," said study author Pamela Qualter from the University of Manchester.

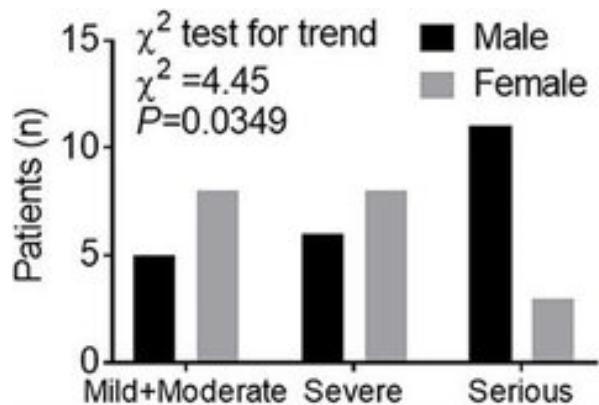


## **GRindr IS NOT A CURE FOR CORONAVIRUS ANXIETY**

*LGBT mental health researcher Jack Turban explains the vicious relationship between Grindr and mental health.*

**Outsports, May 26, 2020**

A [study in the Journal of Adolescent Health](#) suggests roughly one out of four gay and bisexual boys between the ages of 13-17 are on hookup apps like Grindr. Almost 70 percent of them are having sex with people, and only 25 percent of them are using condoms. With popular dating apps such as Tinder and Hinge [reporting surges in activity](#) during the pandemic, it's feasible dating app usage is also up in the LGBT community, especially with so many people isolated at home. A [recent NPR piece](#) chronicles the mental health problems some LGBT young people are experiencing during the coronavirus, stuck at home with families and communities that may not be accepting. Calls to The Trevor Project's crisis services line have sometimes increased to more than double the volumes from earlier this year. With that in mind, it's possible even more young LGBT people are seeking validation from dating apps, and that comes with risk. The FBI has [issued a warning](#) to parents that online sexual predators are currently more active than usual. For many kids, college is the first place where they can be comfortable with their sexual orientations and identities. Kicked off campus and back to the parents' house, they may feel being online is the safest way to express themselves. Even for those who aren't struggling with their identities, the coronavirus quarantine can be an exceptionally isolating experience. Many LGBT people are closer to their chosen families than biological families, and it can hurt to not see them. Stuck without in-person socialization, it can be tempting to turn to Grindr for some instant gratification.



### **GENDER DIFFERENCES IN PATIENTS WITH COVID-19: FOCUS ON SEVERITY AND MORTALITY**

Frontiers in Public Health, April 29, 2020

#### **What Is New?**

- This is the first preliminary study investigating the role of gender in morbidity and mortality in patients with Novel Coronavirus Disease (COVID-19).
- Men are more at risk for worse outcomes and death, independent of age, with COVID-19.
- While males and females have the same prevalence of COVID-19, male patients have a higher mortality.

### **FOR AFRICAN-AMERICAN MEN, WEARING A MASK MEANS BALANCING PUBLIC HEALTH AND PERSONAL SAFETY**

NPR, May 22, 2020

A study by the Associated Press-NORC Center for Public Affairs Research found that African-Americans are more likely than whites and Hispanics to wear a mask — but for African-American men in particular, the decision whether or not to mask up can be a difficult one. But even with the seriousness of the coronavirus, there's still some reluctance to wear a face covering. *David Gilkey is the co-founder of the nonprofit Rise Up for Youth.* Gilkey says young black men still have to concern themselves with being targeted or criminalized while wearing a mask because of the color of their skin. "A lot of people are scared to wear them now. You don't know, should I wear it or shouldn't I wear it?" he said. "It's crazy and it's sad that we have to live like that, you know? It's always something targeting our black males. "We can't even go jogging now."



## **TESTOSTERONE LEVELS FALLING IN YOUNG MEN**

**Renal and Urology News, May 17, 2020**

Testosterone levels are decreasing among adolescent and young adult (AYA) men in the United States, but obese men with higher-than-recommended levels of physical activity have a reduced likelihood of low testosterone, according to the findings of separate studies presented May 15 during an American Urological Association 2020 Virtual Experience press conference. In an analysis of data from 4045 AYA men aged 15 to 39 years who participated in the National Health and Nutrition Examination Surveys (NHANES) and had their total testosterone (TT) levels measured during 1999-2016, TT was significantly lower among those in the later (2011-2016) compared with earlier (1999-2000) survey cycles, Soum D. Lokeshwar, MD, an incoming urology resident at Yale School of Medicine, reported.

## **STUDY: MINDFULNESS EXERCISES EFFECTIVELY REDUCE SYMPTOMS IN BOYS WITH ADHD AND ODD**

*Boys with both ADHD and ODD were less hyperactive and more attentive after attending a multi-week mindfulness training program, according to a new study that finds promise in this treatment as an viable complement or alternative to medication.*

**Attitude, May 19, 2020**

Mindfulness-based interventions can effectively reduce some symptoms of comorbid attention deficit hyperactivity disorder (ADHD) and oppositional defiant disorder (ODD) in boys, according to a new study published in the Journal of Attention Disorders<sup>1</sup>. The study, conducted by scientists from a cohort of Italian research institutions, found that boys with both diagnoses who underwent **mindfulness** interventions — ranging from stress-reduction modules to mindful eating exercises — experienced decreased hyperactive behaviors and improvement in focus and attention compared to peers placed on a waitlist for the same treatment. No prior research had studied the efficacy of mindfulness programs on children with **ADHD** and **ODD**, despite the high comorbidity of these conditions and the popularity of mindfulness meditation as a calming therapy for children and adults with ADHD. The promise of mindfulness therapies, which are known to improve emotional regulation skills and decrease aggression, prompted this new research on children with ADHD and ODD, who experience difficulties in these very areas.



### [THIS SHORT FILM HIGHLIGHTS THE URGENT ISSUES AROUND MEN'S MENTAL HEALTH](#)

*As part of Mental Health Awareness Week, Dazed premieres 'all good man', an exploration of depression and the fragility of male pride*

#### **Dazed Digital, May 21, 2020**

Three familiar words are at the centre of Sam Ripman's poignant short film: "all good man". Exploring the subject of male depression and the darkness of toxic masculinity, the writer and director shows how 'saving face' can be detrimental to a person's mental health. "The film is inspired by a trait that I see in myself and others a lot," Ripman tells Dazed, "telling glossed over or made-up stories to save face and cover what's really going on." *all good man* centres on Jay – played by Reggie Banigo – who's been dodging his friends' calls, unable to bring himself to tell them he's feeling low. "Sorry I didn't make it out," he says in a voice note to his mate. "Everything's good man. I was planning on coming through. I was out with my college lot in the day – one thing led to another, and we ended up in some club. You know how it is." Ripman hopes the story is relatable to viewers in its presentation of "inner thoughts, façade, and the detrimental impact of it". He says: "My biggest hope is that someone sees the film and recognises when they've hidden their truth in the same way Jay does, and so the next time they might check themselves. As it crassly says at the end: 'open up'."



### [WHERE \(AND HOW\) MEN CAN GET MENTAL HEALTH HELP DURING CORONAVIRUS](#)

#### **ABC, AU, May 24, 2020**

Australians have experienced a rise in anxiety and depression since the coronavirus crisis began, and men — who traditionally are more reluctant to seek medical help than women — are continuing to grapple with "quite a spectrum" of mental health concerns as restrictions ease, according to Beyond Blue's head clinical adviser Grant Blashki. If your mental health has taken a hit since the coronavirus crisis began, here's some advice that might help. Dr Blashki says in recent months Beyond Blue has noticed men with concerns about "sleep problems, isolation — particularly due to not contacting friends — lack of exercise, and unfortunately frustration that can sometimes boil over into violence and controlling behaviours toward their partner". For some men, the mental health ramifications of the crisis are only setting in now, many weeks after social distancing measures began. "Initially we had a great sense of solidarity," says Martin Fisk, chief executive officer of MensLink, a Canberra charity that supports boys and young men. But he says as concerns about the growing spread of virus subside and people find that the new "normal" isn't what they were hoping for, he expects more mental health issues will emerge.



## [BOYS EXPOSED TO VIOLENCE LIKELY TO BECOME OFFENDERS - UN WOMEN](#)

**The Star, May 21, 2020**

Boys exposed to abuse are more likely to perpetrate violence against women and children in the future, UN Women says. In their latest brief on violence against women and children and Covid-19, the organisation said though violence against women and children is often addressed independently, they have common risk factors and social norms that drive both practices. "The ripple effect of abuse by boys is characterised under inter-generational effects," the brief reads. According to UN Women, violence against women and children intersects in co-occurrence which refers to abuse against women and children happening in the same household. Others include common and compounding consequences and adolescence which refers to a period where individuals are neither regarded as children nor adults. "Violence against women and girls takes place at alarming rates across countries in normal times. The magnitude of violence against women and girls indicates that this is not a product of random acts by a few bad actors," the brief reads.



## **WHEN TEEN BOYS USE SUPPLEMENTS**

*Some supplements are more effective than others — and some may be harmful, experts warn.*

**New York Times, May 21, 2020**

"Almost a third of boys are trying to gain weight or bulk up," said Dr. Jason Nagata, an assistant professor of pediatrics at the University of California, San Francisco.

Many turn to protein supplements in an attempt to do so. In a 2012 study in the journal Pediatrics, [38.8 percent of high-school boys reported using protein powders or shakes](#) in the previous year. However, "there's no evidence that using protein powder is better than getting protein naturally from your food," said Dr. Pieter Cohen, an internist with Cambridge Health Alliance who's done extensive research on dietary supplements. Some protein supplements may provide excessive calories, said Dr. Michele LaBotz, a sports medicine physician in Portland, Maine, and the lead author of "Use of Performance-Enhancing Substances," a [2016 clinical report](#) by the American Academy of Pediatrics. Building muscles requires just 500 additional daily calories, she said; beyond that, "all of those extra calories ... go straight to fat." Another popular supplement is creatine, used by close to 17 percent of 12th-grade males, according to the [2016 Monitoring the Future survey](#). It can boost short-burst performance and increase muscle mass by encouraging water uptake into muscles, said Dr. Matthew Silvis, division chief for primary care sports medicine at Penn State Health Milton S. Hershey Medical Center. "You get bigger muscles because you're getting more water in your muscles," he said. More concerningly, supplements may contain harmful substances, including some that have been banned. As lead author of [a study published in 2018](#) in the journal Clinical Toxicology, Dr. Cohen found that both pre-workout and weight loss supplements contained what he termed a "cocktail" of experimental stimulants. He also cautions against muscle-building blends, which he considers equally dangerous. The [side effects can be quite serious: A study published last year](#) in the Journal of Adolescent Health found muscle-building supplements nearly three times more likely than vitamins to cause severe medical events including emergency room visits, hospitalizations and death.

## **ASSOCIATION BETWEEN LEGAL PERFORMANCE-ENHANCING SUBSTANCES AND USE OF ANABOLIC-ANDROGENIC STEROIDS IN YOUNG ADULTS**

**JAMA Network, May 18, 2020**

### **ABSTRACT**

Anabolic-androgenic steroids are schedule III drugs that are often used without a prescription to increase muscle mass and tone for appearance or performance enhancement.<sup>1,2</sup> Use of anabolic-androgenic steroids is associated with negative physiological (eg, cardiovascular, neuroendocrine, musculoskeletal, and renal) health outcomes.<sup>1</sup> Anabolic-androgenic steroids are also associated with mood and substance-use disorders, aggression, and violence.<sup>1</sup> The use of anabolic-androgenic steroids is frequently observed among adolescents in the United States and is more prevalent among adolescent boys (3.3% of boys reporting use) compared with adolescent girls (2.4% of girls reporting use) nationwide.<sup>3</sup> Although the use of anabolic-androgenic steroids is cross-sectionally associated with legal performance-enhancing substances, including creatine monohydrate,<sup>1,2</sup> there is a paucity of longitudinal data determining predictors of anabolic-androgenic steroid use. Here, we examine the longitudinal association between legal performance-enhancing substances and subsequent use of anabolic-androgenic steroids in a population-based cohort of young adults. We hypothesized that legal performance-enhancing substance use in young adulthood would be associated with subsequent anabolic-androgenic steroid use at 7-year follow-up.

### **MEN HAVE MORE SEVERE CORONAVIRUS SYMPTOMS. WHAT ABOUT BOYS?**

*Studies have shown men have more severe coronavirus symptoms than women. The same is not necessarily true for boys.*

Fatherly, May 14, 2020

Men and women have the same risk of contracting COVID-19, but what happens after they get infected varies with sex. Men are more likely to get severely ill from the disease and are 2.4 times more likely to die, according to a recent [study](#). A complex mix of factors, including biology and lifestyle, put men in harm's way. Like father, like son, do boys share that risk? Probably not. So far, the evidence doesn't point to it, says Susan Hassig, an epidemiologist at Tulane University School of Public Health & Tropical Medicine. "Young boys don't have a lot of risk," she says. One [study](#) from the Centers of Disease Control and Prevention (CDC) found that boys are slightly more likely than girls to get COVID-19. Yet this conclusion is unreliable. Because of the way the study was conducted, it's impossible to tell whether their sample reflects reality, though Hassig doubts it. "I am not aware of any biologic factors that would make boys at more risk of coronavirus infection than girls," she says. Though girls and boys may be on an equal playing field in terms of the coronavirus, boys, in general, pick up more infectious diseases and have more severe responses to them, according to a 2014 [study](#). Girls and women have stronger immune systems — a double-edged sword. They are more likely to have autoimmune disorders, but they are also less likely to contract many infectious diseases and get severely ill from them.



### UK LOCKDOWN CAUSING 'SERIOUS MENTAL ILLNESS IN FIRST-TIME PATIENTS'

*The chief executive of one mental health trust said: "We are definitely seeing 'people not known to services' who are acutely unwell. They are mainly young men aged 18-25 who require admission."*

**The Guardian, May 15, 2020**

People with no history of mental illness are developing serious psychological problems for the first time as a result of the lockdown, amid growing stresses over isolation, job insecurity, relationship breakdown and bereavement, the Royal College of Psychiatrists has disclosed. Adults and children are having psychotic episodes, mania and depression, with some taken to hospital because of the heavy toll on their mental wellbeing. Men aged 18-25 are reported to have been badly affected by first-time mental health issues. Previous research has suggested they feel the worst affected by restrictions on their movement, and are most likely to flout the lockdown. Eight weeks into lockdown measures, the Royal College of Psychiatrists is warning that services could be overwhelmed by "a tsunami of mental illness".



### MEN ARE LESS LIKELY THAN WOMEN TO WEAR FACE MASKS AS PROTECTION AGAINST CORONAVIRUS, NEW RESEARCH SHOWS

**Web MD, May 14, 2020**

Men who were surveyed more often said "wearing a face covering is shameful, not cool, a sign of weakness, and a stigma." Men also were more likely to believe they won't be affected by the coronavirus, which is "particularly ironic because official statistics show that actually coronavirus impacts men more seriously than women," said Valerio Capraro, PhD, senior lecturer in Economics. When asked if

they think that wearing a face mask is "not cool," men answered on average 5.03 out of 10, compared to 4.67 for women, the news release said. Men were more likely to agree with the statement that "wearing a face covering is shameful," "wearing a face covering is a sign of weakness," and "the stigma attached to wearing a face covering is preventing them from wearing one as often as they should." One of the key findings of the [paper](#) was that men were more amendable to wearing masks if they live in a place where masks were mandatory. "We find that men less than women intend to wear a face covering, but this difference almost disappears in counties where wearing a face covering is mandatory," the researchers said.



### [\*\*CDC: LESS SEX, BETTER BIRTH CONTROL FOR TEENS\*\*](#)

— *Sexual activity among teen boys continues to decline, researcher says*  
**Medpage Today, May 6, 2020**

Teen virginity remained the rule rather than the exception in 2015-2017, federal survey data indicated, but use of the most effective methods of contraception among those having sex grew. In 2015-2017, 42% of girls and 38% of boys ages 15 to 19 reported ever having sex, said Gladys Martinez, PhD, and Joyce Abma, PhD, of the CDC National Center for Health Statistics (NCHS) in Hyattsville, Maryland -- down from 46% in 2002 for both females and males, the researchers reported in an [NCHS Data Brief](#). In an interview with *MedPage Today*, Martinez said this was the first time that the survey data showed that the probability of having had sex was similar among girls and boys in each age group. "Males have always engaged in sexual activity at an earlier age and at a higher rate than females," Martinez said. "For this report, we are finding that there are no differences in the timing of first sex for males and females." At age 16, the probability of having had sex was 37% among females and 34% among males. Corresponding figures at age 19 were 74% and 70%, respectively.

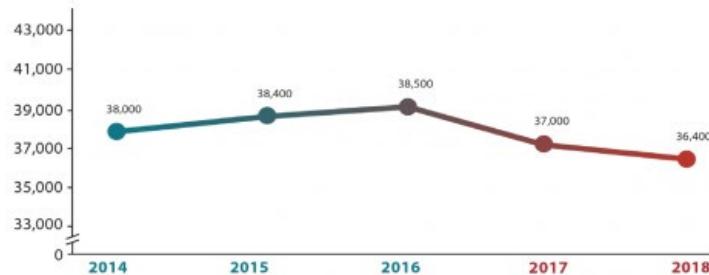


## **PRINCE WILLIAM DISCUSSES MEN'S MENTAL HEALTH NEW BBC PROGRAM 'IT'S OK TO NOT BE OK'**

*"You can't be ashamed of your mental health, you've got to be able to look it in the eye," Prince William said*  
**People, May 16, 2020**

In a new trailer for the BBC program [Football, Prince William and Our Mental Health](#), airing May 28, the Duke of Cambridge discusses the stigma and shame men often feel when facing mental health struggles. The upcoming BBC program is part of the royal's [Heads Up initiative](#) and will feature the stories of men who have been affected by mental health, as William discusses the issue with fans and footballers alike. Heads Up came from the [Heads Together campaign](#), which William started with wife Kate Middleton and brother Prince Harry. Earlier this year, William launched a short PSA as part of the initiative. "In life as in football we all go through highs and lows," William [says](#) in the 60-second film, released in January. "We can all sometimes feel anxious or stressed. At moments even the little things can seem a struggle. But we can all start to change things."

**Annual HIV Infections in the U.S., 2014-2018**



## **CDC: HIV TRANSMISSION RATES HELD ESSENTIALLY STABLE FROM 2014 TO 2018**

**POZ, May 12, 2020**

The Centers for Disease Control and Prevention (CDC) has estimated that the annual rate of new HIV transmissions held essentially steady in the United States between 2014 and 2018. An estimated 1.2 million people 13 years old or older were living with HIV at the end of 2018, including 14% who remained undiagnosed. An estimated 36,400 people contracted HIV that year. The transmission rate held steady among both men and women during that period, at

a respective 22.1 and 4.8. The only age group that saw a declining transmission rate was 13- to 24-year-olds. The rate held steady in all other age groups. In 2018, the highest transmission rate was among those 25 to 34 years old, at 31.5, followed by those 35 to 44 years old, at 16.9.

## **COMMUNITY NORMS FOR THE EATING DISORDER EXAMINATION QUESTIONNAIRE AMONG TRANSGENDER MEN AND WOMEN**

### **Abstract**

Compared to a prior study of presumed cisgender men 18–26 years, our age-matched subsample of transgender men reported lower rates of objective binge episodes and excessive exercise. Compared to a prior study of presumed cisgender women 18–42 years, we found that an age-matched sample of transgender women reported higher rates of dietary restraint but lower rates of excessive exercise. These norms should aid clinicians in applying and researchers in investigating and interpreting the Eating Disorders Examination Questionnaire scores of transgender men and women.

## **STUDIES HIGHLIGHT KEY RELATIONSHIPS BETWEEN AYA MALE LIFESTYLE, SEXUAL HEALTH**

**American Urological Association, May 15, 2020**

Lifestyle choices continue to be a leading risk factor for a wide array of health conditions, including lowered hormone levels and subsequent sequelae. The American Urological Association showcased three new studies exploring the impact of exercise and diet – as well as a review of declining testosterone levels in adolescent and young men – during a special event for media on May 15. The following abstracts were highlighted during this session:

**Trends in Serum Testosterone Levels Among Adolescent and Young Adult Men in the United States**

**The Association Between Exercise and Serum Testosterone Among Men in the United States**

**Can Organic Diet be Protective against Hypogonadism and Erectile Dysfunction?**

## **CORONAVIRUS: YOUNG MEN 'MORE LIKELY TO IGNORE LOCKDOWN'**

**BBC, May 9, 2020**

A team from the University of Sheffield and Ulster University **questioned just under 2,000 13-24 year olds**. Half of the men aged 19-24 had met friends or family members they did not live with during lockdown, compared to 25% of women. The researchers called on the government to better target messages for young people. Just under half of all those questioned - 917 young people - said they were feeling significantly more anxious during the lockdown - particularly if they had a parent who was a key worker. Those with depression were more likely

to flout lockdown rules by meeting up with friends and leaving the house unnecessarily; while those with anxiety were more likely to practise social distancing and regularly wash their hands.



**TIMING OF MATURITY, FEELINGS ABOUT ETHNICITY AND RACE CAN POSITIVELY AFFECT BLACK MALES' SELF-CONCEPT, WELL-BEING**

**American Association for the Advancement of Science, May 5, 2020**

Black males start puberty at younger ages than males of other racial or ethnic groups, and early puberty has been linked to risks for negative outcomes, yet we know little about how Black males navigate the changes in their bodies or understand their social identities. A new study explored how young African American and Caribbean Black males understand these matters and how variations in their understanding affect their self-concept and well-being. The study concluded that the meaning Black males ascribe to their ethnic-racial identity may help explain outcomes related to puberty. The study was conducted by researchers at the University of Michigan and Arizona State University. It is published in *Child Development*, a journal of the Society for Research in Child Development.



**SPERM OF CORONAVIRUS POSITIVE MALES RAISES RISK OF COVID-**

## **19 SPREAD VIA SEX**

*Chinese researchers who tested sperm of men infected with COVID-19 found that a minority of them had the new coronavirus in their semen, opening up a small chance the disease could be transmitted sexually, scientists said on Thursday.*

**Hindustan Times, May 8, 2020**

A study by doctors at China's Shangqiu Municipal Hospital of 38 men hospitalised with the disease found that six of them, or 16%, tested positive for SARS-CoV-2 in their semen. The researchers said that while the findings were preliminary and based on only a small number of infected men, more research is needed to see whether sexual transmission might play a role in the spreading COVID-19 pandemic. "Further studies are required with respect to the detailed information about virus shedding, survival time and concentration in semen," the team wrote in a study published in JAMA Network Open.



## **IS #BOISLOCKERROOM THE CRIME OR THE SYMPTOM?**

*Do we arrest the online aggressors, or arrest the misogyny?*

**The Wire, May 8, 2020**

An Instagram group, clearly inspired by pop depictions of American frat boys' lives, was busted recently where teenage boys shared the photos of girls and women and trash-talked about their bodies. The media is flooded with **#boislockerroom** tales. The public is aghast. There are shrill calls for arrest and punishment for not just the boys who were part of the Instagram group, but also their families. We need to recognise that the children in the #boislockerroom or the WhatsApp group are only symptoms of an intergenerational rot: misogyny. Children are sponges – they absorb and mimic everything adults do. And what we see in the evolving story is just that. These children are once again playing out what they have picked up from adults around them, further reinforced by every image that is beamed to them through visual media. Male privilege reinforces a culture that expects boys to be strong, fearless, successful, naughty, vulgar, aggressive and puts pressure on them to outdo each other in their 'macho ness'. And as we can see they start early.



## **'ANYONE POPULAR AT SCHOOL HAS MUSCLES': THE RISE OF THE RIPPED TEEN**

*Charlie, 13, starts his morning with 40 press-ups; William, 15, spends an hour a day working out. But when does a healthy interest become a dangerous obsession?*

**The Guardian, May 9, 2020**

"The pressure on young men, and boys, to become more muscular has grown," says Jason Nagata, assistant professor of paediatrics at the University of California, San Francisco, and an expert in body image and eating disorders. In a 2018 study of more than 15,000 US high school students published in the Journal of Adolescent Health, nearly one third of teenage boys aged 13-18 reported [trying to gain weight or bulk up](#). This ambition affects even small children. "There have been studies that show boys internalise a desire to be muscular as [young as six](#)," Nagata says. This messaging starts with toys. In 2006, sports scientists measured the necks, chests, arms, forearms, thighs and calves of five popular action figures, comparing them with the dimensions of their original designs. They found that Batman, Superman, the Incredible Hulk et al were [significantly more muscular than their original counterparts](#). Of course, getting fit can be a good thing when so many children are overweight ([almost one in five when they start primary school](#)). But experts worry when the ideal becomes a tyranny. "There is a fine line," Nagata says. "Some young men become obsessed with their appearance and engage in excessive or compulsive exercise, and body image takes over their lives."

## **[STD TESTING RATES, SERVICE RECEIPT AMONG HIV-POSITIVE MSM REMAIN LOW](#)**

**American Journal of Managed Care, May 4, 2020**

The CDC recommends regular testing for bacterial sexually transmitted diseases (STDs) among all sexually active gay, bisexual, and other men who have sex with men (MSM) because they have a higher risk of infection. Chief among these STDs are gonorrhea, chlamydia, syphilis, and hepatitis C virus (HCV). Those most at risk also should be receiving recommended STD counseling services. "Having an STD (like gonorrhea) makes it easier to get HIV or give it to others, so it's important that you get tested to protect your health and the health of your partner," states the CDC. Despite these guidelines, there has been a constant uptick in STDs over the past decade, particularly among HIV-positive MSM, even though they are receiving care for their HIV, according to the authors who

investigated the receipt of STD testing and associated services among these individuals and [published their results](#) online today in Annals of Internal Medicine.

### **PEDIATRICIANS DON'T OFTEN DISCUSS SEXUAL HEALTH WITH TEEN MALES: NEW REPORT CAN HELP**

AAP News, May 2020

The [report](#) aims to inform and empower pediatricians to feel comfortable asking about and providing guidance for sensitive issues, which can enhance the provider-patient relationship and improve overall care for adolescent males. Several transitions occur for adolescent boys, including the physical, psychological and social changes associated with puberty. Pediatricians and other physicians who care for male adolescents have unique opportunities to incorporate anticipatory guidance around issues such as puberty and sexuality not only at health maintenance visits but also at sick and/or injury visits.

### **EMERGING ISSUES IN MALE ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH CARE**

Laura K. Grubb, Makia Powers and COMMITTEE ON ADOLESCENCE  
Pediatrics May 2020

#### **Abstract**

Pediatricians are encouraged to address male adolescent sexual and reproductive health on a regular basis, including taking a sexual history, discussing healthy sexuality, performing an appropriate physical examination, providing patient-centered and age-appropriate anticipatory guidance, and administering appropriate vaccinations. These services can be provided to male adolescent patients in a confidential and culturally appropriate manner, can promote healthy sexual relationships and responsibility, can involve parents in age-appropriate discussions about sexual health.



## **RESEARCHERS CAUTION ON EFFECTS OF CORONAVIRUS ON MALE FERTILITY**

*Covid-19 is known mainly to affect the respiratory system, but as researchers learn more about the new coronavirus, they discover other possible effects on the body.*

**Health 24, April 29, 2020**

Covid-19, the disease caused by the new coronavirus (SARS-CoV-2), is largely known to cause respiratory complications such as pneumonia, shortness of breath, extreme coughing and even fatal acute respiratory distress syndrome in patients. As scientists unpack the new coronavirus day by day, we have come to know that it may cause gastrointestinal symptoms and, in some cases, even neurological problems. But what about its effect on the rest of the body – specifically in terms of fertility and the urinary tract? New research published in [\*\*Nature Reviews Urology\*\*](#) suggests that there is evidence that Covid-19 has implications for the urogenital tract, something which should be considered when treating Covid-19. Besides kidney health, the paper states that male reproductive systems are especially vulnerable to Covid-19 infection. This has to do with dramatic changes in the sex hormones that have been observed in some patients with Covid-19. This may lead to impaired function of the testes (gonadal function impairment).

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## **INSTAGRAM AND THE MALE BODY IMAGE**

**American Association for the Advancement of Science, April 27, 2020**

In a [\*\*new study\*\*](#) among males depicted on Instagram, the majority of posts showed men with low body fat, while only a small fraction depicted men with high

body fat. Sixty-two percent of posts showed men with low body fat and 41% showed high muscularity, whereas only 6% showed men with high body fat and 17% showed low muscularity. Men with both low body fat and high muscularity (35%) represented the largest group with a specific body type, according to the study published in *Cyberpsychology, Behavior, and Social Networking*.



### OBAMA AND HOLDER DISCUSS CHALLENGES OF YOUNG BLACK MEN IN THE PANDEMIC

The Grio, April 30, 2020

Barack Obama and Eric Holder may not be in the same administration anymore, but they are still on the same page. The former president and attorney general were both on a conference call hosted by [My Brother's Keeper](#), the initiative for young men of color that Obama introduced while still in the White House. [NBC News](#) reported that on the recent call, the two talked about the impact of the coronavirus pandemic on young men of color and the support they would need as it hopefully starts to be mitigated by social distancing and more testing. "It's fair to say that has been true throughout American history, when crises hit the country at large, you can be sure that it will be that much tougher on folks who were already struggling before the crisis hit," Obama said on the call with attendees that included young males and some of MBK's partners.



### ELECTRONIC CIGARETTES DAMAGE VASCULAR FUNCTION AS MUCH AS TRADITIONAL CIGARETTES

Newsdio, April 29, 2020

The new analysis, published today in the *Journal of the American Heart*

Association, focused on the vascular effects of chronic e-cigarette use among healthy young adults, ages 21 to 45, who smoked e-cigarettes exclusively for at least 5 days a week, for a minimum of 3 months. E-cigarette users were more likely to be younger, male, and white.

### **STUDIES SHOW MEN VIEW 'TRADITIONAL' DEPRESSION AS MORE SEVERE, LESS MASCULINE**

**Medical Express, April 27, 2020**

People around the world are isolating themselves to help slow the spread of COVID-19, but the crisis can heighten depression for those whose isolation has weakened their social support systems. Yet trends suggest men will be diagnosed with depression about half as often as women, whether in terms of new cases or those related to the current pandemic. Researchers know the disparity is not due to men suffering the condition less, but they don't fully understand why men don't seek help as often. A University of Kansas professor has published a series of studies about how men approach treatment for [depression](#). The findings show that men view "traditional" symptoms of depression as more severe than other types and that they perceive men with those same traditional symptoms as less masculine. The findings help increase understanding of why men do or don't seek treatment and the stigma attached to mental health and men.



### **HOW DO YOUNG MEN NAVIGATE CONSENT IN A POST ME TOO WORLD?**

*These conversations are to empower young men to want more for themselves*  
**Positive News, April 24, 2020**

The students attending today's workshop seem confident and engaged, but you might expect that from Cambridge undergraduates. However, youth worker Glen Wiseman, who delivers sex education in state secondary schools, says teens are just as eager to talk. "They're desperate to have these conversations," he says. "Whenever they're asked what they'd like to cover next, they always say they want the sexual health or relationship sessions."



## **MALE REPRODUCTIVE HEALTH PROBLEMS COULD BEGIN IN WOMB**

**Mirage News, April 26, 2020**

Disruptions to male babies' development early during pregnancy could have a profound effect on a man's future reproductive health, according to new research. A world-first finding into the gestation period when testes develop in the fetus has given researchers new insights into the potential causes of male infertility and testicular cancer later in life. A Hudson Institute research team led by Professor Kate Loveland has discovered that a growth factor, activin A, is linked to steroid production in the testes in utero. "This research demonstrates for the first time that activin A is necessary for normal production of testosterone in the fetal testis," said Ms Whiley, a PhD student with the Testis Development and Male Germ Cell Biology group and the study's first author. Published in the journal *Endocrinology*, the discovery shows that activin A promotes synthesis of two enzymes crucial for the final steps of testosterone synthesis, in a preclinical model. However, the absence of activin A resulted in an abnormal steroid environment.



## **INTERVIEW WITH AUTHOR MICHAEL C. REICHERT, PhD.**

**Build Up Boys, April 17, 2020**

Michael C. Reichert, PhD, founding director of the Center for the Study of Boys' and Girls' Lives at the University of Pennsylvania, and a clinical practitioner specializing in boys and men discusses how to better parent boys to help them combat gender pressure and define what being male means to them.

## **WEBINAR: YOUNG ADULT MALES**

**Wednesday, May 6, 2020**

In this third webinar in our Young Adult Health Series, focused on young adults and their unique health care needs, we will be discussing the current data and unique disparities related to the physical, mental and relational health of young adult males. We will include resources, strategies and program examples aimed at improving young adult male health, as well as an open discussion highlighting the need for creating meaningful connections while “social distancing” during the COVID-19 pandemic. This webinar is intended for state level public health professionals working with youth and young adults, however other professionals working with youth may find the content useful in other settings.

No fee. Register [here](#).

## **VIDEO: MOTIVATING BOYS TO LEARN DURING COVID: FIVE STRATEGIES FOR MOTIVATING BOYS TO LEARN ONLINE**

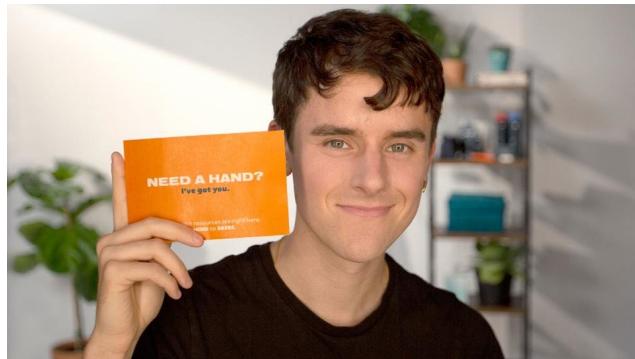
**by Michael Gurian**

April 24, 2020

## **US SUICIDE RATE CLIMBS 35% SINCE 1999, MALES CONTINUE TO BE AT GREATER RISK, NEW REPORT FINDS**

**Jackson Progress, April 8, 2020**

The suicide rate in the United States continues to rise, increasing 35% for almost two decades from 1999 through 2018, according to [a new data brief](#) released by the National Center for Health Statistics on April 8. The report included mortality data from the center's National Vital Statistics System. The data showed that the suicide rate climbed from 10.5 suicide deaths per 100,000 people in 1999 to a rate of 14.2 in 2018 -- increasing on average by about 0.8% each year from 1999 to 2006 and then by 2.1% per year thereafter. The data also revealed differences in suicide rates among boys and men compared with girls and women, as rates for males were 3.5 to 4.5 times the rate for females during the entire time period of the new report. Overall, US suicide rates in 2018 were found to be higher in rural regions than urban. The data showed that in 2018 the suicide rate among females was 5.1 per 100,000 in urban counties compared with 8.2 in rural counties. In 2018, the suicide rate among males was 18.3 per 100,000 in urban counties versus 31 in rural counties. The researchers wrote in the report that "for all levels of urbanicity, suicide rates were higher for males than for females."



## [HOW DOSOMETHING.ORG AND HARRY'S ARE TACKLING MENTAL HEALTH FOR YOUNG MEN](#)

**Forbes, April 14, 2020**

[DoSomething.org](#) has partnered with men's care brand Harry's for the "[Mental Note: Take Time for Yourself](#)" campaign, featuring the New York Times best-selling author & global entrepreneur [Connor Franta](#). "[Mental Note: Take Time for Yourself](#)" ignites the conversation around mental health in an effort to destigmatize the topic and help young men detect issues and ask for help. The campaign also helps encourage young men to build self-care into their daily routine and gain access to crucial resources. The campaign has already exceeded goals, with total sign ups to date at 103,347 and total men reached to date at 64,635.



## [CORONAVIRUS: PRESSURE ON BOYS 'TO BE A MAN' IS GROWING](#)

*In the middle of this crisis, boys need positive male role models more than ever, say Ross Deuchar and Graham Goulden*

**Tes, April 16, 2020**

Right now, many boys and young men will be finding life tough, but embedded perceptions of masculinity may prevent them from opening up to their emotional turmoil. In lockdown, many will be feeling isolated, anxious and uncertain. But the vulnerability that many will be experiencing is perhaps being disguised through displays of risk-taking in their peer groups. For example, large groups of boys and young men [continue to congregate defiantly in public spaces](#), despite government warnings not to. Also, we are still seeing some males stating that coronavirus won't affect them (dangerously incorrect when you read that [more males than females are dying after being infected](#)).



## BOYS & SEX: WEBINAR FOR PARENTS AND TEEN BOYS WITH PEGGY ORENSTEIN

Jewish Boston, April 18, 2020

Moving Traditions invites parents and their teen boys to join [Peggy Orenstein](#), The New York Times bestselling author of "[Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity](#)," for an honest conversation about masculinity, online sexuality and healthy relationships. Thursday, April 30, 2020, 8:30 pm - 9:30 pm.

## SUBSTANCE USE AND SUICIDE ATTEMPTS AMONG ADOLESCENT SEXUAL MINORITY MALES: A COMPARISON OF SYNTHESIZED SUBSTANCE USE MEASURES

American Journal of Epidemiology, April 13, 2020

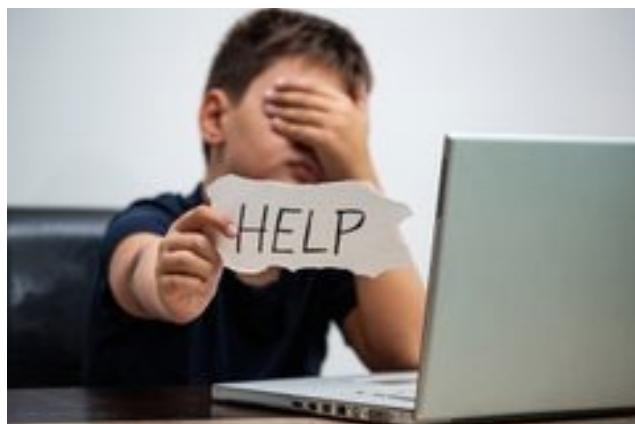
### **Abstract**

Adolescent sexual minority males (ASMM) are among the highest risk groups for suicide in the United States, with substance use as a significant risk factor. We tested for an association between substance use and suicidality among ASMM from the 2015 and 2017 Youth Risk Behavior Survey (n=849). We compared several approaches to synthesizing measures of marijuana, cocaine, heroin, ecstasy, methamphetamines, synthetic marijuana, and prescription drug abuse, including several categorized and continuous indices, latent class analysis based on any use of each substance, and latent profile analysis based on usage frequency. Using all approaches, substance use was positively associated with suicide attempts independent of covariates. A continuous cumulative index was the best fit to our data (Quasi-Information Criterion=854.00) and detected the largest association, with the highest prevalence of suicide attempts among ASMM who used all substances compared to those who used none ( $aPR=3.35$ , 95% CI 2.41, 4.66). A 3 latent class model had the second best fit to the data (Quasi-Information Criterion=878.44), with the highest prevalence of suicide attempts ( $aPR=2.54$ , 95% CI 1.80, 3.57) among the high substance use class compared to the low use class. Substance use is an especially important focal point for targeted interventions reducing suicidality among ASMM.

## **COVID-19: YOUNG BOYS AT HIGHER RISK OF INFECTION AND SEVERE ILLNESS FROM CORONAVIRUS, SAYS STUDY**

**Yahoo News, April 11, 2020**

In [recent reports](#), it has been said that the coronavirus takes a higher toll on men—with some experts warning that [\*\*being male may be a risk factor for COVID-19, as much older age is.\*\*](#) In fact, a scientist who studies sex difference in viral infections at Johns Hopkins Bloomberg School of Public Health, Sabra Klein told the New York Times: “Being male is as much a risk factor for the coronavirus as being old. People need to be aware that there is this pattern. Just like being old means you’re at higher risk, so does being male. It’s a risk factor.” She also said the vulnerability “could be biological or behavioural,” adding that women have more robust immune systems than men. But a new study from the Centers for Disease Control and Prevention (CDC) is suggesting it may have more to do with biology than lifestyle. In particular, it may even have to do with genetics. In CDC’s Morbidity and Mortality Weekly Report published on Monday (6 April), it is found that there is a higher prevalence of COVID-19 in males across every pediatric age group—including newborns and infants. Specifically, in the study of over 2,500 children—aged 0 to 18—with COVID-19, some 57 percent were male, suggesting that “biological factors” could make men more susceptible to the virus. Based on the study, among the cases in children, the median age was 11 years, with nearly one-third of reported pediatric cases of cases involving teens between the ages of 15 and 17. Among pediatric cases for which sex was known, 57 percent occurred in males—much higher in percentage compared to adult cases, in which 53 percent occurred in males.



## **THE OTHER #METOO: MALE SEXUAL ABUSE SURVIVORS**

**Psychiatric Times, April 8, 2020**

April is Sexual Assault Awareness Month. And while our society is well aware of female victims, often male victims of sexual assault are forgotten or neglected due to shame, stigma, and the like. Indeed, some may find it surprising that at least 1 in 6 boys is sexually abused before their 18th birthday.<sup>1</sup> This number rises to 1 in 4 men who experience unwanted sexual events across their lifetime.<sup>2</sup> To wrap your head around those numbers, picture a large college football stadium filled with 100,000 seats. If the audience was solely male, that would mean that at

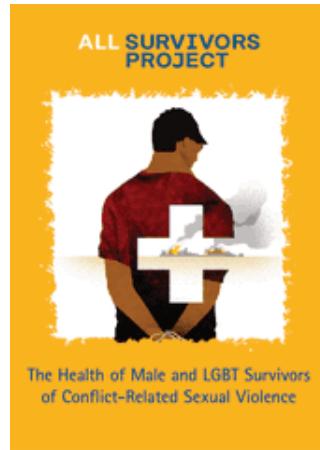
least 25,000 men have been or will be sexually assaulted. That number is staggering. The public and some health care providers may hear the words men and sexual assault and automatically assume that men are the perpetrators. Somehow seeing men as the targets of sexual violence is difficult to comprehend. The truth is it is hard for most men to see themselves as victims or as someone who has been abused. While traumatic events are quite common in the general population, most people do not have long-standing negative mental health consequences as a result. However, with some traumatic events there is higher incidence mental health difficulties. Sexual trauma packs a huge wallop compared with other traumatic experiences. The probability of having negative consequences is much higher with sexual abuse compared with most other traumatic events. Individuals who experience sexual abuse or assault are at risk for a wide range of medical, psychological, behavioral, and sexual disorders.



### **BLACK BOYS CRY TOO: LET THEM BE FREE TO EXPRESS HEALTHY EMOTIONS**

Diverse Education, April 9, 2020

Distorted and misguided views about who is permitted to be sensitive, empathetic, and demonstrative about being in pain of any kind must not be part of raising Black boys. Studies indicate that Black males seldom and/or are the least likely to seek and ask for formal and informal help, such as counseling. Their pain festers and can implode in such forms as anger and rage. Health issues ensue (e.g., high blood pressure, diabetes, obesity), along with shorter life spans. Let your Black boy at all ages be emotional, sensitive, and empathetic, and praise him for doing so. Teach and embrace your son asking for help from you and others to cope and constructively deal with emotions and to build and maintain healthy relationships. Admonish anyone who, in any form and fashion, criticizes you for raising a Black boy who is compassionate. Never let your son be bullied for being sensitive and expressing human/humane emotions that come with nicks and bruises on the body and in the heart and soul. Do not be afraid to demonstrate and discuss your healthy emotions and behaviors with your son, and do so early on.



## **STUDY: THE HEALTH OF MALE AND LGBT SURVIVORS OF CONFLICT-RELATED SEXUAL VIOLENCE**

**Relief Web, April 8, 2020**

Conflict-related-sexual-violence (CRSV) against women and girls has received increasing attention globally. At the same time, less is known about men, boys and LGBT persons who suffer CRSV. Research estimates that, in some context, the magnitude of CRSV against men and boys is extremely high, with prevalence rates ranging from 32.6% in Liberia to 21% in Sri Lanka. The health and social consequences of CRSV for the lives of men, boys and LGBT persons are severe and long-lasting. CRSV against men, boys and LGBT persons is largely motivated by gendered expression of domination and control. Despite the severe health and social burden associated with CRSV, evidence on interventions addressing the health and wellbeing of male and LGBT survivors of CRSV remains scarce, and limited resources and support are available to target their needs. This report addresses these gaps by summarising and expanding on key findings from a forthcoming realist review by the authors on health interventions for men, boys and LGBT survivors of CRSV. The review was preceded by a first workshop with key international stakeholders (London, 11-12 October 2018) to identify parameters and scope of a conceptual framework on responses for male and LGBT survivors in conflict and displacement settings.

## **HEALTHY MEN: APRIL IS TESTICULAR CANCER AWARENESS MONTH**

**Medical Xpress, April 1, 2020**

Did you know that the most common form of cancer in boys and young men ages of 15-35 is almost entirely curable if caught early? And did you know that awareness and screening are the most effective ways to fight that disease? Now that you know, how'd you like to help spread the word? April is Testicular Cancer Awareness Month, and now's the perfect opportunity to make sure that the men and boys in your life learn everything they can about [testicular cancer](#).

Testicular cancer is relatively rare, accounting for only about 1% of all male cancers. Caucasian males are more likely than African Americans, Asians and Hispanics to develop the disease. But overall, it's the most common form of cancer among boys and men between 15 and 35 years old, with an average age at diagnosis of about 33. This year, in the U.S. alone, more than 9,600 males will be diagnosed with testicular cancer, according to the American Cancer Society, and about 440 will die. And over the past few decades, the incidence rate has been steadily increasing. The good news is that testicular cancer, if caught early,

has a 99% five-year survival rate. But the bad news is that, as we've discussed in previous columns, in general, men and boys are far less likely than women and girls to have regular contact with a health care provider. That makes early diagnosis of testicular cancer—and most other potentially serious health conditions—extremely difficult.



## [GENDER IMBALANCES: MISSING GIRLS AND VANISHING MEN](#)

**Pass Blue, March 31, 2020**

Normally, the numbers of males and females in a human population are about the same across all such populations. However, pregnancy interventions by couples and unhealthy lifestyles among young men have produced gender imbalances, giving rise to "missing girls" in some populations and "disappearing men" in others. The coronavirus pandemic will have lasting impacts on the imbalances as well. Preliminary studies in China, Italy, South Korea and the United States find that men are more likely to die from Covid-19 than women. Based on Italy's experience, the mortality in males seems to be twice that of females in every age group. Among some Western European countries, around 70 percent of those who have died from the virus were men. The biologically natural sex ratio at birth for human populations is typically around 105 males per 100 females, though it ranges from 103 to 107. With slightly higher death rates for males, gender balance is maintained through childhood and adulthood until later in life, when women increasingly outnumber men. Developed countries experience the phenomenon of disappearing men typically when they begin to reach their mid-30s. The premature deaths of young men are largely the result of unhealthy lifestyles, including excessive alcohol consumption (especially binge drinking), smoking, suicide, cardiovascular diseases and accidents often linked to alcohol. The coronavirus pandemic has only worsened the impact and the death rates of unhealthy lifestyles on the men.



### **STUDY: YOUNG MALES RANK LIVE SPORT AS WHAT THEY MISS MOST DURING COVID-19 PANDEMIC**

*Global survey predicts sports viewership surge post-coronavirus shutdown.*

**Sports Pro Media, March 31, 2020**

New consumer research has revealed that watching live sports is what young males are missing most during the social disruption caused by coronavirus, with latent demand potentially creating a surge in interest post-shutdown. The global survey carried out by IMI's NextWave consultancy shows that 38 per cent of males in the Gen Z and Millennial age groups have said that watching live sports with friends and family is what they are missing during the pandemic. That ranks ahead of simply feeling safe to go outside (31 per cent) or general social interaction with friends and family (32 per cent). Overall 19 per cent of those surveyed listed watching sport as an activity they miss. The Consumer Perception of Covid-19 report suggests there is a 'pent-up demand' brewing among fans, and anticipates a surge in viewership when live competition finally resumes. Half of the respondents in Italy and Australia claim their interest in live sport will increase when games finally resume. That also reflects a projected 40 per cent net increase in sports viewership in both countries.



### **MENTAL HEALTH TOOLKIT FOR TEENAGE BOYS**

*Our sons need tools to promote mental health during the teenage years.*

**Psychology Today, April 1, 2020**

While raising teenage boys, I think it is important for my sons to have certain tools to take with them in order to promote mental health especially as they go out into the world. In today's turbulent times I think the same toolkit exists, with some modifications, to help teenage boys maintain their mental health. Here are the five tools I want my teenage son, and all teenage boys, to have in their mental health toolkit:

1. Friends.
2. Healthy hobbies.
3. An adult connection.
4. Space that is their own.
5. Exercise.



### LEGALIZING GAY MARRIAGE DECREASES SUICIDES BUT DISCREPANCIES REMAIN

*Even as the legalization of gay marriage has led to decreased suicide rates, research shows that same-sex couples remain at heightened risk.*

**Mad in America, April 1, 2020**

Legalizing same-sex marriage leads to a substantial [drop in suicide rates](#) among gay and lesbian people. However, new research demonstrates that despite these results, sexual minority couples remain at a heightened risk for suicide, and more advocacy and policy work is needed to address discrimination and increase protective factors. The latest study, published in the Journal of Epidemiology and Community Health, compares the suicide rates of same-sex and opposite-sex married couples in Denmark and Sweden from 1989 to 2016. Despite an overall decrease in suicide rates among same-sex couples as a result of increased rights and recognition, the study finds that people who entered a same-sex marriage continue to have a higher risk of suicide than people in opposite-sex marriages. "We found that persons who had ever entered a same-sex marriage experienced a suicide rate twice that of those who entered an opposite-sex marriage," the lead researcher, Annette Erlangsen, from the Danish Research Institute for Suicide Prevention, writes. "We also found particularly elevated rate ratios among younger individuals while the excess suicide mortality has decreased in recent years."

## **HOW SHOULD PARENTS TALK TO THEIR SONS ABOUT SEX?**

*Both parents and sons want "the talk" to happen, but not always in the same way.*  
**American Association for the Advancement of Science, March 22, 2020**

Surveying nearly a thousand parents of teenagers, Reina Evans and colleagues collected questionnaires asking parents about their sex education efforts with their children. Ninety-seven percent reported they have talked to their child about sexuality. To repeat: Only 3 percent said they had not talked with their child about sex. What did they talk about with their son? The rank below indicates whether parents ever talked to their son about the sex topic—from most to least. The first ranking is mothers; ranking in parenthesis is fathers.

1. Dating/romantic relationships (1)
2. Abstinence/delaying sex (7)
3. Pregnancy (2)
4. STDs, HIV, AIDS (4)
5. Safe sex (3)
6. Condoms/contraception (5)
7. Abortion (11)
8. Sexual desire/turned on by sex (5)
9. Choice of sex partner (9)
10. Masturbation (8)
11. Sexual satisfaction/orgasm (10)
12. Talking about sexual wants with partner (12)
13. Different types of sex (e.g., oral sex) (13)

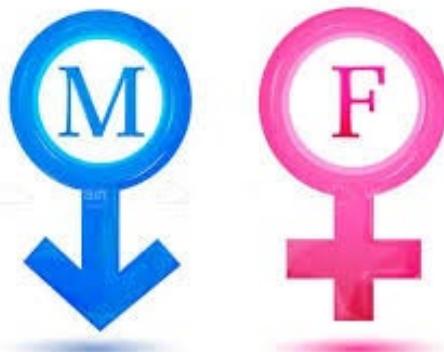
Mothers and fathers communicated more frequently about sexual risk than sex-positive topics with their children. More than 90 percent of parents reported they talked to their son about dating/relationships. By contrast, less than 40 percent talked to him about different types of sex and asking a partner about sexual needs.



## **OBAMA'S 2008 ELECTION IMPROVED MENTAL HEALTH OF BLACK MEN, RESEARCH SHOWS**

**American Association for the Advancement of Science, March 24, 2020**

Barack Obama's election to the nation's highest office in 2008 improved the mental health of black men, according to new research from Rice University. "Yes We Can!" The Mental Health Significance for U.S. Black Adults of Barack Obama's 2008 Presidential Election" is available online and will appear in an upcoming volume of the journal *Sociology of Race and Ethnicity*. Lead researcher Tony Brown, a professor of sociology at Rice, said sociologists typically focus on how negative events such as disasters, job losses, interpersonal discrimination, food insecurity and poverty impact people's lives and health. What they don't often think about is how positive events impact people. "This is one major reason we pursued this study -- we wanted to know if there were any health implications from this momentous occasion in U.S. history," he said. Brown and his co-authors examined black adults' mental health for 30 days prior to and 30 days following the 2008 election. The data came from the Behavioral Risk Factor Surveillance System, a nationally representative survey of 400,000 U.S. adults evaluating different health aspects. The researchers found the election resulted in a statistically significant mental health benefit for black men.



### **SCIENTISTS INVESTIGATE WHY FEMALES LIVE LONGER THAN MALES**

**American Association for the Advancement of Science, March 24, 2020**

An international team of scientists studying lifespans of wild mammals have found that, just like humans, females tend to live significantly longer than their male counterparts. The researchers looked at the lifespans of 101 different species, from sheep to elephants, and found that females lived an average of 18% longer than males for more than 60% of the species studies. In humans, females tend to live around 7.8% longer. The study, led by scientists at University Lyon 1 and published in the prestigious journal, *Proceedings of the National Academy of Sciences*, found this was not due to the sexes aging at different rates but that females had an average lower risk of mortality in adulthood than males. It was unclear from the data as to why females survive longer than males, however the authors suggest that it could be due to complex interactions between the local environmental conditions and sex-specific costs of reproduction. Professor Tamás Székely, from the Milner Centre for Evolution at the University of Bath, was one of the authors of the study. He said: 'We've known for a long time that women generally live longer than men, but were surprised to find that the differences in lifespan between the sexes was even more pronounced in wild mammals than in humans. "This could be either because females are naturally able to live longer, or that female mortality drops compared with males. "Female lions live together in a pride, where sisters, mothers and daughters hunt together

and look after each other, whereas adult male lions often live alone or with their brother and therefore don't have the same support network. "Another possible explanation for the sex difference is that female survival increases when males provide some or all of the parental care. This is also true in birds. Giving birth and caring for young becomes a significant health cost for females and so this cost is reduced if both parents work together to bring up their offspring."



### WHY TO YOUNG MEN ENGAGE IN RISKY BEHAVIORS?

*It's all about attracting mates, of course.*

**Psychology Today, March 23, 2020**

Research shows that young people aren't always risk-seeking. Instead, whether they take risks or not seems to depend on the circumstances. Young males tend to be more daring than young females, and the presence of same-sex peers can certainly goad these boys into taking risks they wouldn't take otherwise. At the same time, the mere presence of an attractive young female can also serve as a catalyst for male risk-taking. Studies have shown that young males in stable romantic relationships are more cautious than their unattached peers. Some researchers have explained these findings by suggesting that prudent young men are more likely to attract steady girlfriends. However, psychologist Karol Silva of the Roberts Center for Pediatric Research in Philadelphia and her colleagues propose a different hypothesis, namely that their girlfriends have a calming effect on them. To test this hypothesis, Silva and colleagues invited young men and their girlfriends into their lab to engage in a standard assessment of risk proneness known as the Stoplight Game. This is a kind of driving simulator implemented on a desktop computer. The participants are asked to navigate through a series of intersections to arrive at their destination as quickly as possible. The results showed that the young men were just as risk-prone when an attractive female stranger was by their side as when they played the game alone. In other words, the strange woman didn't have the same calming effect on them as their girlfriends did. From an evolutionary perspective, this pattern of results makes perfect sense. Risk-taking in males is always about attracting mates. At any rate, the results of this experiment clearly demonstrate that having his girl by his side has a calming effect on a young man. It makes him more cautious and prudent. But when his girl is out of sight, he's just as reckless as he was before he won her heart.



## [YOUNG MALES 20-39 IN SAN DIEGO COUNTY HAVE HIGHEST CORONAVIRUS INFECTION RATE](#)

NBC San Diego, March 25, 2020

According to San Diego County Health and Human Services, nearly twice as many men in San Diego County have tested positive for coronavirus than women. Numbers as of March 24 show 157 of the total 242 people who tested positive for the virus are male, whereas 85 women tested negative. The ratio of men who have tested positive for coronavirus in San Diego County is higher than that across the entire state. Numbers from the California Department of Health shows that 51 percent of those who tested positive for the virus have been men while 40 percent were women - the remaining 8 percent were listed as unknown. "Historic data from previous coronavirus outbreaks shows men were disproportionately affected during the SARS and MERS outbreaks," said Baweja. "While more women were infected by SARS in Hong Kong in 2003, data shows death rates among men was 50 percent higher." So, just why is that? Bawega says physiology. "Men have weaker immune systems. From an evolutionary standpoint it makes sense that women have stronger immune systems to provide antibodies to the offspring via breast milk. Furthermore, women's bodies produce stronger immune responses to immunization/vaccines than men and women are also at advantage with estrogen which appears to play a role in providing immunity." Forensic psychiatrist Dr. Clark Smith has another theory, "There is speculation that males are more likely to be active, out in the community and susceptible to infection, however this is true for the nursing home population also. Maybe men are just less fastidious about washing their hands."



## UB NURSING STUDY LINKS SUBSTANCE USE IN ADOLESCENTS TO INSUFFICIENT SLEEP, ESPECIALLY IN MALES

University of Buffalo Now, March 25, 2020

School of Nursing researchers have found “significant association” between alcohol or marijuana use and insufficient sleep among high school students. The study, [“Association Between Substance Use and Insufficient Sleep in U.S. High School Students.”](#), published earlier this year in the Journal of School Nursing, tested a nationally represented sample of high school students and found a close association between using substances including cigarettes, electronic vapor, alcohol and marijuana, and experiencing insufficient sleep. The association between marijuana use and insufficient sleep is especially strong for male and younger students. Researchers stressed the importance of screening for insufficient sleep among adolescents who report marijuana and alcohol use, especially for boys and adolescents entering high school. They suggested individual sleep assessments, such as one- or two-week sleep diaries. Health and education officials also need to address sleep hygiene and the consequences of sleep deprivation during school-based cessation and substance abuse prevention programs. “Moreover, school administrators may need to provide support for the offering of wellness programs that integrate sleep health education and substance use prevention,” according to the study. While substance use and sleep behaviors have been studied extensively in adults, the researchers say, these associations have not been explored much in adolescents.



## EARLY MALE PUBERTY LINKED TO LATER TYPE 2 DIABETES RISK

*Research suggests an early growth spurt in boys may be a new risk factor for the development of type 2 diabetes later in life.*

Everyday Health, March 23, 2020

Boys who enter puberty earlier than average seem to have a higher risk of developing type 2 diabetes in adulthood than late bloomers do, a new study by Swedish scientists finds, uncovering a potential new risk factor for the disease. While each individual's risk for type 2 diabetes is unique, some 15 percent of men who developed the condition likely would not have had they started puberty later, says a coauthor of the study, Jenny Kindblom, MD, PhD, an associate professor at the University of Gothenburg in Gothenburg, Sweden. The research, published in *Diabetologia*, the journal of the European Association for the Study of Diabetes, in March 2020, examined a large cohort of Swedish men who participated in a huge study in that country, known as the BMI Epidemiology Study Gothenburg.

Records were analyzed of some 30,000 baby-boom males who had been followed for three decades. Dr. Kindblom says that researchers can't say for sure why early puberty was found to be linked to increased diabetes risk. Some research has shown that girls whose periods begin earlier also face higher rates of blood-sugar problems, she says, referencing data collected by researchers at the University of Minnesota in Minneapolis. Kindblom speculates that in boys, a possible connection is "that early puberty leads to more visceral fat" in adulthood. This is the fat that gathers around the abdominal organs, which is known to increase "cardiometabolic risk factors such as high blood pressure and abnormal lipid levels," she says. Research that she worked on earlier found a link between early puberty and more dangerous visceral fat later in life; it was published in the [journal Diabetes](#).

### **THE CORONAVIRUS IS KILLING FAR MORE MEN THAN WOMEN**

*Upward of 70 percent of deaths in Italy have been men. The question is: Why?*  
**Washington Post, March 19, 2020**

With over 200,000 coronavirus cases worldwide and thousands of deaths, a striking pattern is appearing in the hardest-hit countries: more men are dying than women. Nowhere is this trend more pronounced than in Italy. Men make up nearly 60 percent of people with confirmed cases of the virus and more than 70 percent of those who have died of covid-19, according to the country's main public health research agency. On the other end of the spectrum is South Korea, where about 61 percent of confirmed infections have been in women. Though far fewer patients have died, the majority of fatalities — 54 percent — were again men. As the pandemic escalates, epidemiologists and public health authorities are scrambling to understand who is most vulnerable and how to protect them. The data from countries such as Italy and South Korea show that the disease can take wildly different paths. Exactly what makes a group vulnerable — and how to protect them — has experts "mystified," said Carlos del Rio, chair of the department of global health at Emory University. "This difference in mortality is creating a lot of anxiety," he added. Even before the covid-19 pandemic reached Italy, early reports out of China suggested men were especially at risk. A study of 99 patients at a hospital in Wuhan, where the virus originated, found that men made up two-thirds of patients, and half of all the people who were hospitalized had chronic conditions such as heart disease or diabetes. More recent figures from China's Center for Disease Control, based on tens of thousands of cases, showed a strong gender breakdown of deaths, which were 64 percent male. But the figures in Italy have been even more staggering. Nearly 60 percent of diagnoses have been in men, according to Italy's top health research agency, Istituto Superiore di Sanità. Across the first 1,697 coronavirus deaths, 71 percent — 1,197 — were men. Just 29 percent, or 493, were women. In a recent study published in the Lancet, meanwhile, the figures were even higher. It found that 80 percent of the deaths were in men and just 20 percent were in women. It is certainly possible that as death tolls rise in other countries, the pattern of greater male deaths seen so far in Italy, China, and South Korea could shift. But so far, this is what the evidence shows in the two countries with the largest death tolls, Italy and China, and in a third country (South Korea) acclaimed for keeping very good tabs on the disease.



## BIRTH ORDER COULD INFLUENCE SEXUALITY MORE THAN MANY REALIZE

**Instinct Magazine, March 19, 2020**

A new study shows having an older brother can increase the odds among men of being gay. German and Canadian researchers compiled data from ten different studies on sexual orientation focusing on families with two sons giving them a dataset of 5,390 gay and straight men. Crunching the numbers they found males with an older brother had a 38 percent higher likelihood of being gay than men who don't have older male siblings. The study was published Wednesday in the [Proceedings of the Royal Society B](#) journal. Additionally, the data indicated the more older brothers a man had, the greater the odds he would be gay. *The New York Post* reports the study also found "a correlation between mothers giving birth to homosexual males and having more children, as compared to moms of straight males having fewer children." In their paper, the researchers wrote, "[Mothers] of homosexual males produce more offspring than the mothers of heterosexual males." Professor David Spiegelhalter, of the University of Cambridge, told the *Daily Mail*, "The fascinating study estimates that having an older brother increases the odds of being gay by 38 percent, supporting the idea that a mother's immune response to having a male child influences subsequent boys." The study's authors hypothesize that immune systems of mothers who give birth to a male baby react to a specific protein that has been shown to be important for brain development in male fetuses. The antibodies developed in reaction to that protein impact the brain development of future male children. The researchers noted that no correlation was found between the birth order for women and sexuality.

## GENDER STEREOTYPES KEEP BOYS FROM READING AS WELL AS GIRLS

**The Philadelphia Tribune, March 3, 2020**

Girls can't do math. Boys can't read. These negative stereotypes are not only reinforced by teachers and parents but by a child's peers in the classroom as well, a new study finds. "Our study may be the first to investigate how students' stereotypical beliefs about the reading ability of boys form what you might call the 'common stereotype' of a class, and how this common stereotype may affect students' reading outcomes," said co-author Jan Retelsdorf, an educational psychologist at the University of Hamburg in Germany. "We looked at the impact in actual classrooms, instead of a lab," Retelsdorf added. "A key merit of our

study is that we have this focus on real world stereotype effects.” The study, published in the journal *Child Development*, found that girls benefited from their peer’s positive beliefs about their greater ability to read. Student stereotypes about the weak reading skills of boys, however, created a self-fulfilling prophecy of poor motivation and performance among the boys in the class. “It’s a cycle of sorts,” said lead author Francesca Muntoni, postdoctoral research associate at the University of Hamburg. “Reading is first stereotyped as a female domain.” This causes boys to “devalue their actual reading ability,” Muntoni said, “while also having less motivation to read, which in turn impairs their reading performance.”



## HOW SIBLINGS' GENDER CAN AFFECT A CHILD'S DEVELOPMENT

**Baltimore Sun, March 11, 2020**

Sibling sex ratio can be profoundly important in a child’s development. “It’s the longest-lasting relationship that most people have,” said Susan M. McHale, a professor at Penn State University whose research focuses on siblings. The research shows, she said, that parents tend to spend relatively more time with a child of the same sex as the parent — but that when parents have children of both sexes, the discrepancy shrinks, at least in the U.S. families they have studied. In other studies, McHale and her research team have also looked at parents’ differential treatment of their children. Children who perceive that the other sibling is the favorite, she said, are at risk for depression and risky behavior, but those negative consequences are mitigated when there’s a reason for the differential treatment, and parents explain it so children see it as fair: “Your brother has needs right now that require some special attention.” As children get older, the influence of the sibling relationship affects adolescent behavior and development. When it comes to heterosexual romantic relationships, adolescents who have an other-sex sibling “grow faster in their romantic competence” than those with a same-sex sibling, McHale said. Other research has suggested, Zietsch wrote, that “males with more older brothers are more likely to be gay,” referencing the so-called fraternal birth order effect, which is thought to be linked to biological processes involving the mother’s immune system during pregnancy. Having an older brother is also tied to risk-taking behavior in adolescence, especially for boys. “The brother-brother pair can be the at-risk dyad in the sibling literature,” McHale said. There’s a worry that having an older brother exposes the younger one to risky behavior. “These boy-boy pairs, especially if the brothers are

close in age, can be at risk for more delinquency and substances," she said. In the families of Mexican origin that her team has studied, "Having an older sister is protective; having an older brother is a risk factor."



#### GAY & BI TEEN BOYS ARE 5 TIMES MORE LIKELY TO BE SEXUALLY ASSAULTED

*A new study found that gay and bi teens are much more likely to face abuse and violence than straight teens.*

**LGBTQ Nation, March 11, 2020**

Gay, bisexual, and questioning teens are more likely to face abuse from their parents and romantic partners, according to a research paper published this month in JAMA Pediatrics. Researchers looked at data collected by the Centers for Disease Control (CDC) from surveys of 29,000 14 to 18-year-old teens conducted from 2015 to 2017 and found a "striking" difference in the rate at which LGB teens are the victims of abuse compared to straight teens. Over one in 10 LGB teens reported being the victim of romantic partner violence in the previous year, and over one in five said that they had been sexually assaulted. Lesbian and bisexual girls were over twice as likely to have gotten in a physical fight. Gay and bisexual boys were five times more likely to have been sexually assaulted than straight boys. Theodore Caputi, who works with the Health Equity Research Lab at Harvard Medical School and the lead author of the study, said that the violence constituted a "public health crisis." "Unfortunately, physical and sexual violence are commonplace in the daily lives of lesbian, gay, bisexual, and questioning adolescents," he told US News & World Report.



## **THE PICK-UP COMMUNITY AND YOUNG MEN'S MENTAL HEALTH**

*A new study reveals the surprising secrets of young male pick-up artists.*

**Psychology Today, March 11, 2020**

A cross-national community of like-minded young men has emerged in recent years, ostensibly dedicated to learning techniques and mindsets that can improve their success with women, or game. This is also known as the seduction community. This community is led by professional pick-up artist (PUA) instructors who teach game to eager young men through a variety of products. These include in-person seminars, on-line courses and three-day bootcamps. Most major cities regularly host well-attended bootcamps and also contain PUA inner circles (or lairs), where young men meet together regularly to discuss and practice various aspects of game. Interestingly, there has been little research on the ordinary rank-and-file young men participating in the seduction community, despite its popularity. As such, myself and my student, Jacky Zhou, conducted an in-depth study, interviewing 34 young men involved in the community.

Our academic paper describing the study was published last month in the scientific journal PLOS ONE. Men in the study commonly disclosed several poignant reasons why they joined the community, many of which are only tangentially related to sex and seduction. To start, loneliness was a core driver for participation in the community. Many participants reported having few or no friends, describing themselves as introverts, shy, nerds, awkward or socially anxious. Another common reason for joining the community was a lack of male role models, as well as a need for guidance and mentorship on 'how to be a man.' Indeed, many participants poignantly described the absence of fathers from their lives due to bereavement, divorce, dislocation, or other factors. This led some men to join the community to help fill these deficits.



## **WHY YOUNG MEN ARE TURNING TO CIRCUMCISION**

**Brisbane Times, March 7, 2020**

Young boys and men are increasingly being circumcised. The number of circumcisions with a local anaesthetic grew by nearly 60 per cent from 6518 in the year ending June 2017 to 10,352 in the year ending June 2019, Medicare item reports show. The number of circumcisions with a regional nerve block more than doubled from 5425 in 2017 to 11,526 in 2019. These numbers do not include services provided by hospital doctors to public patients in public hospitals. Last financial year there were 4174 admissions to public hospitals for circumcision for medical reasons, the Australian Institute of Health and Welfare reported. The rate of newborn circumcision, once routine for social reasons, has plummeted to

between 10 and 20 per cent of babies, the Paediatrics & Child Health Division of the Royal Australasian College of Physicians said. The rise in older age circumcision is due to a condition called phimosis, a narrowing of the foreskin, which may make retraction over the shaft of the penis impossible. Phimosis can cause multiple infections and even rupturing of the foreskin, but its onset happens well after birth. The only permanent fix is circumcision. Between 2001 and 2016 the number of times GPs managed phimosis soared nearly 90 per cent, from 18,100 to 34,100, according to figures compiled by University of Sydney research fellow Chris Harrison. The average age for treatment of phimosis is 17.

### **BOYS WITH INATTENTION-HYPERACTIVITY FACE INCREASED RISK FOR TRAUMATIC BRAIN INJURIES**

*First study to show that childhood behaviours may predict traumatic brain injuries later in life*

**Science Daily, February 19, 2020**

McGill-led research shows that boys exhibiting inattention-hyperactivity at age 10 have a higher risk for traumatic brain injuries (TBIs) in adolescence and adulthood. Treatments to reduce these behaviours may decrease the risk for TBIs. "Traumatic brain injuries are the leading cause of death and disability in children and young adults, but little is known about the factors that provoke them," says Guido Guberman, a doctoral and medical student in the Department of Neurology and Neurosurgery at McGill University. The study published in the Canadian Journal of Psychiatry is the first to show that childhood behaviours identified by teachers such as inattention-hyperactivity predicted subsequent traumatic brain injuries. The study also found that boys who sustained TBIs in childhood were at greater risk of sustaining TBIs in adolescence.



### **LONG-TERM ANTISOCIAL BEHAVIOR IN MALES LIKED TO DIFFERENT BRAIN STRUCTURE**

**The Justice Gap, February 24, 2020**

Long term offenders might have a difference in brain structure which contributes

to anti-social criminal behaviour, according to a new study published in [The Lancet](#). Focusing on young males' trajectory of crime, the study highlights a difference between adolescent delinquency and those who go on to be life-long offenders. One of the study's authors, Prof Essi Viding stated that offenders 'should not all be treated the same' emphasising a difference between these young men although the study has limitations (the group in question was small and 90% were white). The study points out that, although there were biological differences linked to the long-term offending behaviour, socio-economic factors cannot be ignored as contributing to this, for example childhood deprivation was cited as a factor possibly affecting early brain development. These environmental factors were important to note as the focus of criminal behaviour studied is of an anti-social nature as opposed, to say financial crimes.



### [\*\*GAY MEN MORE AT RISK OF EATING DISORDERS, BUT FINDING COMMUNITY CAN BE HARD\*\*](#)

Wbur.org, February 25, 2020

Eating disorders will affect some 10 million men in the U.S. over their lifetime, according to the [National Eating Disorders Association](#), but men are much less likely than women to seek treatment. And studies show gay and bisexual men are significantly more likely to develop a disorder than heterosexual men. "Eating disorders have traditionally been associated with females and femininity," says Jason Nagata, a professor of pediatrics at the University of San Francisco who focuses on eating disorders in young men. "So they are under-recognized and underdiagnosed in the male population." Nagata says men may fear stigma or shame if they ask for help because of that feminine association. Clinicians aren't as quick to screen for eating disorders in men, and parents of teenagers might not recognize the behaviors that signal an eating disorder, which [include](#) dramatic weight loss, calorie restriction, food rituals and excessive exercise. That last one is important, Nagata says. "One reason why eating disorders may be under-diagnosed in the male population is that the ideal masculine body image is not necessarily thin," he says. A study led by Nagata [found that](#) adolescent boys often see themselves as smaller than they really are, even when they're at a healthy body mass index. Nearly one in three boys in the study reported trying to gain weight. At the extreme, boys may suffer from body dysmorphia.

### [\*\*GAY MEN UNDERESTIMATE THEIR RISKS FROM HPV\*\*](#)

US News, February 20, 2020

Young men who have sex with other men don't fully grasp their risk for human

papillomavirus (HPV) infection, due to a lack of information from health care providers, researchers say. Interviews with men in their early 20s who are gay, bisexual or who identify as straight but have sex with men found that they knew little about HPV, including how it is transmitted, its symptoms and how it contributes to cancer risk. These men also placed little importance on HPV vaccination, mistakenly believing that HPV mainly or only affects women, according to the study published recently in the *Journal of Community Health*. The study also found that health care providers rarely discuss HPV and the HPV vaccine with young men. Even when they do, providers often fail to adequately explain the potential risks of HPV and the benefits of vaccination.

**COMMON PLASTICS CHEMICALS LINKED TO AUTISM TRAITS IN YOUNG BOYS**

**US News, February 19, 2020**

Young boys whose mothers were exposed to chemicals known as phthalates while pregnant may face an increased risk for developing behaviors associated with autism, a new study warns. Phthalates are chemicals found in many household products, including cosmetics and plastics. The study didn't identify a heightened risk for autism per se among boys, but rather a "small" increase in the chance for developing certain autism-related traits by age 3 or 4. These include social impairment, repetitive behaviors and restricted interests, said study lead author Youssef Ouhote. This elevated risk was not seen in girls. Phthalates have long been the subject of controversy. Research has suggested they could disrupt hormones in developing children. Despite their removal from many household items, Ouhote noted phthalates can still be found in a wide range of consumer goods, including fragrances, shampoos and personal care products, detergents, industrial solvents, and vinyl flooring. They are also in some plastics, food packaging and medical devices.

**STUDY DETECTS ABNORMALLY LOW LEVELS OF A KEY PROTEIN IN BRAINS OF YOUNG MEN WITH AUTISM**

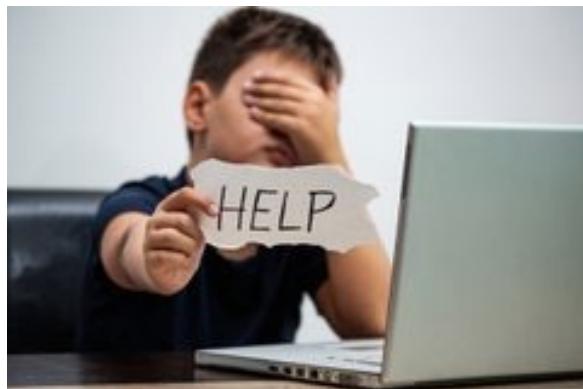
**American Academy for the Advancement of Science, February 21, 2020**

Using cutting-edge imaging technology, researchers at Massachusetts General Hospital (MGH) have shown that the brains of young men with autism spectrum disorder (ASD) have low levels of a protein that appears to play a role in inflammation and metabolism. This surprising discovery, which published online today in the journal Molecular Psychiatry provides an important new insight into the possible origins of ASD, which affects one in 59 children. ASD is a developmental disorder that emerges in early childhood and is characterized by difficulty communicating and interacting with others. While the cause is unknown, growing evidence has linked ASD to inflammation of brain tissue, or neuroinflammation. One sign of neuroinflammation is elevated levels of a substance called translocator protein (TSPO), which can be measured and located in the brain using positron-emission tomography (PET) and anatomical magnetic resonance imaging (MRI). The MGH study, led by Nicole Zurher, PhD, an investigator in MGH's Athinoula A. Martinos Center for Biomedical Imaging, was the first to use a new generation of PET "tracers," which more accurately detect TSPO, to examine the brains of people with ASD.

## DESPITE REGULAR VISITS TO PEDIATRICIAN, FEW ADOLESCENT MEN HAVING SEX WITH MEN TESTED FOR HIV

Two Minute Medicine, February 13, 2020

Though early diagnosis and treatment of HIV is key for both the health and wellbeing of the patient affected as well as preventing the spread of disease, little is known about testing behaviors among AMSM, despite high estimated rates of new infections among this population. In [this study](#), researchers surveyed AMSM to investigate whether or not they had been tested for HIV and what factors were associated with having been tested or not. The internet-based survey included a large proportion of participants from racial and/or ethnic minorities and from lower socio-economic backgrounds, the latter being measured by those reporting being on public assistance. Only about one-quarter of participants reported ever having been tested for HIV. Researchers found that many participants had learned about HIV at school, and a much smaller percentage had actually had conversations with their physicians about sexual activity, HIV testing, or their sexual orientation, despite visiting the doctor regularly. Participants that did report having had a conversation with their physician about HIV testing, however, were significantly more likely to have been tested for HIV. In their accompanying commentary, Dr. Errol Fields and Dr. Travis Gayles expressed concern that as many as one-third of participants did not report having a physician they saw regularly, making resources for testing outside the primary care setting vital. Still, this study demonstrates a significantly underutilized resource for screening and testing for HIV, namely that of the primary care visit, which many AMSM reported having attended without having had discussions about HIV. Further investigation is warranted into why primary care physicians are not having such discussions with their adolescent patients.



## DIGITAL DATING ABUSE OF MALES AMONG A NATIONAL SAMPLE OF U.S. YOUTH

January 8, 2020

### **Abstract**

Digital dating abuse is a term used to describe physical, sexual, or

psychological/emotional violence that occurs between romantic partners through the use of texting, social media, and related online mediums. Survey data were obtained from a nationally representative sample of 2,218 American middle and high school students (12–17 years old) who have been in a romantic relationship. About 28% of students in a relationship in the previous year had been the victim of digital dating abuse. Males were more likely to report having experienced it (32% compared to 24%), though no other demographic differences emerged. Several covariates did emerge as significantly related to experience with digital dating abuse, including depressive symptoms, sexual intercourse, sexting, and being the victim of cyberbullying. Experiencing offline dating abuse was by far the strongest correlate. Implications for prevention and policy within schools and the community are discussed, along with considerations for future research in this important area.



### **[STUDY: MEN PAY DANGEROUS PRICE FOR 'MASCULINITY'](#)**

*Denying emotions tied to increased depression, isolation, suicide risk*

**Medpage Today, February 12, 2020**

Men who closely aligned with masculinity norms were more than twice as likely to die by suicide as men who did not, researchers reported. In a group of adolescents followed through adulthood, "high-traditional masculinity" men -- or those with at least a 73% probability of being male based on their responses to questions about things like not crying, physical fitness, and fighting -- were more likely to die by suicide than men who did not identify as strongly with such norms (OR, 2.4, 95% CI 0.99-6.0, P=0.046), reported Daniel Coleman, PhD, of Fordham University in New York City, and colleagues. So-called high-traditional masculinity men were also 1.45 times less likely to report suicidal ideation (95% CI 0.60-0.81, P<0.001), the team wrote in a [JAMA Psychiatry](#) research letter. "High-traditional masculinity makes people's coping strategies rigid, so when they're under stress, they may not show that flexibility and adaptability of things like losing a job or a relationship," Coleman told MedPage Today. "They may be more likely to go to an extreme reaction like a suicide attempt." Traditional masculine ideology suggests to boys that expressing vulnerability is shameful and "unmanly," and may isolate them as they grow into men, commented Fredric Rabinowitz, PhD, of the University of Redlands in California, who was not involved with the study. "Most men don't commit suicide, so we are really looking at a small number who may have undiagnosed depression," Rabinowitz told MedPage Today in an email. "They are hiding; not sharing or seeking assistance can lead one to feel like it is hopeless and life is not worth living."



## MORE YOUNG MEN BELIEVE IN GENDER EQUALITY BUT STILL HAVE TRADITIONAL ROLES AT HOME

CTV News, February 11, 2020

Despite [some signs that progress](#) is being made to [address gender inequality](#) -- [albeit slowly](#) -- more young men say they're embracing equality for everyone. But there's a catch. Two new U.S. studies found that while young men openly believe in progressive gender issues -- such as using correct pronouns and equal work for equal pay -- they still fall into traditional roles at home. A quarter of high school seniors said their ideal family arrangement was a man working full time, while the woman stayed at home, according to a study published in the [journal Sociological Science](#). Echoing sentiments in that research was a [new survey from the U.S. polling firm Gallup](#) which found opposite-sex couples between the ages of 18 to 34 weren't any more likely than older couples to evenly divide their household chores. Both studies were based on surveys repeatedly conducted over the past several decades. And these findings surprised researchers who thought societal progress would've had a greater role in doing away with traditional gender roles. Brittany Dernberger, a sociology doctoral candidate at the University of Maryland who worked on the first study with The University of Texas at Austin sociologist Dr. Joanna Pepin, found recently-surveyed males were more open to a variety of work and home scenarios, but still preferred an arrangement where the husband is the primary earner, while the wife would be primarily the homemaker. "Prior research and I think our popular narrative says that young people are more progressive, more feminist, more open," she told CTVNews.ca in a phone interview. "But what really surprised us was what they most desire -- still -- is the husband being the primary earner and the wife being the one at home with the children," Dernberger said, adding that the findings suggested traditional views may be more ingrained.

## WHY DON'T PEOPLE CARE THAT MORE MEN DON'T CHOOSE CAREGIVING PROFESSIONS

*People attribute the lack of women in STEM fields to external factors but attribute the lack of men in helping professions to internal ones*

Scientific American February 4, 2020

Modern society seems to place a great deal of value on gender equality in occupational opportunities, at least when it comes to women. In recent years, great strides have been made to remove barriers to women's advancement and representation in science, technology, engineering, and math careers (STEM), as well as in leadership positions. For instance, the National Science Foundation has invested 270 million dollars since 2001 to multiple initiatives supporting women in the sciences, and companies invest millions of dollars to support female leaders

through programs such as the "10,000 Women" initiative by Goldman Sachs, which provides women entrepreneurs around the world with a business and management education, mentoring and networking, and access to funding. In stark contrast, men's striking underrepresentation in healthcare, early education, and domestic roles (HEED) **has not increased**, and even slightly decreased, between 1993 and 2013. Men remain **particularly underrepresented** in fields such as nursing (10%) and elementary education (14%), yet researchers, policy makers, and the general public seem far less concerned in efforts to promote greater gender balance in these careers. Why such an asymmetry? Block and colleagues examined the "lay theories" that people hold about the underlying reasons for gender disparities in each field. They found that people perceived internal factors (e.g., lack of motivation, lack of ability) to be the main barrier to men's entry into female-dominated fields, whereas external factors (e.g., discrimination, stereotyping) were seen as a larger factor in women's underrepresentation in male-dominated careers. It was precisely this tendency to see internal factors as the main barrier to men's entry into female-dominated fields that explained why people were less likely to support social change when it came to the underrepresentation of males in female-dominated fields.



#### **HEALTHY MEN: VAPING IS NOT AN EQUAL-OPPORTUNITY PROBLEM**

*The gender difference among vapers is even more stark than among regular smokers, with twice as many boys using e-cigarettes as girls, according to the National Institute on Drug Abuse.*

**Duluth News Tribune, February 3, 2020**

With regard to cigarette smoking, among American adults 18 and older, more males than females are current smokers (roughly 17.5% vs. 13.5%), according to the CDC, the American Lung Association and other sources. Among high schoolers, the difference is smaller, but males still dominate, 9% vs. 7%. Now comes the good-news-bad-news part. The good news is that since 2005, the overall percentage of Americans who smoke (both male and female) has dropped by about 25%. But the bad news is that the percentage of Americans — especially young people — who are using e-cigarettes (also known as vaping) has skyrocketed. For example, from 2017 to 2019, the percentage of 12th graders who had vaped nicotine in the past month went from 11% to 25%, and the percentage of 10th graders increased from 8% to 20%. Interestingly, the gender difference among vapers is even more stark than among regular smokers, with twice as many boys using e-cigarettes as girls, according to the National Institute on Drug Abuse.



## **BOYS WITH AN INCARCERATED FAMILY MEMBER MORE LIKELY TO HAVE DIABETES AS ADULTS**

**Helio, February 8, 2020**

Within the cohort, 16.6% of men and 13.8% of women had diabetes. Among men, those with diabetes were more likely to report family member incarceration during childhood vs. those without diabetes (7.9% vs. 4.8%;  $P < .001$ ). Odds of diabetes among those exposed to family member incarceration during childhood for men were 1.64 (95% CI, 1.27-2.11). There was no significant association observed for women. "Prior evidence suggests men may be more vulnerable biologically to early adversities than women and experience stress-related testosterone suppression, which is linked to insulin resistance," White said in the release. "In addition, incarceration also frequently interferes with fathers' contact with children, which may particularly impact their sons' abilities to cope with stress. Boys and men are also less likely than girls and women to seek psychosocial support in response to adverse events." The researchers also adjusted for six other forms of childhood traumas in the analysis, in addition to most of the known risk factors for diabetes, such as obesity and smoking. The six forms of trauma included sexual, physical and verbal abuse along with parental addictions, parental mental illness and parental domestic violence.



## **DO SOMETHING.ORG AND HARRY'S TEAM UP WITH CONNOR FRANTA FOR 'MENTAL NOTE,' A NATIONAL MENTAL HEALTH CAMPAIGN FOR YOUNG MEN**

*Beyond the social stigma that young men face when it comes to discussing*

*mental health openly, research has found that they can have worse rates of mental health symptom recognition and are less likely to seek mental health resources.*

**Yahoo News, February 4, 2020**

In 2020, DoSomething.org, the largest organization exclusively for young people and social change, is working to ignite the conversation around mental health, specifically men's mental health, in an effort to destigmatize the topic and help young men detect issues and ask for help. Introducing a major new partnership from DoSomething and Harry's, their new "[\*\*Mental Note: Take Time for Yourself" campaign\*\*](#) will activate tens of thousands of young people to give young men in their lives mental (health) notes, to start the conversation about mental health, help them build self-care into their daily routine, and gain access to crucial resources. "Whether a friend, family member, or significant other, we all likely know a guy in our lives who's there for us...but not always there for himself, especially when it comes to self-care," says Carrie Bloxson, Chief Marketing Officer of DoSomething.org. "We're thrilled to partner with Harry's on 'Mental Note: Take Time for Yourself,' a timely campaign to help a generation of young men build self-care into their routines and access the mental health resources they may need."



**OPEN MIND: CHANGING FACE OF MEN'S MENTAL HEALTH**

**Irish Examiner, February 7, 2020**

Over the past 10 years, a new message to men — to talk, to express their feelings, to show vulnerability — has emerged out of the macho environment of Ireland's locker rooms. Eight years ago, former Munster player Alan Quinlan opened up about his depression. In 2016, Rugby Players Ireland launched their Tackle Your Feelings campaign, with some of Ireland's rugby heroes sharing challenges they've faced and urging other men to do likewise. Bressie, Brent Pope, and David Beckham have all opened up about issues that affected their mental landscape — topics that men kept well under wraps only a few short decades ago. This drive to liberate men from a view of masculinity that endorsed being strong, stoic, and independent was much needed. And it still is. Dr Eddie Murphy, clinical psychologist and adjunct associate professor at UCD School of Psychiatry — and Operation Transformation psychologist — sees a "bigger impetus in under-30s men to reach out for counselling", for help with emotional/mental health difficulties, but he finds men older than that are still more likely to adopt a buttoned-up approach when it comes to expressing tough emotions. But Noctor isn't sure these campaigns, urging men to be more open

about their feelings, have made a tidal change. "These are important messages, but it only takes one news headline to the contrary to undo all the impact of the positive campaigns," he says, citing the example of Roy Keane's reference to Jonathan Walters "crying on the TV about his family situation" after the former Ireland international talked about tragedy in his personal life. "Any return to what was part of the stigma can undermine the anti-stigma work."



### [MALE BODY IMAGE](#)

**Web MD, February 5, 2020**

In the last few decades, children's action figures, like GI Joe and Superman, have become more muscular. And more recently, Facebook, Instagram, and other social media have become places that celebrate these extremes, via images of shredded celebrities and influencers. It appears to have had an impact. In a 2019 study that included 7,000 young American men ages 18 to 24, more than one in five of them reported eating problems related to their desire for a muscle-bound body. To bulk up, they overate and took [anabolic steroids](#) or [dietary supplements](#). "We encourage people to be physically active and watch what they eat," says lead author Jason Nagata, MD, MSc, a pediatrician at the University of California San Francisco, who cares for teens and young adults with eating disorders. "But there's a subset of people who take those goals and behaviors to extremes, and it starts to take over their lives." In addition to troubled eating patterns, obsessing over body image can lead to a condition called muscle dysmorphia, which convinces you that you're neither as muscular nor as lean as you believe you should be.

### [LONELINESS IN YOUNG MALE ADULTS: A GROWING MENTAL HEALTH ISSUE](#)

**Psychology Today, January 29, 2020**

In 2019, YouGov surveyed over 1,000 U.S. adults, asking questions about loneliness and [social isolation](#). Interestingly, [this survey](#) found that 29 percent of millennials always or often felt lonely and 27 percent had no close friends. In contrast, baby boomers had lower rates of loneliness, with only 15 percent always or often feeling lonely and only 16 percent stating that they had no

close friends. Of note, the results indicated that men felt lonely more often than women, with 23 percent of men always or often feeling lonely compared to 20 percent of women. Similarly, Cigna's 2020 [Loneliness Survey](#) of over 10,000 U.S. adults was released this month, indicating that young adults have higher rates of loneliness than older adults. This survey indicated that over 70 percent of young adults reported sometimes or always feeling alone, shy, or that no one really understands them. These figures were much lower in older adults. Again, this survey found higher rates of loneliness in men compared to women, with 63 percent of men having a high loneliness score (as defined by the UCLA loneliness scale) compared to 58 percent of women.



#### **ED VISITS FOR SUICIDAL IDEATION AND SELF HARM ON THE RISE, ESPECIALLY AMONG YOUNG MALES**

*Younger age groups saw the biggest increases in 2018, CDC reports  
Medpage Today, January 30, 2020*

Emergency department (ED) visits for suicidal ideation and/or self-directed harm increased by 25.5% in 2018 over the prior year, according to a CDC report. The most significant increases occurred among young men and women, Marissa Zwald, PhD, of the CDC's National Center for Injury Prevention and Control in Atlanta, and colleagues reported in the [Morbidity and Mortality Weekly Report](#). ED visits for suicidal ideation, self-harm, or both increased by 33.7% among girls ages 10-19, and by 62.3% among boys in this age group. Nadine Kaslow, PhD, director at the Atlanta Trauma Alliance at Emory University in Atlanta, who was not involved with the study, commented that these statistics have both negative and positive implications. "The good news is that more people are coming to the hospital for this," Kaslow told MedPage Today in an interview. "The bad news is that we are seeing higher rates of suicidal behavior in many ways among young people." Suicide is the 10th leading cause of death in the United States, and was responsible for around 47,000 deaths in 2017, according to other CDC statistics. However, Zwald and co-authors said, "deaths represent only a small part of the larger problem." Millions of people each year experience risk factors such as suicidal ideation, and both suicidal and nonsuicidal self-directed harm. The goal of the study was to provide "trend information" on these risks to support a more targeted public health investigation and response, the researchers said.



## [\*\*RISKY SEX MAY BE CONSEQUENCE OF ONLINE BULLYING OF BOYS\*\*](#)

**Psych Central, January 31, 2020**

A new research collaboration has discovered peer victimization is associated with adverse psychological and behavioral problems. Investigators at Louisiana State University, University of Missouri, and University of Tennessee found that mental health issues including depression and risky health behaviors such as substance use and unprotected sex with multiple partners are associated with peer victimization. Researchers discovered that in 2015, approximately one-third of high school students in the US reported having sex recently. Of these, 43% had not used a condom, 21% had drunk alcohol or used drugs before sexual intercourse, and 14% had not used any contraception. Moreover, emerging research suggests that adolescent boys who are cyber bullied pursue risky sexual behaviors more frequently than girls who are cyber bullied. Investigators believe the results may reflect a culture of toxic masculinity and highlight the need to pay special attention to male victims. Males may be reluctant to self-identify, and therefore, at greater risk of negative health outcomes. The study, "Peer victimization, depression and sexual risk behaviors among high school youth in the United States: a gender-based approach," appears in the International Journal of Adolescent Medicine and Health.



## [\*\*MESSAGES ABOUT MALE CIRCUMCISION AREN'T CLEAR: WHY THIS IS DANGEROUS\*\*](#)

**The Conversation, January 27, 2020**

In March 2007, international experts endorsed voluntary medical male circumcision as a partial but effective way to reduce the risk of HIV infection in men. According to the [World Health Organisation](#), medical male circumcision can

reduce a man's risk of acquiring HIV from a female sexual partner by about 60%. This rate of risk reduction may have come from a [study](#) which compared HIV rates in a group of circumcised men with rates in a group of uncircumcised men. Millions of men in Eastern and Southern Africa have been circumcised since 2007. But recent research casts doubt on the efficacy of voluntary medical male circumcision for HIV prevention. For example, a [study](#) of men older than 40 in a South African community found higher rates of HIV infection in men who had been medically circumcised than in uncircumcised men. Research done in Zambia found HIV infection rates to be the same in circumcised men as uncircumcised men. In addition, circumcised men showed riskier sexual behaviour than uncircumcised men.

**INITIATION AGE, CUMULATIVE PREVALENCE, AND LONGITUDINAL PATTERNS OF HANDGUN CARRYING AMONG RURAL ADOLESCENTS: A MULTISTATE STUDY**

**Journal of Adolescent Health — Rowhani-Rahbar A, et al. | January 29, 2020**

In view of the observed value of adolescent handgun carrying as a behavioral marker for youth interpersonal conflicts and an intervention point for violence prevention, researchers here sought to determine initiation age, cumulative prevalence, and longitudinal patterns of this behavior and on handgun-related norms and peer behavior among male and female rural adolescents. The control arm of the Community Youth Development Study, a community-randomized controlled trial of the Communities That Care prevention system, provided data for this work. Past-year handgun carrying was reported in 11.5% of males and 2.8% of females in Grade 6. 33.7% of males and 9.6% of females reported carrying handgun at least once between Grade 6 and age 19 years. Among participants who ever inscribed handgun carrying, 34.0% of males and 29.3% of females did so for the first time in Grade 6. Over the seven study assessments, 54.6% of males and 71.7% of females among participants who ever reported handgun carrying reported doing so only one time. Greater proportions of participants who reported handgun carrying than those who did not do so supported prohandgun norms and had a peer who carried among both males and females.

**BOYS AND YOUNG MEN MORE LIKELY TO DIE THAN GIRLS AND YOUNG WOMEN, STUDY FINDS**

*Jump in deaths in teen years 'likely' due to risk-taking behaviours, says study's author*

**CBC, January 20, 2020**

A new Canadian study shows boys and young men are more likely to die than girls and young women, and they have a greater chance of dying due to injury, particularly from age 14 onwards. The study, published this month in the Journal of Epidemiology and Community Health, looked at 3.1 million children born in Ontario between 1990 and 2016 and examined who died and from what cause between the ages of one and 24. Researchers excluded those who died in their first year of life, saying those deaths are generally due to congenital anomalies or other causes that are not readily preventable. They found boys and young men had a greater tendency to die, especially starting at age 14, and were three times more likely to do so than young women by age 24. Deaths due to injury also increased after age 14, while intentional causes such as suicide accounted for

one in five male deaths from injury between the ages of 15-24, and one in six female deaths from injury in that age group.



### STUDENT-ATHLETES WITH CONCUSSIONS MORE AT RISK FOR SUICIDE, STUDY FINDS

**Boston 25 News, January 21, 2020**

Mantey found that more than 13,000 teenagers who self-reported having a concussion in the last year reported feelings of depression, thoughts of suicide and suicide attempts. “We were, I guess, surprised and shocked by just how strong the effects really were, especially among boys,” he said. Mantey said the key is to monitor your student-athlete after the concussion. “If there are any changes in mood, any changes in behavior, keep an eye on that and have a conversation with your child.”



### GAY MEN ARE DYING FROM A CRISIS WE'RE NOT TALKING ABOUT

*No one's really grappling with the meth disaster.*

**New York Times, January 22, 2020**

Today, the gay community is facing another crisis that we're not talking about and that elected officials are once again ignoring. Crystal methamphetamine has become a popular temptation for gay men, leading many to addiction. The drug, which can change the chemical composition of the brain in chronic users, is extremely addictive. And just like during the AIDS epidemic of the 1980s and '90s, resources are paltry, government support is virtually nonexistent and an

aura of denial surrounds the crisis. Gay men are **more likely** to try meth than straight men. One explanation for this could be that gay men struggle with acceptance in ways straight men don't have to. Growing up gay and being forced to keep that a secret for fear of family rejection or neighborhood bullying can create huge insecurities and issues with intimacy.



### **THE POWERFUL EFFECT OF MEN'S SHEDS IN SCOTTISH COMMUNITIES**

*Scottish Men's Sheds are leading a revolution in men's health outcomes - and rejuvenating communities in turn. Sarah Wilson investigates how this grassroots movement is fixing up Scotland, one nut and bolt at a time.*

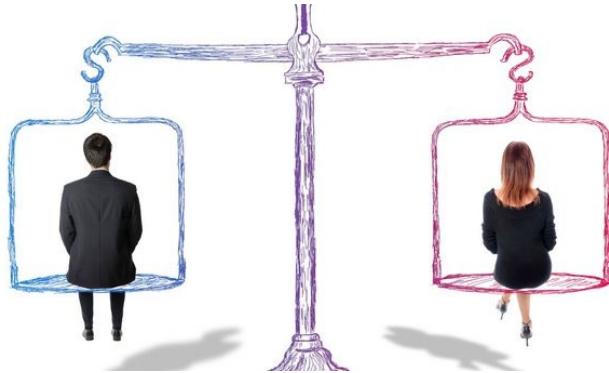
**Scotsman, January 22, 2020**

With Scotland's population **ageing faster** than the rest of the UK, the scourge of social isolation needs urgent attention. Yet for years, individuals, communities and MPs have struggled with a solution to the growing crisis. Though prevalent across all sections of society, it is often men, who have weaker social networks and a propensity for bottling up emotion, who suffer the most. And while charity, NHS and government-led initiatives have offered up solutions, it is a grassroots movement - Scottish Men's Sheds - that's been leading a quiet but mighty "health by stealth" revolution in men's wellbeing across Scotland.

### **WHEN BOYS AND MEN ARE RAPED: CLINICAL INSIGHTS**

**Psychiatric Times, January 20, 2020**

The best data show that men do not disclose their experiences of sexual assault until 20 to 25 years later. Some victims never disclose such traumatic events and sadly live and suffer in silence. A number of barriers keep them from reporting these experiences, including concerns they won't be believed. According to male rape myths, boys and men cannot be abused. They should welcome any kind of sexual activity, and if they are abused by a female perpetrator, they should welcome it. Society needs to dispel such myths for the healing of male victims to come forward to accurately label their experiences as abuse and assault and for them to be able to recognize the pernicious effects of those experiences on their mental and physical health.



## [OPINION: MORE WOMEN ARE IN THE WORKFORCE THAN MEN. SHOULD WE CELEBRATE OR BE CONCERNED?](#)

**Deseret Times, January 19, 2020**

A recent report from The U.S. Bureau of Labor Statistics lit up headlines across the nation: "Women now hold more jobs than men in the U.S. workforce." Given the continued growth in service-industry jobs typically dominated by women along with a parallel decrease in jobs in male-dominated fields, this trend is not only unlikely to turn around, it is likely to increase. Economist Betsey Stevenson "heralds" this new milestone as a long sought after "arrival of women in the labor force." Undoubtedly, such parity brings the benefits of increased gender diversity in the workplace, and a professional world that draws more fully on the distinct talents and abilities of women. But the finding reveals another reality that may not be so celebratory. As CBS News' recently reported in "[The economy's hidden problem](#)," the proportion of prime working-age men who are neither working nor looking for work has [risen substantially](#) over the past several decades, giving the U.S. [one of the lowest](#) prime-age male labor participation rates among developed countries.

## [COACHES RECRUITED TO HELP STOP DATING VIOLENCE](#)

**Web MD, January 13, 2020**

So-called "locker-room talk" among boys can actually be used to promote respect toward girls, a [new study](#) reports. Teenage boys are less likely to be abusive or sexually violent in a relationship after they've taken part in Coaching Boys Into Men, a prevention program delivered by athletic coaches as part of sports training, according to research results. They're also more likely to step in if they see someone being disrespectful toward others, researchers found. "Athletic coaches are important mentors and role models for their young athletes," said lead researcher Dr. Elizabeth Miller. "This program leverages the important role of coaches as key adult allies and powerful messengers to prevent violence against women." The program was developed in the mid-2000s with the nonprofit group Futures Without Violence, said Miller, professor at the University of Pittsburgh School of Medicine and director of adolescent and young adult medicine at UPMC Children's Hospital of Pittsburgh. This is the latest [clinical trial](#) evidence to show the program's effectiveness in preventing abuse and sexism. "Kids are already ready to do what their coach says," said Kathryn Laughon, an associate professor at the University of Virginia School of Nursing. "A coach is often an authority figure and has true respect and is really creating a

little community in a way that has historically been toxic. This helps take that energy and turn it into something positive."



#### **SUICIDE RATE AMONG YOUTH WHO SELF-HARM 30 TIMES GREATER THAN HIGHER THAN GENERAL POPULATION**

*Increased suicide risk was associated with several factors, including male sex, being an older adolescent at ED presentation for self-harm, use of self-injury for self-harm and repeated self-harm. Males were significantly more likely to experience accidental poisoning deaths than females.*

**Helio, January 13, 2020**

Children and adolescents who self-harm have a significantly increased risk for future suicide compared with those in the general population, according to findings of a prospective observational cohort study conducted in England and published in *The Lancet Child & Adolescent Health*. Most (76%) of the 55 suicides occurred after age 18 years. Increased suicide risk was associated with several factors, including male sex, being an older adolescent at ED presentation for self-harm, use of self-injury for self-harm and repeated self-harm. Males were significantly more likely to experience accidental poisoning deaths than females. "Prevention of self-harm should be a priority in national mental health planning for young people, with particular attention to educational and social strategies that might help reduce their problems and enhance resilience so that there is less likelihood of them self-harming," Hawton said.



### [UCLA STUDY LOOKS INTO HEALTH CARE DIFFERENCES FOR MEN, WOMEN AFTER AFFORDABLE CARE ACT](#)

Daily Bruin, January 15, 2020

The trends show that following the passing of the act, single, young, low-income men were the demographic most represented in sign-ups for health coverage. However, men were still more likely than women to be uninsured and women were more likely than men to be enrolled in Medi-Cal and similar public programs, according to the study. "While health insurance and having good access to care are definitely important for receipt of health care services, there were some differences between men and women's receipt of health care services that may have something to do with their different perceptions of how they think about their health or health care system," Babey said. Men still make choices that amplify risky health situations and are less likely to seek health care, Charles said. There should be public intervention to encourage men of all ages to seek preventive care, Charles added. Since his inauguration, President Donald Trump has expressed his desire to dismantle the ACA. Trump seeks to replace the ACA with the Graham-Cassidy plan, which proposes to get rid of funding to the ACA in favor of a single block grant to cover the uninsured per state. Furthermore, Kominski added that the ACA allows adult children up to age 26 to stay under their parents' policies, providing protection that would go away if the act was struck down. "There are roughly 20 million Americans who are insured today as a result of the ACA," Kominski said. "They would lose their insurance coverage and people who are currently insured would lose their protections for condition exclusions."



## **AS A RAPE SURVIVOR, I NOW HELP THE GROWING NUMBER OF MEN WHO COME FORWARD GET THE SUPPORT THEY NEED**

*Alex Feis-Bryce is the CEO of SurvivorsUK, a London-based charity which helps male survivors of rape come to terms with what has happened to them. His own personal experience led him to support survivors of rape and sexual abuse. Here he writes for ITV News.*

**ITV, January 17, 2020**

There are no statutory rape and sexual abuse services which provide specialist support for men and boys, and although the Government started funding organisations like ours in 2014, there aren't nearly enough resources to meet the needs of the small proportion of male survivors who seek support and they're just the tip of the iceberg. It is a real tragedy that so many men regularly travel for several hours each way to access our group work sessions in London – many of whom see it as the only time when they're not suffering alone. We must instigate a much wider conversation about how the strict social norms drilled into us from a young age, alongside the gendered narrative and policy framework which categorises all sexual violence as violence against women and girls, conspire to exacerbate the shame and stigma men face when they experience rape and sexual abuse and condemns so many to suffer alone in silence. It's time for us all to play our small part in breaking this silence and creating a climate where men can come forward without shame or fear, and those who do speak out must be provided with the support they need.



## **FISH OIL SUPPLEMENTS TIED TO IMPROVED MALE FERTILITY**

**Reuters, January 17, 2020**

Men who consume fish oil supplements, which are high in omega-3 fatty acids, might get a boost in fertility, a new study suggests. After examining data from nearly 1,700 young men, researchers determined that fish oil supplement consumption was associated with a higher sperm count, larger testes and improved levels of hormones that contribute to male fertility, according to the report published in JAMA Network Open. While all men could benefit from adding omega-3 fatty acids to their diets, the biggest impact would be in those with poor sperm quality, said study coauthor Tina Kold Jensen, a professor at Rigshospitalet and the University of Southern Denmark, in Odense. That's because these types of fatty acids are essential to fertility, Jensen said in an email. "The composition of the sperm cell membrane with rich fatty acid content is critical for proper sperm function," Jensen explained. "The sperm cell membrane plays a critical role in the key fertilization events. Omega-3 in the sperm membrane increases as the sperm matures and it cannot be synthesized . . . in humans and needs to come from diet."



## **PROFESSOR: COMMUNITY COLLEGES NEED TO LOOK AT IMPLICIT BIAS AGAINST MEN OF COLOR**

*Wood is a professor of education and chief diversity officer for San Diego State University. His research focuses on factors affecting the success of boys and men of color in education. He discussed the challenges and opportunities for men of color on community college campuses and strategies to retain them.*

**Daily Herald, January 17, 2020**

According to the center's research, 52% of black and 58% of Latino males graduate from high school in four years. After graduation, roughly one-third of black and Latino men pursue postsecondary education, while about 34% of blacks and 46% of Latinos are unemployed, 21% of blacks and nearly 14% of Latinos are employed, and nearly 10% of blacks and 5% of Latinos are incarcerated, data shows. A majority of black and Latino men attending community colleges nationwide are first-generation collegegoers and come from low-income families. Nearly 44% require remedial classes and about 50% attend college part time, data shows. Wood said the focus must shift from blaming students to placing the onus on schools and colleges to provide intensive interventions to remediate disparities in the results of disproportionately affected groups, such as students of color, former foster youths, and students with disabilities, food and housing insecurities, and former incarceration.



**MEN ARE ABUSING STEROIDS TO GET THE 'LOVE ISLAND LOOK' AS ANTI-DOPING EXPERTS WARN YOUNG USERS WANTING SIX-PACKS ARE A 'TICKING TIME BOMB' FOR THE NHS**

**Daily Mail, January 17, 2020**

Young men taking steroids to get a '[Love Island](#)' look' will cause a surge in hospital appointments in 20 years' time, experts warn. The ripped six packs, toned arms and broad shoulders of reality TV hunks are the envy of many and some will go to extreme lengths to try and get them. Anabolic steroids are prescription-only drugs which are illegal to sell. They work by supercharging the body's natural muscle-building ability. But taking them regularly can have devastating side effects including infertility, liver or kidney problems, high blood pressure and a higher risk of heart attack or stroke. A report by UK Anti-Doping says more than half of male steroid users are taking them to improve their body image and the number of users has 'increased significantly'. An expert at the organisation said this may be down to them being 'bombarded with imagery of the ideal sculpted body' on TV and social media. UK Anti-Doping's report said generation Z and millennial men were most at risk of steroid abuse.

**WHAT TODAY'S TEEN BOYS REALLY THINK ABOUT SEX, TOXIC MASCULINITY, AND #ME TOO**

*America's boys are caught in a bind: they understand the world is changing, but don't feel they have the tools to change their own lives.*

**Fatherly, January 9, 2020**

In 2016, Peggy Orenstein published *Girls & Sex*. An essential reading, the book was based off interviews with 70 young women, interviews with psychologists and academics, and plenty of accounts about what girls think and feel about hookup culture, assault, and how the messages they receive are altering their views of sex, relationships, and themselves. It pulled back the curtain and helped start a deeper conversation about what actual teen girls thought about today's big issues. After she finished it, Orenstein was almost immediately asked to write a book about teen boys. Having spent more than two decades working largely on the interior lives of teenage girls, she was resistant. But, when the #MeToo movement broke and opened a wave of imperative conversations about consent, sexual violence, power, and intimacy, Orenstein changed her mind. The resulting book, titled, unsurprisingly, *Boys & Sex*, delves into the complicated inner and outer worlds of boys. Interviewing teenagers and young men aged of 16-22, Orenstein asked them about everything from toxic masculinity and the cultural shifts happening around them to consent and the complications that arise if they want to step in when they hear "locker room talk." It's a unique, boots-on-the-ground look at what boys today think about the issues of our time and an important, nuanced look at the complexities of being a young man today. *Fatherly* spoke to Orenstein about what she learned about todays boys, the trappings of masculinity, and what parents can do to help them become more emotionally present.



### **BOYS AFFECTED BY CYBER BULLYING MAY ENGAGE IN RISKY SEXUAL BEHAVIOR: STUDY**

*Boys who are cyber bullied are more likely to pursue risky sexual behaviours*  
**The Week, January 8, 2020**

Adolescent boys who are victims of cyber bullying are more likely to exhibit adverse psychological problems, including depression and risky behaviours such as substance use, and unprotected intercourse with multiple partners. Researchers, including those from the Louisiana State University (LSU) in the US, found that all types of peer victimisation are related to symptoms of depression for both females and males. Based on previous studies, the researchers said boys who are subject to cyber bullying pursue risky sexual behaviours more frequently than girls, reflecting a culture of toxic masculinity.

They added that the study highlights the need to pay special attention to male victims, who may be reluctant to self-identify, and are therefore, at greater risk of negative health outcomes. The [study](#), "Peer victimization, depression and sexual risk behaviors among high school youth in the United States: a gender-based approach", by Youn Kyoung Kim, Mansoo Yu, Courtney Cronley and Miyoun Yang has been published in the International Journal of Adolescent Medicine and Health.



### **CHILDREN AS YOUNG AS 4 SEE MALES AS MORE POWERFUL THAN FEMALES**

*A new study found that children, as early as 4 years, attributed more power to masculine figures than feminine figures.*

**The Health Site, January 12, 2020**

Researchers have found that children, as early as 4 years, might see males as more powerful than females. Published in the journal Sex Roles, the study by the French National Centre for Scientific Research, showed children associated power and [masculinity](#). In some situations, the power-masculinity association didn't manifest in girls. The researchers wanted to know whether children aged 3-6 years in France, Lebanon and Norway attributed more power to masculine figures than feminine figures. In first experiment, they showed children a picture with two non-gendered individuals, with one of them in dominant physical posture and the other in subordinate posture. First, the children had to guess which of these two individuals was exerting power over the other. Next they had to assign a gender to each individual. The results revealed that from 4 years onward, a large majority of children considered the dominant individual to be a boy. The power-masculinity association was observed in both boys and girls, and just as much in Lebanon as in France and Norway. But it was not significant in 3-year-old children.



## FIRST GENOMIC STUDY OF MALE PUBERTY YIELDS INSIGHTS INTO DEVELOPMENT AND CANCER

**Medical Express, January 9, 2020**

In the first-ever genome-scale analysis of the puberty process in humans, researchers at Huntsman Cancer Institute (HCI) at the University of Utah (U of U) outline distinct and critical changes to stem cells in males during adolescence. They further outline how testosterone, and the cells that produce testosterone, impact stem cells in male reproductive organs. The researchers believe this [study](#) adds dramatically to a foundation of knowledge that may yield insights into critical areas of human health, including infertility and cellular changes that lead to cancer and other diseases.



## 'DUDES AND DOGS' PROGRAM AIMS TO HELP MEN TALK ABOUT MENTAL HEALTH

*When Rob Osman feels anxious or depressed, he takes his dog for a walk. He realized dogs could help other men, too.*

**Today, January 9, 2020**

Osman started taking friends on walks with his dog, Mali. Sometimes they'd chat but often they'd just hang out. He soon realized that his friends were also benefiting from the dog and fresh air and he wondered if he could expand this model to help others. This inspired "[Dudes and Dogs Walk and Talk](#)," an organization that pairs men with a trained volunteer and a dog. Men can talk about their feelings or simply enjoy the fresh air. "They need someone to listen," Osman explained. "The idea of using a dog gives people an hour away from the family and gets them out." Men are notoriously resistant to seeking mental health treatment, but dogs seem like an easy entry point to talking for many guys.

"Walking a dog is a conversation waiting to happen," he said. "People come across the street to pet the dog and then you start having a conversation. Dogs are like four-legged antidepressants," Osman said. "When people are around the dog they drop their defenses. They play with the dog." While the project is in its infancy, Osman plans to work with psychologists to create a robust training for the volunteers so they can guide the men toward more help if needed. While he's working on getting Dudes and Dogs right in his hometown first, he hopes to have it spread throughout the United Kingdom and, one day, in the United States.

**GENDER NORMS AND WEIGHT CONTROL BEHAVIORS IN U.S. ADOLESCENTS: A PROSPECTIVE COHORT STUDY (1994 - 2002)**  
**Journal of Adolescent Health, January 2020**

**Implications and Contribution**

In this longitudinal cohort study of U.S. adolescents, gender norms were positively associated with weight loss attempts and behaviors for girls and negatively associated for boys. In boys, gender norms were positively associated with weight gain attempts and behaviors.

**STUDY: RACIAL DISCRIMINATION CONTRIBUTING TO HIGH SUICIDE RATE AMONG YOUNG AFRICAN-AMERICAN MALES**  
**Study Finds, January 4, 2020**

The rate of suicides among young African-American males aged 13-19 increased by a **staggering 60%** between 2001 and 2017. Furthermore, the overall number of African-American men committing suicide has risen considerably over the past 20 years. With these unsettling statistics in mind, researchers from the University of Michigan have concluded that racial discrimination is a likely contributing factor in many of these tragedies. Overall, the study found that various forms of discrimination against any group of people can contribute to depressive and negative thoughts. But, racial discrimination against black men especially stuck out to the research team as a major **indicator of suicidal thoughts**.



### [\*\*HEALTHY MEN: WHY DO GIRLS LIVE LONGER THAN BOYS?\*\*](#)

**Medical Express, December 31, 2019**

The disparity between male and female death rates exists in every age group, from infants through age 19—and beyond. "Our analysis of the gender difference in mortality among persons under 20 years of age suggests the existence of a 'male syndrome,'" writes Sheri L. Balsara, lead author of a recent study on pediatric mortality. "We observed an overall female survival advantage that starts early in life and exists across many diverse causes of mortality." Actually, that survival advantage exists even before birth. While more male babies are conceived, male fetuses suffer from a higher death rate at every stage of gestation but one (the 24th week), according to another of the study's researchers, Chris Feudtner, a pediatrician at the Children's Hospital of Philadelphia. Overall, males under 20 were 44% more likely than females to die from any cause. But the male-female health disparity isn't limited to death. For example, boys are far more likely to be diagnosed with autism, learning disabilities, or ADHD, and they're more likely than girls to develop asthma, have weaker immune systems, and suffer from hearing problems (including hearing loss and tinnitus—ringing in the ears). A study by the Vermont Department of Mental Health found yet another area where boys seem to be at a biological disadvantage when compared with girls: Boys develop emotional and behavioral problems at younger ages than girls. Among children ages 4-7 who experienced "severe emotional disturbances," 91% were boys. Among those 16 and over when those disturbances surfaced, 65% were boys.

### [\*\*PROGRESSIVE GENDER VIEWS AMONG TEEN BOYS COULD PROTECT AGAINST VIOLENCE: STUDY\*\*](#)

*Teenage boys who witness violence are also likely to perpetrate it.*

**ABC News, December 27, 2019**

Teenage boys with more progressive views about gender are half as likely to engage in **violent behaviors** as their peers with rigid views about masculinity and gender, according to new research. The research, which was [published in the American Journal of Preventive Medicine](#) Friday, also found that boys who witnessed their peers engaging in two or more verbally, physically or sexually abusive behaviors -- such as making disrespectful comments about a girl's body

or makeup -- were two to five times more likely to engage in violent behaviors themselves. Although [previous studies](#) have shown a connection between holding rigid views about gender and masculinity and [intimate partner violence](#), the new study sheds light on a trickle-down effect that those views might have on other forms of violence. "We have for too long siloed sexual and partner violence in one place, youth violence and bullying in another," said Dr. Elizabeth Miller, lead author of the study and chief of the division of adolescent and young adult medicine at UPMC Children's Hospital of Pittsburgh. The new study forms a foundation to begin "focusing on gender equity as a mechanism to use for violence prevention across the board," Miller added. The researchers also found that one area of violent behavior, homophobic bullying, contradicted the study's larger findings about progressive gender views being linked to less violence behavior. "You would anticipate that the more progressive your beliefs, the less likely you would be to engage in homophobic teasing," Miller said. "We did not find that." Miller hypothesized that homophobic comments and teasing might be so prevalent among the adolescents in the study that they didn't recognize them as part of a spectrum of abusive and harmful behavior.



### [\*\*SONS WHOSE MOTHERS WERE OBESE DURING PREGNANCY MORE LIKELY TO HAVE LOWER IQS, STUDY FINDS\*\*](#)

**Newsweek, December 26, 2019**

The cognitive health and development of boys may be impacted by their mothers' body mass index (BMI) while pregnant with them, according to research from Columbia University and the University of Texas at Austin. [The study](#), which was published in the journal BMC Pediatrics on Friday, observed 368 subjects from a "low-income cohort of African American and Dominican women" during the second half of their pregnancies, and then evaluated their children three and seven years later. Researchers found that the sons of women whose BMIs indicated that they were overweight or obese when they became pregnant were more likely to show less developed motor skills as 3-year-olds and lower intelligence as 7-year-olds compared to boys whose mothers were at "normal" weights during pregnancy. Among boys, the study found, maternal overweight and obesity correlated with IQ scores between 4.6 and almost 9 points lower than those of boys whose mothers' weights were in the "normal" range before pregnancy.



## MEN WITH ALCOHOL PROBLEMS 'SIX TIMES MORE LIKELY TO ABUSE PARTNER'

BBC News, December 23, 2019

Men who are dependent on alcohol or drugs are six or seven times more likely to be involved in domestic abuse against women than others, according to an extensive new study. The research, [published in the online journal PLOS-Medicine](#), analysed hundreds of thousands of medical records and police data from Sweden over a 16-year period. It also found an increased risk of partner violence among men with mental illnesses and behavioural disorders, though it was not as marked as in the group with a drink or drugs problems. University of Oxford Professor Seena Fazel, who led the study, said the findings suggest domestic violence could be reduced with improvements in drug and alcohol treatment services and better monitoring of offenders. "Treatment programmes for perpetrators have not been very effective to date - probably reflecting lack of high-quality evidence on risk factors that can be targeted," Prof Fazel told BBC News. "Prevention and intervention programmes should prioritise substance misuse and perpetrators should be assessed for substance misuse to prevent recidivism," he said.



## WHY CALIFORNIA NEEDS MORE MALE TEACHERS OF COLOR

Cal Matters, December 26, 2019

When students of color have teachers of color, they learn more, finish high school at higher rates, and are more likely to go to college. But the number of teachers of color in California isn't keeping pace with the diversity of its student body. For students having a teacher of color, who has high expectations, can relate to their experiences, and serve as a role model could make a big difference. When students of color have teachers of color, [there's evidence](#) they learn more, finish high school at higher rates, and are more likely to go to college. For instance, [one study](#) found having at least one black teacher from third to fifth grade cut the high school dropout rate in half for black boys. Veteran teacher Darryl McKellar mentors aspiring male teachers of color at CSU Dominguez Hills through the Future Minority Male Teachers of California program. But the number of teachers of color in California isn't keeping pace with the diversity of its student body.



### [JUST 1 DOSE OF THE HPV VACCINE MAY PROTECT AGAINST INFECTION, NEW STUDY SUGGESTS](#)

CNN, December 27, 2019

A single dose of the human papillomavirus, or HPV, vaccine may be just as effective as two or three doses at preventing cancer-causing HPV infection, a new study suggests. The study, [published in the medical journal JAMA Network Open](#) on Friday, found that compared with unvaccinated women, infection with certain high-risk HPV types was significantly less prevalent among women who received one, two or three doses of HPV vaccine. The study involved analyzing data from the National Health and Nutritional Examination Survey on 1,620 women in the United States ages 18 to 26. The researchers took a close look at HPV vaccination rates and HPV infection among the women between 2009 and 2016. The study found that 111 of the 1,004 unvaccinated women were diagnosed with infections of HPV types 6, 11, 16 or 18 between 2009 and 2016. Yet only four of the 106 women vaccinated with one dose; seven of the 126 women vaccinated with two doses; and 14 of the 384 women vaccinated with three doses were diagnosed with those infections during that time period. "Our study suggests that US women who received 1 dose of the HPV vaccine may have gained similar protection against vaccine-type infections compared with those who received additional doses," the researchers wrote in the study. "These findings support previous observational studies and post hoc analyses of vaccine trials that demonstrated comparable effectiveness of 1 dose to 2 or 3 doses."

## EATING BEHAVIOR AND REASONS FOR EXERCISE AMONG COMPETITIVE COLLEGIATE MALE ATHLETES

Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity, November 28, 2019

### **Abstract**

#### **Purpose**

Research concerning eating disorders among adolescent and young adult male athletes is limited compared with female counterparts, but increasing evidence indicates that they may be at unique risk for unhealthy exercise and eating behavior. The current study aimed to characterize unhealthy exercise and eating behavior according to competitive athlete status, as well as per sport type.

#### **Method**

Collegiate male athletes ( $N = 611$ ), each affiliated with one of the 10 National College Athletics Association (NCAA) Division I schools in the United States, completed an online survey, reporting on eating and extreme weight control behaviors, and reasons for exercise.

#### **Results**

Competitive athletes endorsed increased driven exercise and exercising when sick. Baseball players, cyclists, and wrestlers emerged as the sports with the most players reporting elevated Eating Disorder Examination-Questionnaire scores in a clinical range, and basketball players reported the highest rates of binge eating. Overall, baseball players, cyclists, rowers, and wrestlers appeared to demonstrate the greatest vulnerability for unhealthy eating and exercise behavior.

#### **Conclusion**

Findings revealed differences between competitive and non-competitive male athletes. Among competitive athletes, results identified unique risk for unhealthy eating and exercise behavior across a variety of sport categories and support continued examination of these attitudes and behaviors in a nuanced manner.

## THE MISEDUCATION OF THE AMERICAN BOY

*Why boys crack up at rape jokes, think having a girlfriend is “gay,” and still can’t cry—and why we need to give them new and better models of masculinity*

**Peggy Orenstein, The Atlantic, December 20, 2019**

“The #MeToo movement has created an opportunity, a mandate not only to discuss sexual violence but to engage young men in authentic, long-overdue conversations about gender and intimacy. I don’t want to suggest that this is easy. Back in the early 1990s, when I began writing about how girls’ confidence drops during adolescence, parents would privately tell me that they were afraid to raise outspoken daughters, girls who stood up for themselves and their rights, because they might be excluded by peers and called “bossy” (or worse). Although there is still much work to be done, things are different for young women today. Now it’s time to rethink assumptions about how we raise boys. That will require models of manhood that are neither ashamed nor regressive, and that emphasize emotional flexibility—a hallmark of mental health. Stoicism is valuable sometimes, as is free expression; toughness and tenderness can coexist in one human. In the

right context, physical aggression is fun, satisfying, even thrilling. If your response to all of this is *Obviously*, I'd say: Sure, but it's a mistake to underestimate the strength and durability of the cultural machinery at work on adolescent boys. Real change will require a sustained, collective effort on the part of fathers, mothers, teachers, coaches."



## [HEALTHY MEN: WHY MEN DON'T CARE ABOUT THE HEALTHCARE DEBATE](#)

**Chicago Tribune, December 20, 2019**

The ACA (Obamacare) very clearly prohibits discrimination "on the basis of race, color, national origin, sex, age, or disability." However, while women and girls are covered, mostly for free, for a variety of preventive services, men and boys are eligible for far fewer. Why does that matter? The benefits of preventive healthcare are well-known. Screening for conditions such as high cholesterol, high blood pressure, sexually transmitted infections, and some cancers, along with regular medical checkups, have improved and lengthened the lives of millions of Americans. And it keeps people whose conditions are caught early from getting sicker. Employers know that preventive healthcare reduces sick days and disability payments and increases workplace productivity. Insurance companies know that preventive healthcare lowers their costs and generally support it. Even politicians, who always arrive late to the party, tout the benefits of preventive care, which is why these services were included as an important part of the ACA. Here are the most flagrant areas of discrimination: STI screening, annual preventive care visits, prostate cancer screening, male contraceptives.



**SMOKING DECLINES AMONG MEN FOR THE FIRST TIME: WHO**  
**Newsgram, December 20, 2019**

For the first time ever, WHO records that the number of men smoking around the world are declining. Lifetime Stock By Lisa Schlein The World Health Organization projects that, for the first time, the number of men smoking around the world is dropping, indicating measures to end the global tobacco epidemic are paying off. WHO officials called it a major shift in the fight against tobacco, which every year kills more than eight million people prematurely. Data from 143 countries shows that tobacco use among men has stopped growing, following a steady rise in the use of this deadly product during the past two decades. "Now we are seeing for the first time a decline in use, with WHO projecting that there will be at least 2 million fewer males using tobacco in 2020 and 5 million less by 2025," said Ruediger Krech, WHO's director of health promotion. "Fewer males using tobacco products means fewer people will suffer the avoidable pain and death that they cause."



**YOUNG BLACK PEOPLE ARE KILLING THEMSELVES**  
*The numbers are shocking.*  
**New York Times, December 16, 2019**

A November 2019 [Pediatrics study](#) found the rate of suicide attempts for black

youths shot up an alarming 73 percent from 1991 to 2017, while suicide attempts decreased 7.5 percent for white adolescents. Black boys also had a significant increase in the injuries they received from the attempts, which suggests that they are engaging in more lethal methods. Overall suicide deaths increased by 33 percent in the United States from 1999 to 2017, with rates increasing in all age groups, races, and ethnicities, and among men and women. However, the greatest rates of increase have been seen among adolescents and young adults. Black youths present cause for concern. This year the Journal of Community Health published a study showing that from 2001 to 2017, the rate of death by suicide for black boys ages 13 to 19 rose 60 percent, while the rate for black girls skyrocketed an astounding 182 percent.



### THE RISING SCOURGE OF HIV AMONG YOUNG, LATINO MEN

Be Latina, December 16, 2019

The federal government has committed to [an initiative](#) it's calling *Ending the HIV Epidemic: A Plan for America*, which is designed to slash new infections of HIV by 75 to 90 percent in the next five to ten years through the expansion of prevention and treatment programs. But the challenges of addressing HIV within the Latinx community is fraught with issues such as lack of access and awareness as well as the stubborn prevalence of stigma, all of which factor into the rapidly increasing incidence of HIV diagnoses among young Latino men. "I call it the invisible epidemic," said Professor Vincent Guilamo-Ramos to [The Guardian](#) earlier this year. Guilamo-Ramos founded the Center for Latino and Adolescent and Family Health at New York University. He cited the disproportionate impact that HIV and inadequate public health policies have on people of color, people living in poverty, and both documented and undocumented immigrants. "Whatever strategy the Trump administration comes up with, it's going to have to grapple with who in fact is disproportionately impacted by HIV/Aids: it's brown and black, it's disadvantaged."

**PrEP and Adolescents: The Role of Providers in Ending the AIDS Epidemic**

**Pediatrics, December 2019**

**Abstract**

Surveillance data on high school adolescent sexual activity, including teenaged pregnancy rates and incidence of sexually transmitted infections (STIs), require pediatricians and other youth providers to be competent and confident in addressing sexual and reproductive health care needs in adolescent and/or young adult populations. The American Academy of Pediatrics has published guidelines, recommendations, clinical reports, and resources on the promotion of healthy sexual development in clinical settings, encouraging sexual health assessments that are inclusive of HIV and STI testing as an integral component of comprehensive health visits. The need for a more determined effort to address sexual health as it relates to HIV specifically is evidenced by a decrease in the number of in-school youth reporting ever being tested, 15- to 24-year-olds representing 21% of new infections, and estimates that >40% of youth with HIV are undiagnosed. Ending the HIV epidemic requires adherence to published HIV testing recommendations, sexual health assessments, screening for STIs, and appropriate primary and secondary prevention education. Preexposure prophylaxis, an efficacious biomedical prevention intervention for reducing HIV acquisition, was approved in July 2012 and in May 2018 was authorized for use in minors. This state-of-the-art review article provides background information on preexposure prophylaxis, current guidelines and recommendations for use, and strategies to introduce and implement this valuable HIV prevention method in clinical practice with adolescents and young adults.

**PrEP: An Opportunity to Address Unmet Adolescent Health Needs**

**Pediatrics, December 2019**

Kleinert stated in her 2007 *Lancet* series that “Adolescence is a time in life that harbours many risks and dangers, but also one that presents great opportunities for sustained health and wellbeing through education and preventive efforts.” In this issue of *Pediatrics*, Hosek and Henry-Reid reiterate this observation in their review of preexposure prophylaxis (PrEP) and prescribing among pediatric and adolescent health care providers and give some useful pointers on how providers can better use opportunities, particularly in offering oral PrEP to their adolescent clients. Their article also brings home a fact we all know but have had trouble admitting: adolescents by definition are discovering their sexuality and becoming sexual beings. With this come the “risks and dangers” that present as sexually transmitted infections (STIs), HIV, and unintended pregnancies. The unconditional acceptance that adolescents are engaging in sex as part of their behavioral, social, and physiologic transition to healthy adulthood is a first step in maximizing the opportunities we as providers can create, not only to protect but also to find ways to enhance sustained health and well-being.

**MEN WHO WERE BORN UNDERWEIGHT AT GREATER RISK OF FERTILITY PROBLEMS, STUDY SUGGESTS**

**The Telegraph, December 13, 2019**

Men who were born underweight are more likely to struggle to have children of

their own, a new [study](#) suggests. Researchers in Denmark looked at 5594 men and 5342 women born between 1984 and 1987 and followed them through to adulthood until the end of 2017 when they were aged 32 on average. They found that men who had been born under 6.6lbs had a 55 per cent increased risk of infertility as adults compared to men born within the appropriate weight range for gestational age. Although in a normal population around 5.7 per cent of men would be expected to suffer fertility problems, for those born underweight the figure rose to 8.3 per cent. Yet no link between weight and infertility in women. Speaking about what may cause the effect, lead researcher Anne Thorsted, of the Department of Public Health at Aarhus University, said: "A suboptimal growth environment for the foetus, for whatever reason, could itself be detrimental to the development of sperm production and reproductive organs. "It could also be speculated that the mother's health and lifestyle during pregnancy could affect both foetal growth and the development of reproductive functions. For instance, we know already that if the mother smokes, this can have an impact on the foetus. "Our results show that sometimes we must look at the very early life to find explanations of health problems that occur later in life."



### [\*\*STUDY: RACE IMPACTS RATINGS OF ADHD BEHAVIOR IN BLACK BOYS\*\*](#)

**ADDitude, December 11, 2019**

White teachers are more likely to attribute a Black boy's behavior to attention deficit hyperactivity disorder (ADHD) and to rate those behaviors as severe than are Black parents, according to a new study published in the Journal of Abnormal Child Psychology. The study, conducted by researchers at the University of Massachusetts, demonstrated that White teachers are more likely to ascribe Black boys' behavior to ADHD and to assign them higher scores on the Vanderbilt Assessment Scale for ADHD than are Black parents. What's more, White teachers with negative racial attitudes, as measured by questions included in the study, were more likely to assign even higher ADHD probability ratings to Black boys. White teachers' ratings for Black girls, and for White students of both genders, were also higher than were Black parents' ratings for the same children, however the difference in scores was most stark for Black boys.

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### **CALL FOR POSTER ABSTRACTS**

The [\*\*2020 Resilience: Equity in Gender, Health & Water Conference\*\*](#) will be

held at the Art Gallery of Hamilton (123 King St. West, Hamilton, Ontario, Canada) on March 6th and 7th, 2020. The conference focuses on the intersections of gender, health and water in relation to resilience. The themes include: gender and health equality, holistic health (Indigenous perspectives), gender-based violence prevention, and responding to trauma (resilience interventions). Now accepting poster submissions: Please submit your poster abstract [here](#) by January 15th, 2020 for consideration.

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### **NEW SURVEY OF YOUNG ADULTS UNCOVERS LOW LEVELS OF ACCURATE KNOWLEDGE ABOUT HIV TRANSMISSION COUPLED WITH HIGH-RISK SEXUAL BEHAVIORS**

**Prevention Access Campaign/Merck, November 25, 2019**

Merck (NYSE: MRK) known as MSD outside the United States and Canada, in partnership with Prevention Access Campaign today launched Owning HIV: Young Adults and the Fight Ahead, a new campaign featuring results from a first-of-its-kind survey to better understand beliefs and perceptions about HIV among young adults in the U.S. Survey findings show a jarring trend of general confusion and insufficient knowledge of HIV and its transmission, along with the existence of high-risk sexual practices, poor disease management, and stigmatizing behaviors among young adults. While new HIV diagnoses in the U.S. remained stable between 2012 and 2016, they increased for people aged 25 to 29 during that same time period. Young people now account for a majority of new diagnoses. “Despite scientific advances and decades of HIV advocacy and education, the findings highlight a disturbing trend: young adults overwhelmingly are not being informed effectively about the basics of HIV,” said Bruce Richman, founding executive director, Prevention Access Campaign and the Undetectable Equals Untransmittable (U=U) campaign. “These findings are a call to action that the crisis in the United States is far from over. It’s time to elevate a real conversation about HIV and sexual health among America’s young people, and roll out innovative and engaging initiatives to educate and fight HIV stigma.”

### **ABSTRACT**

### **MEN WITH CHILDHOOD SEXUAL ABUSE HISTORIES: DISCLOSURE**

## **EXPERIENCES AND LINKS WITH MENTAL HEALTH**

**Child Abuse and Neglect, March 2019**

### **Background**

There is limited research on the disclosure experiences of men who have experienced childhood sexual abuse and on how such experiences might impact mental health outcomes.

### **Objective**

The current study described men's disclosure experiences and examined the role of disclosure characteristics on mental well-being (internalizing and externalizing behaviors, substance use, resilience).

### **Participants and setting**

Men (N = 253) from across Canada and the U.S. were recruited through websites for males with sexual abuse histories. Men aged 18–59 years anonymously completed an online study on their sexual abuse, disclosure experiences, and mental health outcomes.

### **Results**

Findings indicated that 77.9% of men disclosed their sexual abuse, although they waited an average of 15.4 years before sharing their experience. Once disclosed, 64.4% of the men reported a positive response (e.g., support), while 35.6% reported a negative response (e.g., blame).

### **Conclusions**

These results require replication in future studies. However, they do suggest that efforts need to be undertaken to address the barriers that hinder men from disclosing their sexual abuse and to ensure that men are supported once they disclose.

## **MORE MALE TEEN TIME ON SOCIAL MEDIA, MORE EATING DISORDERS?**

*The presence of disordered eating behaviors in boys in the current study was nearly four times higher than found two decades ago in another Australian study*  
**US News, December 5, 2019**

The more often young teens turn to social media, the more prone they are to eating disorders, new research suggests. While the study does not prove social media use causes eating disorders, it raises a red flag, said study author Simon Wilksch. He's a senior research fellow in psychology at Flinders University, in South Australia. The study looked at close to 1,000 middle school students and their use of four social media networks: Facebook, Snapchat, Instagram and Tumblr. The researchers found the teens favored use of Instagram and Snapchat, which use video and photos to communicate. "The core cognitive [mental] component of disordered eating is the placing of great importance on one's body shape, weight, food intake or exercise," Wilksch said. "Young adolescence is a time of both peer influences and appearance being very important, so it's not hard to see how people this age could become very focused on how they are perceived online." "I can say that the presence of disordered eating behaviors in boys in the current study was nearly four times higher than found two decades ago in another Australian study," Wilksch said. "Also, in my eating disorder treatment clinic, I am seeing many more young males than previously. And for approximately a third of these, muscle-building is a significant concern."



### **OBESITY MAY ADVANCE PUBERTAL TIMING AMONG BOYS**

**Healio, December 3, 2019**

A cohort of Danish boys with obesity had an earlier mean onset of testicular enlargement when compared with a population-based, normal-weight reference cohort; however, the timing of other pubertal milestones did not differ between groups, according to findings published in *The Journal of Clinical Endocrinology & Metabolism*. “In normal-weight boys, BMI is negatively associated with pubertal timing,” Alexander Siegfried Busch, MD, PhD, a pediatrician in the department of growth and reproduction at the University of Copenhagen, Denmark, told Healio. “Researchers have discussed whether obesity delays or further accelerates pubertal onset. In the present large clinical study, obesity was associated with early testicular growth.”



### **PREDIABETES NOW COMMON AMONG TEENS, YOUNG ADULTS**

*Male teens and young adults were far more likely to have prediabetes than females*

## **US News, December 2, 2019**

New government research delivers some concerning news for U.S. teens -- almost 1 in 5 has prediabetes. Young adults fared even worse -- 1 in 4 of those aged 19 to 34 have prediabetes, the U.S. Centers for Disease Control and Prevention report found. A person with prediabetes has higher than normal blood sugar levels. The levels aren't yet high enough to be considered type 2 diabetes. But often, people who have prediabetes go on to develop type 2 diabetes.

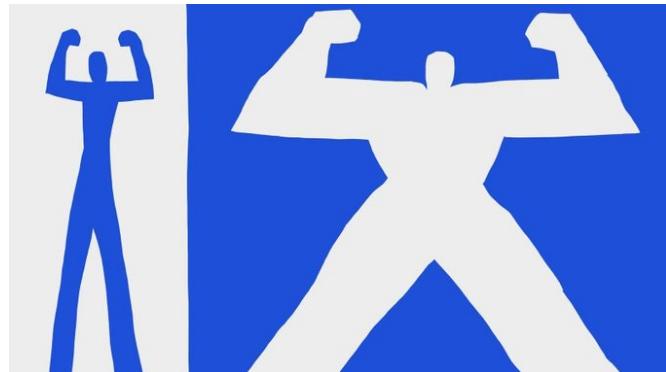
"Prediabetes is very prevalent among adolescents and young adults. We want people to know that this is a serious health condition that raises the risk of developing type 2 diabetes, heart disease and stroke," said study author Linda Andes, a statistician with the CDC's Division of Diabetes Translation. The good news? "Prediabetes can be reversed," she said. "This can be a wake-up call to motivate people into action -- eating a healthier diet, getting more physical activity and losing weight."



## **HALF OF MEN ARE GAMBLING ONLINE AT AGE OF 24 AFTER GETTING HOOKED AS TEENAGERS, NEW STUDY SUGGESTS**

**Daily Mail, December 4, 2019**

Research shows that one in ten 17-year-old boys bet over the internet, despite it being illegal for those under 18. By the time they reach 20, more than a third are doing it and this reaches 47 per cent among 24-year-olds, said the in-depth research by Bristol University. One in eight 11 to 16 year olds follow gambling businesses on social media. The alarming findings lay bare the scale of the gambling epidemic among young men in Britain, which is fuelling soaring rates of addiction and mental health disorders. Researchers quizzed more than 10,000 young people aged 17, 20 and 24 about their gambling habits.



### **THE BEAUTY MYTH FOR BOYS**

*One of the biggest myths about the beauty myth is that it's female. Adolescent boys suffer from unrealistic beauty standards, too.*

**New York Times, December 3, 2019**

Naomi Wolf's 1991 book "The Beauty Myth" claims that efforts to be thin and pretty undermine women. But one of the biggest myths about the beauty myth is that it's female. Boys suffer from unrealistic beauty standards, too, and the problem starts early. In the tween years, as puberty begins and testosterone starts to surge, boys generally don't notice much of anything happening to their bodies. At least nothing outwardly visible. Fair enough, because it will take years for this hormone to transform them into men. What they do notice is the endless parade of perfect male imagery in front of them, across screens and billboards and magazine pages, too: broad shoulders beneath chiseled jawlines; six-pack abs above bulging genitals hiding beneath tight shorts or underpants. And [those who have viewed porn](#) (that would be half of all boys finishing middle school, maybe more, depending upon the study you read) see extra large examples of manliness.

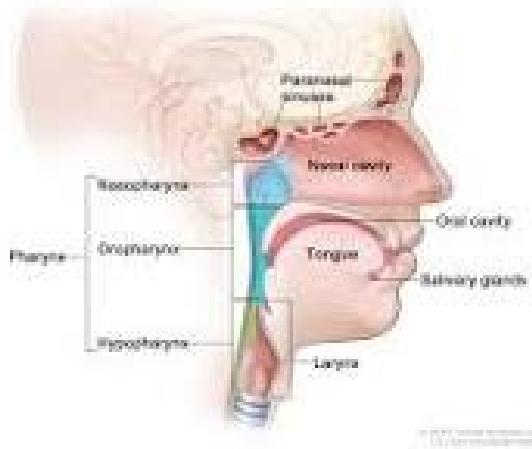


### **HEALTHY MEN: THE EPIDEMIC AND THE CONSEQUENCES OF MALE LONELINESS**

**Hartford Courant, December 6, 2019**

Loneliness kills. According to former U.S. Surgeon General Vivek Murthy,

isolation and weak social connections "are associated with a reduction in lifespan similar to that caused by smoking fifteen cigarettes a day and even greater than that associated with obesity." Even when it's not fatal, loneliness makes life a lot less pleasant. While loneliness cuts across all racial and socio-economic lines just about everyone feels lonely at some point, right? one group in particular is disproportionately affected: men. As Henry David Thoreau put it more than 170 years ago in his classic book, Walden, "The mass of men lead lives of quiet desperation." And a recent study by YouGov backs him up. In that study, 44% of males 18 and over said they feel lonely all the time far higher than the percentage of women who gave the same answer. And that doesn't even take into account men's well-documented habit of underreporting anything that might make us feel or give someone else the impression that we might be weak or defective. In the same study, men were 50% more likely than women (18% vs 12%) to say they don't have any close friends, and 33% more likely (32% vs 24%) to say they don't have a best friend. In fact, many men feel emotionally closer to their dogs than to other humans. In a recent study by psychologist Christopher Blazina and researcher Lori Kogan, 62% of male dog owners said that their relationship with their dog is "almost always" secure, while only 10% said the same about the relationship with the closest human in their life.



### **HEAD AND NECK MELANOMA INCIDENCE RISES AMONG CHILDREN, ADOLESCENTS, YOUNG ADULTS**

*The increase in the U.S. appeared to be driven by white males aged 15 to 39 years*

**Helio, December 4, 2019**

In a study published in JAMA Otolaryngology-Head & Neck Surgery, researchers reported an increase among young people in head and neck melanoma, which has lower rates of survival compared with melanomas in other regions of the body. Results of that study, by Nosayaba Osazuwa-Peters, PhD, PDS, MPH, CHES, assistant professor and director of epidemiology and population health research at Saint Louis University School of Medicine, and colleagues, showed incidence of head and neck melanoma increased by 51% among children, adolescents and young adults in the U.S. and Canada between 1995 and 2014.

## JOURNAL

### COMMUNITY NORMS FOR THE EATING DISORDER EXAMINATION QUESTIONNAIRE AMONG CISGENDER GAY MEN

**European Eating Disorders Review, December 2, 2019**

Prior norms of the Eating Disorders Examination Questionnaire (EDE-Q) among men have not considered sexual orientation. This study's objective was to assess EDE-Q community norms among cisgender gay men.

### CANNABIS TIED TO SEVERE HEART ATTACK RISK IN YOUNGER MALE ADULTS

*The majority of patients with substance use habits related to their heart attack were 19 to 22 years old, male, and white, the study found.*

**KFGO, November 25, 2019**

Teens and young adults who use cocaine, amphetamines and cannabis are more likely to be hospitalized for heart attacks by early adulthood than their counterparts who don't use these drugs, a recent study suggests. Researchers examined data from 2010-2014 on 1,694 patients ages 15 to 22 who were hospitalized for heart attacks, plus almost 9.4 million patients this age who were hospitalized for other reasons. Overall, the risk of a heart attack hospitalization was 3.9 times higher for cocaine users, 2.3 times higher for amphetamine users, and 30% higher for cannabis users than for non-users of these drugs. Cannabis is considered by many people to have a low medical risk, "despite growing evidence of significant side effects from cannabis use disorders (dependence/abuse)," Dr. Rikinkumar Patel of Griffin Memorial Hospital in Norman, Oklahoma, and colleagues write in the Journal of Adolescent Health. "Our study demonstrates a higher prevalence and a significant odds ratio of (acute heart attack) in the younger population with cannabis use, along with the potential cost burdens because of severity of illness, extended length of hospitalization, and higher use of treatment modalities," the researchers write.



### ACETAMINOPHEN USE IN PREGNANCY LINKED TO AUTISM, ATTENTION DEFICIT IN CHILDREN

*Males are four times as likely to be diagnosed with ADHD and ASD than are females*

## Spectrum News, November 28, 2019

Pregnant women's use of acetaminophen may increase the odds of autism and attention deficit hyperactivity disorder (ADHD) in their children, according to an analysis of cord blood from nearly 1,000 children. The study design has a major limitation: Cord blood provides only a short window of exposure to acetaminophen because the drug is metabolized in hours. Still, the findings "warrant additional investigations," says lead investigator Xiaobin Wang, director of the Center on the Early Life Origins of Disease at Johns Hopkins University in Baltimore, Maryland. Acetaminophen, also known as paracetamol, is a pain reliever and fever reducer. It is often marketed as Tylenol in the United States. The new study's finding is consistent with other studies that have reported a link between the drug and autism or ADHD. Like those other studies, the new work finds that the odds of having either condition increase with the drug's dose; however, the overall odds are low.

Instead of relying on self-reports from women as the other studies did, Wang's team measured acetaminophen levels in umbilical cord blood.



## ADHD AND AUTISM SHARE CHANGES IN SOME GENES

Psych Central, November 28, 2019

Autism and attention-deficit hyperactivity disorder (ADHD) share changes in the same genes, according to researchers from iPSYCH, Denmark's largest psychiatry research project. In Denmark, approximately one percent of schoolchildren have autism and two to three percent are diagnosed with ADHD. Autism and ADHD can share certain common symptoms. For example, children with either disorder can demonstrate violent or aggressive behaviors, be impulsive, and have problems in school and with social relations. The new study, published in the journal *Nature Neuroscience*, reveals that the similarities between the two diagnoses can be linked to changes in the same genes. The study is the largest to date of rare mutations in the genome of people with ADHD and autism.



## MEN BORN FROM OLDER MOTHERS AT RISK OF HEART PROBLEMS

Researchers have found that placenta changes could suggest that male offspring are more at risk of heart problems later on in life

Open Access Government, November 29, 2019

Changes occur in the placenta in pregnant mothers over 35 leading to a greater likelihood of poor health in their male offspring, a study in rats has shown. Both male and female fetuses do not grow as large in older mothers, but there are sex-specific differences in changes to placental development and function. These are likely to play a central role in the increased risk of heart problems later on in life and high blood pressure in males. The research involved a collaboration between scientists at the University of Cambridge, the University of Alberta in Canada, the Robinson Research Institute and the University of Adelaide, Australia.

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## PMY ANNOUNCES NEW YOUNG MALE HEALTH RESOURCE

PMY is pleased to announce the release of a new informational resource on young male health. This series of five fact sheets lays out what we know about five types of disorders that adversely impact young males in distinctive ways. To access the full library of PDFs go [here](#)

**YOUNG MALE HEALTH: BODY AND EATING DISORDERS**

By the time most American adolescents reach the age of 18 they've stopped seeing a pediatrician – over 80% of all pediatric visits by teenagers are to a general physician or emergency room. In contrast, nearly half of adults have primary care visits within the last year. Males are more likely than their female counterparts to seek care. Females have more visits to the doctor for mental health problems, accounting for 23.4% of all female preventive visits. For males, however, preventive visits are more likely to be for physical health, with the exception of episodic school exams, sports physicals and visits to the dentist. In fact, they leave the pediatrician's office adolescent and young adult rather than adults.

Yet, according to the US Centers for Disease Control and Prevention, males between the ages of 12 and 19 in the age range of 10 to 27 are at higher risk than their female counterparts for:

- Certain eating and body disorders
- Certain mental health conditions, including HIV
- Violence and trauma, including homicide
- Abuse of certain substances
- Certain mental health conditions, including ADHD and substance abuse disorders
- Suicide
- Accidental injury

**BODY IMAGE, DIET, SUPPLEMENTS AND SUBSTANCE ABUSE**

White disturbances of body image and diet are less prevalent in young males than young females; they are more common in females.

- Highly controlled of average boys are unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and laxative abuse.
- A large 2003 study of teens ages 12 to 19 found that those who were worried about their masculinity (MFI) and unhappy with their bodies were more likely to abuse steroids. These males were twice as likely as their peers to skip meals, vomit, and abuse substances including cocaine, crack, ecstasy or methamphetamine.

**Body Dysmorphic Disorder (BDD)**

- BDD is a disorder characterized by excessive preoccupation with an imagined defect in physical appearance or markedly excessive concern with a slight physical anomaly. The preoccupation is typically accompanied by frequent checking of the defect.

**IN THE UNITED STATES**

In the United States, ED occurs in about 3.8% of males and 5.2% of females. BDD often begins to occur in adolescence and continues into adulthood. ED affects males and females about equally. It appears that females are more likely than males to be concerned with their weight and body size, while ED affects males more than women. Patients with ED often develop something called lipodystrophy, or muscle dysmorphia.

**MUSCLE DYSMORPHIA, ALSO KNOWN AS "BIGODINA"**

Men with muscle dysmorphia feel like they are not "big enough" or "bulky" according to a recent study. These unhealthy methods—dubbed "distorted weight behaviors"—involve the use of anabolic steroids, protein powders, or anabolic stroids to increase muscle or body size.

Symptoms of eating disorders in young males may also include: skipping meals, vomiting, and laxative abuse. Weight loss or gain may occur. Other symptoms may include: avoidance of social situations, avoidance of money or supplements, abnormal eating patterns, or use of steroids? The symptoms can go undetected for long periods of time. Early intervention and treatment by parents, teachers or coaches. Positive feedback may encourage an adolescent to continue the eating disorder process. Therefore, helping him realize he weighs well lead to even further success.

**EATING DISORDERS**

The most common eating disorders develop habits that can cause a great deal of harm. They may eat or severely restrict their calories, exercise for hours on end each day, or take other extreme measures to control their weight. Although they are often undetected, they have an intense fear of becoming fat. Even though they are doing self-starvation in young adulthood, eating disorders can also develop during childhood or later in adulthood.

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## INVASIVE PROSTATE CANCER INCIDENCE RISING AMONG YOUNG MEN; CAUSE ELUSIVE

Helio, November 18, 2019

Incidence of prostate cancer among adolescents and young adults has increased in the United States and many other countries during the past 3 decades, according to study results published in *Cancer*. Further, young men with prostate cancer appeared less adequately staged at diagnosis and at higher risk for metastatic disease and death compared with older-aged men. “Incidence of invasive cancer among [men aged 20 to 40 years] in the U.S. has been increasing in distinct contrast to older Americans, among whom incidence has been decreasing,” Archie Bleyer, MD, researcher in the department of radiation medicine at Oregon Health & Science University, told *HemOnc Today*. “Primary care providers should not exclude the possibility of prostate cancer in their male patients who are between [ages] 20 and 40 years, a potential diagnosis that would rarely have been considered previously. Oncologists, too, may want to include the possibility in their differential diagnosis.”



## STUDY SHOWS 'CONCERNING' SPIKE IN ANAL CANCER AMONG YOUNG BLACK MEN

Sky Statement, November 22, 2019

The US is experiencing a “dramatic and concerning” spike in the rate of new anal cancer cases and deaths — especially among elderly women and young black men, according to a new study. The incidence of squamous cell carcinoma of the anus — the most common subtype of anal cancer — increased 2.7 percent a year from 2001 to 2015, while anal cancer mortality rates rose 3.1 percent a year during that period, according to NBC News. At that rate, the disease can be deemed one of the most rapidly accelerating causes of cancer incidence and mortality in the country, according to Ashish Deshmukh, an assistant professor at the UTHealth School of Public Health in Houston and the study’s lead author. “The rates are increasing very rapidly,” Deshmukh told the “Today” show. “It’s concerning. Traditionally, our perception of anal cancer has been that it’s one of the rarest forms of cancer and because of that, it’s neglected.” He said in a statement: “Our findings of the dramatic rise in incidence among black millennials and white women, rising rates of distant-stage disease, and increases in anal cancer mortality rates are very concerning. “Given the historical perception that

anal cancer is rare, it is often neglected," he added, according to CNN.



**1 IN 5 MEN WILL NOT REACH THE AGE OF 50 IN THE AMERICAS, DUE TO ISSUES RELATING TO TOXIC MASCULINITY**

**Pan American Health Association, November 18, 2019**

Life expectancy for men in the Region of the Americas is 5.8 years below that of women, partly because societal expectations contribute to risk-seeking behaviors, says a new report from the Pan American Health Organization (PAHO). The report was launched on the eve of International Men's Day (19 November). The executive summary of the "Masculinities and Health in the Region of the Americas" report highlights that societal expectations of men to be providers, to engage in risk-seeking behaviors, to be sexually dominant, and to avoid discussing their emotions or seeking help—behaviors commonly referred to as "toxic masculinity"—are contributing to higher rates of suicide, homicide, addictions, and road traffic accidents, as well as chronic noncommunicable diseases among men. "We must not lose sight of the fact that women bear differential risks associated with their status as women," said Anna Coates, Chief of the Equity, Gender and Cultural Diversity office at PAHO. "But the socialization of men also leads to a broad range of health problems that can only be addressed through responsive health policies, programs and services that focus on their particular needs." The report also highlights that one out of five men die before the age of 50 and many of the leading causes of death in the Americas, including heart disease, interpersonal violence and road accidents are directly related to socially constructed "macho" behaviors.



### MEN'S STRESS JUMPS IF THEIR WIVES EARN MORE THAN 40% OF HOUSEHOLD INCOME

CBS News, November 20, 2019

Men have higher levels of stress if their wives earn more than 40% of their household's income, a sign that gender stereotypes can have a harmful impact on some husband's mental well-being, a new study finds. Husbands also suffer from higher stress when they are the sole breadwinner, a signal that bearing the entire financial responsibility for a family's well-being also causes anxiety, the study noted. The survey, conducted by the U.K.'s University of Bath, examined responses from about 6,000 heterosexual American couples over a 15-year period, from 2001 to 2015. The findings come at a time when about a third of U.S. women earn as much as or more than their husbands, compared with about 12% in 1980, according to the Pew Research Center. Women have also narrowed the gender pay gap — although it remains at about 80 cents for every \$1 earned by men — and now represent a majority of college grads.



### MALE ANIMAL ADOLESCENCE IS FILLED WITH TEEN DRAMA AND PEER PRESSURE

Washington Post, November 21, 2019

There are no reported sightings of surly teenage elephants reluctantly sitting down at the family dinner table, trusty ear buds in place, occasionally trumpeting monosyllabic answers. But adolescent elephants do exhibit other behaviors many parents of human teens would recognize, said Cynthia Moss, a researcher who has studied and written books about elephants in Kenya's Amboseli National Park for nearly five decades. "They're naive, they have a lot to learn and they make

mistakes,” Moss said. This is particularly true for males, she explained: They raid crops. They get speared. They die. “It’s just like young human males who drive too fast,” she said, “and the insurance companies know very well to make them pay higher insurance rates.”



**A CALL FOR PUBLIC POLICY AND RESEARCH TO REDUCE USE OF APPEARANCE AND PERFORMANCE ENHANCING DRUGS AND SUBSTANCES AMONG ADOLESCENTS**

*(The use of these drugs and substances is particularly acute among young males)*

**The Lancet Child and Adolescent Health, October 29, 2019**  
(full article behind paywall)

Among adolescents, the use of appearance and performance enhancing drugs and substances (APEDS) is a serious concern. APEDS are primarily used to increase muscle mass, leanness, and athletic performance, and might include over-the-counter muscle-enhancing substances, such as creatine, protein powders, and androstenedione, and illicit drugs, such as anabolic-androgenic steroids. Although legislation in some US states has aimed to regulate dietary supplements, a bill under consideration in the current session of the Massachusetts state legislature (USA) would become the first to protect adolescents from the potentially harmful effects of APEDS. *Bill H.1942, An act protecting children from harmful diet pills and muscle-building supplements* restricts the sale of supplements targeting weight loss or muscle building to adults aged 18 and older, requires retailers of these supplements to store them in a locked display or behind the counter, and to display signage that outlines the known risks of these supplements. We support the Massachusetts legislation to regulate the use of these products among adolescents and address the need for more research on health outcomes of legal APEDS (ie, creatine, amino acids, and protein powders).



### [NEW WHO-LED STUDY SAYS MAJORITY OF ADOLESCENTS WORLDWIDE ARE NOT SUFFICIENTLY PHYSICALLY ACTIVE, PUTTING THEIR CURRENT AND FUTURE HEALTH AT RISK](#)

**World Health Organization, November 22, 2019**

The first ever global trends for adolescent insufficient physical activity show that urgent action is needed to increase physical activity levels in girls and boys aged 11 to 17 years. The study, published in *The Lancet Child & Adolescent Health* journal and produced by researchers from the World Health Organization (WHO), finds that more than 80% of school-going adolescents globally did not meet current recommendations of at least one hour of physical activity per day – including 85% of girls and 78% of boys. The study – which is based on data reported by 1.6 million 11 to 17-year-old students – finds that across all 146 countries studied between 2001-2016 girls were less active than boys in all but four (Tonga, Samoa, Afghanistan and Zambia). The difference in the proportion of boys and girls meeting the recommendations was greater than 10 percentage points in almost one in three countries in 2016 (29%, 43 of 146 countries), with the biggest gaps seen in the United States of America and Ireland (more than 15 percentage points). Most countries in the study (73%, 107 of 146) saw this gender gap widen between 2001-2016.

### [AAP POLICY: WHAT DOCTORS NEED TO CONSIDER WHEN CARING FOR 11 TO 21-YEAR-OLDS](#)

**AAP News, November 18, 2019**

Adolescence is the transitional bridge from childhood to adulthood in so many ways. It's a pivotal time in physical development, starting with puberty. Healthy cognitive, sexual and psychosocial development all are crucial in the journey in becoming a productive and self-fulfilled adult. A new AAP policy statement, *Unique Needs of the Adolescent* from the Committee on Adolescence, discusses the seminal changes that take place and puts forth recommendations based on the unique biological and psychosocial transitions that occur for this age group. The policy is available [here](#) and will be published in the December issue of *Pediatrics*. The biggest health risks to adolescents are not a result of physical illness. Mortality in this age group is due to unintentional injury, homicide and suicide, all of which have their underpinnings in behavior. These causes of death greatly surpass medical etiologies such as cancer, HIV and heart disease in the U.S. and other industrialized nations. The policy highlights the need for ongoing health screening, including confidential screening for mental health, sexual health

and use of tobacco, alcohol and illicit substances. Some risk-taking behavior is normative in adolescence. However, high-risk sexual activity and alcohol and illicit substance abuse are known to lead not only to substantial morbidity and mortality in teens but could influence physical and mental health during adulthood. The policy reviews a wide range of issues taking place during adolescence and what the pediatric professional needs to consider when caring for this age group.

## **HOW WE SHOULD HELP OUR YOUNG MEN DEAL WITH PROCESSING GRIEF IN A HEALTHIER WAY**

**Stuff.nz, November 10, 2019**

Victoria University's Chris Bowden says that when it comes to supporting young men through their grief, there's plenty we can do: "We're just shit at it. The research is there, they've given us clear messages about what they want and how they want it delivered." A lecturer and suicide researcher, Bowden says young men want our help - and they want to talk - but it needs to be the right help, on their terms, and gender-specific. Outside of their families they are often helped best by experienced male counsellors and psychologists. "They want someone to walk with them, to witness and acknowledge what's going on for them, listen non-judgementally and help them realise they'll be there for them. "Men like to vent just as much as women do, but they have to feel a hell of a lot safer before they'll do it." In general, men will talk about grief, but they want results-focused solutions, unlike women who generally want to talk, but don't need advice. "Feelings", in fact, is a word best avoided when it comes to young men. "A lot don't know how they feel, they don't have the literacy or the language to describe it. It's anger, it's sadness, it's despair, it's tiredness - how do you give it a name?" According to Bowden, the much safer question is "how have you been dealing with this?" "That gives me a lot more information about where they're at in terms of risk or how they're coping or not coping." While we shouldn't force our men to talk, we should continually let them know we're here for them, whenever they're ready. "If you do that long enough it will lead to disclosure, at some point they'll realise you can be trusted, you are there, you are listening and you genuinely care for them."



## **NEW STATISTICS FROM THE MENTAL HEALTH FOUNDATION HIGHLIGHT THE IMPACT BODY IMAGE ISSUES HAVE ON MEN IN THE UK**

**Happiful.com, November 12, 2019**

Breaking down their **body image survey** carried out for Mental Health Awareness Week earlier this year, the **Mental Health Foundation** have found some alarming statistics when it comes to men and body image. 28% of adult male respondents admitted to feeling anxious because of their body image while 21% said concerns about their body has caused them to dress in a way that hides their body. Worryingly, 11% of male respondents said they had experienced **suicidal thoughts** because of body image issues, with 4% saying they had already **self-harmed**. When it comes to body image issues we often hear how it affects women, but rarely about how men are impacted. Chief Executive of the Mental Health Foundation, Mark Rowland commented to say that body image is often seen as an issue that only affects women, “but it is clear from our data that it is affecting millions of men in the UK too.” “The consequences of body image issues can be serious. It is shocking that almost one in 20 of the men who responded to our survey said they had deliberately hurt themselves as a result of body image issues.

**YOUNG MALE HEALTH: BODY AND EATING DISORDERS**

By the time most American adolescents reach the age of 13 they've stopped seeing a pediatrician – over 80% of all pediatric visits with children under 18 are made by parents. Young adults have primary care visits within the last year.<sup>1</sup> Males are less likely than their female counterparts to seek care.<sup>1,2</sup> Females have a relatively seamless transition with age with gynecologists accounting for 23-42% of AYA/female preventive visits.<sup>3</sup> For males, however, there is no similar continuity of care. On the whole, with the exception of episodic school exams, sports physicals and visits to the emergency room or physician's office adolescent and young adult males are left outside of our health care system, a pattern that extends into adulthood.

Yet, according to the US Centers for Disease Control and Prevention, young males, or males within the age range of 10 to 27, are at higher risk than their female contemporaries for:

- Certain eating and body disorders
- Certain sexually transmitted infections, including HIV
- Violence and trauma, including homicide
- Abuse of certain substances
- Certain mental health conditions, including ADHD and autism spectrum disorders
- Suicide
- Accidental injury

**BODY IMAGE: DIET, SUPPLEMENTS AND SUBSTANCE ABUSE**

- While disturbances of body image and diet are less prevalent in young males than young females, they are more common than generally believed.
- Nearly one-third of teenage boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives.<sup>7</sup>
- A large 2013 study<sup>8</sup> of teenage males 12 to 18 found that those who were worried about their masculinity (9%) used unhealthy supplements, such as growth hormone and anabolic steroids, to make themselves look like their peers to binge drink and use drugs, including cocaine, crack, ecstasy or methamphetamines.

**Body Dysmorphic Disorder (BDD)**

- BDD is a disorder characterized by excessive preoccupation with an imagined defect in physical appearance or markedly excessive concern with a slight physical anomaly. The preoccupation is typically accompanied by frequent checking of the defect.<sup>9</sup>

**IN THE UNITED STATES**

- In the United States, BDD occurs in about 2.5% in males, and in 2.2 % in females. BDD often begins to occur in adolescents 12-13 years of age.
- While BDD affects males and females about equally it expresses itself differently in males. Men are more likely than women to be concerned with issues involving muscle, and BDD affects cognition more in men than women.<sup>10</sup> Put another way, males with BDD often develop something called bigorexia, or muscle dysmorphia.

**muscle dysmorphia, also known as "bigorexia"**

- 22% of young men turn to potentially dangerous methods to "bulk up," according to a recent study.<sup>11</sup> These unhealthy methods – dubbed "disordered eating behavior" – include eating to gain weight and using supplements or anabolic steroids to increase muscle or body size.
- Symptoms of eating disorders in young males may also include preoccupation with body shape and musculature. Weight loss or gain may occur. Other compulsions may include squandering excessive amounts of money on supplements, abnormal eating patterns, or use of steroids.<sup>12</sup> The symptoms can go undetected for long periods of time because they may not be alarming to parents, teachers or coaches. Positive feedback may inadvertently encourage an individual to continue the eating disorder practices, thinking that losing more weight will lead to even further success.<sup>13</sup>

**EATING DISORDERS**

- Those with eating disorders develop habits that can cause a great deal of harm. They may fast or severely restrict their calories, exercise for hours on end each day, or take other actions to prevent any weight gain. Even though they are often underweight, they have an intense fear of becoming fat. Usually appearing during adolescence or young adulthood, eating disorders can also develop during childhood or later in adulthood.

THE PARTNERSHIP FOR MALE YOUTH! Promoting Health for Adolescent and Young Adult Males

## **PMY ANNOUNCES NEW YOUNG MALE HEALTH RESOURCE**

PMY is pleased to announce the release of a new informational resource on young male health. This series of five fact sheets lays out what we know about five types of disorders that adversely impact young males in distinctive ways. To access the full library of PDFs go [here](#)



### **YOUNG MALE CANCER SURVIVORS MAY BENEFIT FROM TESTOSTERONE REPLACEMENT THERAPY**

**News Medical Life Sciences, November 12, 2019**

Young male cancer survivors may significantly benefit from testosterone replacement therapy - especially after testicular cancer - according to the first ever clinical trial of its kind. The research published 12 November 2019 in PLOS Medicine looked at one of the most common late-onset side effects experienced by young male survivors – reduced levels of the male sex hormone, testosterone. Low levels of testosterone can be caused by cancer and its associated therapies such as chemotherapy and radiotherapy. It causes problems that impact the health of cancer survivors, including changes in body composition. Young men with low testosterone levels carry on average more fat mass and less lean body mass than their peers, which is linked with a higher risk of conditions like heart disease, a significant cause of death in cancer survivors.



### **NEW HCV INFECTION LESS COMMON IN MSM INITIATING PrEP**

**Helio, November 11, 2019**

"The key message from this study is that fortunately we saw low incidence of acute hepatitis C infection in primarily men receiving pre-exposure prophylaxis for HIV and this was reassuring," Feld said. "We still feel that it's important to screen, certainly at baseline, and then to have ongoing screening because the two [HCV-positive] individuals were found purely by screening. They were asymptomatic

and had normal liver enzymes at the time ... and both of them went on to be treated, [which is] important for both their own health, but also because of unintentional transmission that could occur."

## **MATH LOOKS THE SAME IN THE BRAINS OF BOYS AND GIRLS, STUDY FINDS**

**NPR, November 8, 2019**

*There's new evidence that girls start out with the same math abilities as boys.*

A study of 104 children from ages 3 to 10 found similar patterns of brain activity in boys and girls as they engaged in basic math tasks, researchers reported Friday in the journal Science of Learning. "They are indistinguishable," says Jessica Cantlon, an author of the study and professor of developmental neuroscience at Carnegie Mellon University. The finding challenges the **idea** that more boys than girls end up in STEM fields (science, technology, engineering and mathematics) because they are inherently better at the sort of thinking those fields require. It also backs other **studies** that found similar math abilities in males and females early in life. But there is evidence of sex differences in some exceptional older students, Geary says. For example, boys outnumber girls by about 3 to 1 when researchers identify adolescents who achieve "very, very high-end performance in mathematics," Geary says, adding that scientists are still trying to understand why that gap exists.



## **STUDY QUESTIONS VIDEO GAMES' EFFECTS ON VIOLENT BEHAVIOR**

**Science Daily, November 6, 2019**

A new study finds that there is not enough information to support the claim that violent video games lead to acts of violence. The Contemporary Economic Policy study examined data from the National Longitudinal Study of Adolescent to Adult Health (Add Health), a nationally representative sample of adolescents in grades 7-12 in the United States between April and December 1995. Over 15,000 participants were followed into young adulthood with four waves of in-home interviews, with the last interview conducted in 2008, when participants were 24-32 years old. "While the data show that fighting later in life is related to playing video games as an adolescent, most of this is because, relative to females, males both play games more often and fight more often. Estimates that better establish causality find no effect, or a small negative effect," said author Michael Ward, PhD, of The University of Texas at Arlington. "This is my fourth analysis using a fourth methodology and a fourth dataset on actual outcomes that finds no violent

effects from video games."



### **ENGAGING IN SEXUAL INTERCOURSE IN EARLY ADOLESCENCE ASSOCIATED WITH AN INCREASED RISK OF ATTEMPTING SUICIDE**

**PsyPost, November 3, 2019**

Adolescents who engage in sexual intercourse tend to face higher odds of suicide attempts, according to new research. The study, published in the journal [Psychiatry Research](#), examined more than 100,000 participants who were between 12 and 15 years old. The researchers examined data from 116,820 adolescents in 38 countries who had participated in the [Global School-based Student Health Survey](#). The survey asked participants how many times they attempted suicide in the past 12 months. It also assessed whether they had ever had sex and their number of partners. The overall prevalence of sexual intercourse was 16.8% for boys and 9.5% for girls, and approximately 9% of adolescents had attempted suicide. After controlling for gender, age, food insecurity, anxiety-induced insomnia, and alcohol consumption, the researchers found an association between sexual intercourse and suicide attempts in 32 of the 38 countries. "Those adolescents who had sexual intercourse had more than double the odds of having attempted suicide in the past 12 months compared with those who had never had intercourse," Smith told PsyPost.



### **TEENAGE A TIME OF SEXUAL CONFUSION, FINDS NEW STUDY**

**News Medical Net, November 5, 2019**

During adolescence, in developed countries, sexual identity tends to become a matter of debate in about a fifth of people. A new study, published in the [Journal of Adolescence](#) on November 3, 2019, shows that among children entering adolescence in a rural southern setting within the American culture, a sizable number of teenagers felt unsure at some point about which sex they were attracted to, and how they should describe their sexual orientation. About 20% of boys and 6% of girls at each yearly survey said they were in a sexual minority, and were attracted to the same sex. The researchers also found that most people who reported thinking of themselves as LGBT at some point during the study also had homosexual attractions to some extent, and almost all had some kind of sexual behavior with another person of the same sex.



#### [MENTAL HEALTH STUDIES LUMP TRANSGENDER TEENS UNDER ONE UMBRELLA - AND MISS CLUES TO HELP THEM IN THE PROCESS](#)

Stat News, November 7, 2019

The disparities are staggering: A growing body of research suggests that transgender teens experience suicidal thoughts and attempt to take their own lives far more often than their cisgender peers. But in many studies and surveys on adolescent mental health, transgender teens are lumped together in one big group. A transgender teen boy is treated the same, in terms of the research, as a non-binary teen who was assigned male sex at birth, or as a transgender girl. Many other studies and surveys don't ask about gender identity at all. A handful of researchers are pushing to change that by making research more detailed when it comes to gender identity — and they are armed with evidence that suggests that doing so is critical to unraveling health disparities.

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#### [CALL FOR SUBMISSIONS PMY YOUNG MALE MENTAL HEALTH WRITING FELLOWS PROGRAM](#)

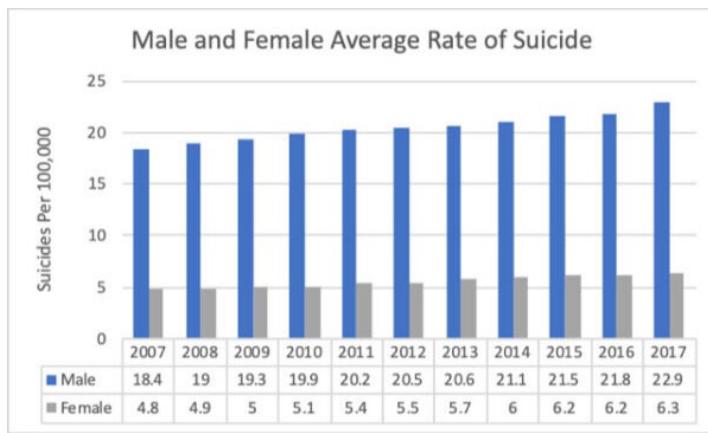
The Partnership for Male Youth has announced its Young Male Mental Health Writing Fellows Program. Under a competitive system, selected Fellows ages 18-26 will create a collection of stories, drawing on personal experiences, news and

culture that will amplify their voices and perspectives on young adult male mental health. The collection will be posted online on an interactive text and video platform, designed to encourage other young males to respond to the stories.

The primary objective of the project is to create a community of young males to advise PMY and its collaborating partners on projects to address mental health issues that impact them. The secondary objective is to educate the public about the mental health challenges young males face. The third objective is to open dialogue among male youth themselves about how they can safeguard their mental health.

Participants can submit an already completed essay or submit a pitch if they want to be certain that their essay fits with our project. We can also provide a brief instructional guide on how to put together a personal essay. Authors of the 20 best submissions will each receive a \$100 award.

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## [\*\*THE GROWING EPIDEMIC OF SUICIDE AMONG MEN\*\*](#)

**The Epoch Times, November 5, 2019**

The National Center for Health Statistics has released its [report on teen deaths](#) by [suicide](#) and homicide. The numbers illustrated in the report and by the [Center for Disease Control](#) are staggering. Between 2007 and 2017, the suicide rate among individuals aged 15 to 24 rose by 50 percent. While the causes for this dramatic rise are being widely debated in the media, many media outlets are focusing specifically on the rise in minority and female suicides, as well as the elevated risk that LGBTQ-plus teens face. The suicide rate for women aged 15 to 24 during this period rose 87 percent, to 5.8 per 100,000 people in 2017 from 3.1 in 2007. The suicide rate for African Americans of the same age group rose by 75 percent, to 10.7 in 2017 from 6.1 in 2007. These numbers demonstrate a crisis among American youth, yet most of the reporting on the issue has glossed over an even larger crisis: the suicide rate for men, primarily non-Hispanic white men, and American Indian and Alaskan Native men.



### **WE CAN HELP MEN LIVE LONGER**

*We need to pay more attention to the factors that contribute to earlier deaths for men.*

**New York Times, November 7, 2019**

Overall in the United States, males [make up](#) 49 percent of the population. But over age 65, the population is 57 percent female — and starting at that age [survival differences by sex become more marked](#). There are only about half as many males as females among people over age 80, and 81 percent of [American centenarians are women](#). According to the United Nations, women outlive men in all but a few of the [over 200 nations and territories](#) it monitors. These differences in aging between sexes raise some interesting questions: Why and from what are older men dying? Does biology favor females for survival, and if so, how and why? Are we doing something socially, culturally or medically that's killing men? Or are we not doing something that might help? [Human biology appears to favor female survival](#). This is not consistently true in [other species](#), leading scientists to hypothesize that the advantage may be uniquely human. At the same time, shorter male lives have not been the reality in all places or eras, so biological sex isn't the sole determinant of life span: [Culture interacts with biology](#).

### **TRENDS OF SUICIDAL BEHAVIORS AMONG HIGH SCHOOL STUDENTS IN THE UNITED STATES: 1991–2017**

**Pediatrics, November 2019**

**CONCLUSIONS:** The results suggest that, over time, black youth have experienced an increase in suicide attempts, which is troubling because attempts are the most prominent risk factor associated with suicide death. For black boys, a significant increase in injury by attempt occurred, which suggests that black boys may be engaging in increasingly lethal means when attempting suicide. Examining trends of suicidal thoughts and behaviors over time by sex and race and ethnicity allow us to determine where to focus prevention and intervention efforts. Future research should examine the underlying reasons for these changes observed in US high school students.

### **PODCAST: HOW ADOLESCENT BOYS' NEED FOR FRIENDSHIP**

## AFFECTS THEIR MENTAL HEALTH

JAMA Clinical Reviews, November 4, 2019

Adolescent boys are notoriously difficult to deal with. However, some of their behaviors mask a need they have for developing intimate friendships. Being adolescent boys living in a macho culture, many deny that they need these relationships. Niobe Way, EdD, professor of Developmental Psychology at New York University, has spent her professional career studying adolescent boys' relationships with each other and how they affect their behaviors. She explains how to intervene to help them better understand their needs for intimacy, which, in turn, helps them to better relate with people and avoid unpleasant behaviors.

## HELPING THE STONE BOYS HEAL FROM TRAUMA

*Strategies and best practices for healing boys and men.*

**Psychology Today, October 10, 2019**

One of the reasons I wrote my novel *The Stone Boys* (Latah Books, 2019) was to depict boys trying to tell their own stories, and men and women, the adults in their lives, trying to do the same for the sake of the boys. Males need stories to identify with — stories that open their hearts. My own boyhood abuse story is captured in the novel as Ben tells Dave about going to see the psychiatrist who molested him when he was 10 years old. Ben describes the grooming, touching, sexual confusion, a bizarre sense that he was getting pleasure from doing things he knew were wrong. This piece of my story is one I have heard a lot about from readers and other victims. "You helped me feel less ashamed," a man wrote. "I felt pleasure, too, when my abuser was hurting me, and this confusion and shame crushed me." All sexual abuse leads to sexual confusion — that is part of the trauma. As we tell our own stories, we provide safety for the boy or man to tell his. It may take many renditions and a lot of time, but in tandem with practices of observation, assumption, and discernment, as well as best practices I'll look at with you now, it can lead to the stone inside the traumatized male gradually softening.

[Michael Gurian. The Stone Boys. Latah Books. 2019.](#)

## YOUNG MEN ARE LONELIER THAN EVER BEFORE SAYS RECENT STUDY

*Study suggests young men struggle with massive loneliness*

**Guy Counseling, October 28, 2019**

A [recent survey](#) conducted by YouGov found that men are struggling to make and maintain friendships. Women that participated in the survey reported having trouble making friends also, but their numbers were eclipsed by the extent at which men struggled socially. 12% of women respondents said that they didn't have any close friends. A staggering 1 in 5 men said the same. 24% of the women in the study said that they lacked a best friend while 32% of men said that they didn't have a best buddy either. In addition to those statistics, 44% of men in the study said that they felt lonely all the time. What makes these numbers so alarming is that loneliness can lead to a host of social and mental health

problems. Dr. Carla Marie Manly, a clinical psychologist, shared that in her experience people who are lonely “suffer from higher rates of mental health disorders including anxiety, depression, and suicidality.”



**REPORT ON STATE OF HEALTH AMONG AMERICAN MEN REVEALS DEATH AND DESPAIR**

**Chicago Tribune, October 30, 2019**

Signs of declining health for American men abound in the National Center for Health Statistics latest annual report. Life expectancy at birth for males declined to 76.1 years in 2017 from 76.5 in 2014, according to the data. At age 65, men are projected to live another 18.1 years compared with 20.6 years for women. These and other takeaways from the annual report, which tracks the health of the U.S. population across different metrics, have implications for productivity, wages and the broader economy. The decline in life expectancy is occurring in part due to deaths from despair. From 2007 to 2017, the mortality rate from drug overdoses increased 82%, to 21.7 deaths from 11.9 per 100,000. Over the same 10-year period, suicide rates increased 24%, to 14.0 deaths from 11.3 per 100,000 resident population. Males had twice the female drug overdose death rate in 2017 and rates for men have virtually doubled since 2007. The recent increases were especially pronounced among men aged 25-34 and 35-44, the report shows.



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## [\*\*TOWARD A NEW BOYHOOD\*\*](#)

**Penn Gazette, October 23, 2019**

From toxic masculinity to feminist overreach, angry white men to benevolent sexism, #HimToo to #TimesUp, American manhood is in disarray. Into the fray steps Michael Reichert, with a blueprint for raising the next generation right. Reichert, who in 2005 founded the Center for the Study of Boys' and Girls' Lives, aligns with neuroscientists who emphasize the plasticity of the human brain. "We build neural connections in plastic brains, depending on our experience," he says. "And if we don't talk to boys about their feelings, if we don't let them code feelings with language, naturally their brains are going to reflect those differences." In *How to Raise a Boy*, Reichert contends that if there's a secret to educating boys, it lies firmly in a realm stereotypically regarded as the special preserve of girls: interpersonal relationships. "Here's what the science tells us," Reichert replies. "We're actually stronger, more independent, and grittier to the degree that we're connected to other people, rooted in relationships, and grounded in a sense of someone knowing and caring for us. When we're out there by ourselves, cut off from people, harboring all of our upsets and tensions in our own heads, we're actually very shaky."



ecigclick.co.uk / CC BY-SA 2.0

## **NEW CDC REPORT OF VAPING DEATHS FINDS VICTIMS ARE MOSTLY YOUNG WHITE MALES**

**Fox, October 30, 2019**

The first report by the Centers for Disease Control and Prevention (CDC) examining victims in the outbreak of vaping deaths finds victims are mostly young, white males using THC-containing products. The CDC released the report on Tuesday. According to the report, as of October 22, there have been 34 deaths in patients with e-cigarette, or vaping products associated with lung injury. Of the 29 deaths among patients using the products which were analyzed for the report, 59% of those who died were men. Of the 1,604 cases of lung injury reported in 49 states, D.C., and the Virgin Islands, 79% were under the age of 35. About half of the cases, including two deaths, involved people who reported using THC-containing products.

## **NEW STUDY REVEALS GIRLS MORE LIKELY TO BE ADMITTED TO HOSPITAL AFTER SELF-HARMING**

**American Association for the Advancement of Science, October 29, 2019**

Girls in Wales are much more likely to end up in hospital after self-harming than boys according to new research led by Swansea University. The study, the first of its kind, has been published in the Archives of Disease in Childhood and reveals this gender disparity is particularly evident among 10 to 15-year-olds who have self-harmed. The study included 937,697 young people, aged between 10 and 24, of whom 15,739 accessed healthcare services for self-harm. The gender disparity was most evident among 10 to 15-year-olds. Three quarters (76%) of girls in this age group were admitted to hospital compared with only around half of the boys (49%) but girls who had poisoned themselves were significantly more likely to be admitted (90%) than boys (69%) of the same age group.



## **THE IMPORTANT ROLE OF SOCIAL CONTEXT IN THE PHENOMENON OF MALE ADOLESCENT VIOLENCE**

**Psychiatry Advisor, October 30, 2019**

A study published in JAMA Network Open Pediatrics found that the co-occurrence of [violence-related risk](#) and protective behaviors differs significantly in [adolescent](#) males with vs without adult support, providing evidence that social context matters in relation to adolescent violence. Alison J. Culyba, MD, PhD, MPH, of the University of Pittsburgh Medical Center Children's Hospital in Pennsylvania, and colleagues explored patterns of violence among adolescent males and their association with individual and social factors. They gauged protective factors such as social support and school engagement, as well as risk factors such as a history of exposure to violence and substance use. The strongest association occurred in the sexual violence perpetration cluster. Youth with high social support were significantly less likely to engage in any of 40 risk behaviors, while both social support and natural mentoring were inversely associated with gang involvement and natural mentoring and sexual violence exposure and natural mentoring. Youths who had a positive future orientation and strong career aspirations were not likely to perpetrate sexual or weapon-related violence. Youths who perpetrated one form of violence were more likely to engage in other forms.

## **GENDER GAPS IN SCHOOL PERFORMANCE**

**UCLA Anderson Review, October 30, 2019**

Girls do a lot better than boys in the classroom, whether the measure is grades, disciplinary actions or graduation rates. So, over the course of 30 years, the percentage of U.S. women 26-to-28 years old who earned at least a bachelor's degree rose from 21% (1980) to 30% (2000) to 36% (2010). Over that same period, the share of men with four-year degrees barely increased, from 25% to 28%. This reversal in the educational gender gap has left educators and parents to wonder: Why are boys falling behind in America? Socioeconomic factors are receiving increased attention among those studying the gender gap in education, including Massachusetts Institute of Technology's David Autor, Northwestern's David Figlio, Emory's Krzysztof Karbownik, University of Florida's Jeffrey Roth and UCLA Anderson's Melanie Wasserman, whose [research](#) is published in American Economic Journal: Applied Economics. The researchers found, for instance, the gender gap in high school completion rates was substantially smaller in families living in better economic circumstances. When they adjusted for the family's socioeconomic situation, the larger boy-girl gaps in high school

graduation rates observed among minority children shrank dramatically: from 6.7 to 5 percentage points (a 25% reduction) for black children and 2.1 to 1.3 percentage points (a 38% reduction) for Hispanic children.

### PARENTAL AND PEER INPUT ARE LINKED TO DIFFERING ACTIVITY LEVELS FOR BOYS AND GIRLS

American Association for the Advancement of Science, October 30, 2019

Differences in levels of physical activity between boys and girls are linked to differences in levels of modeling and support by peers and parents, according to a new study in the open access journal PLOS ONE. Girls were less likely to participate in club sports at the elementary school level, and in any type of physical activity at the high school level. Overall, girls received less social support than boys, and the degree or participation was linked to the degree of both modeling and support received. The difference between the sexes in the amount of peer modeling was greater at the high school level than at the elementary level, suggesting that interventions that target peer modeling may be an effective way to mitigate the age-related decline in physical activity among girls.



### ACETAMINOPHEN IN PREGNANCY LINKED TO HIGHER RISK OF ADHD, AUTISM

- Boys are three times more likely to receive an ADHD diagnosis than girls
- Boys are four times more likely to receive an Autism Spectrum Disorder diagnosis than girls

UPI, October 30, 2019

Two-thirds of American women take acetaminophen for the aches and pains of pregnancy, but the medication might not be as benign as thought. New research shows that women who took acetaminophen, best known as Tylenol, at the end of their pregnancies were much more likely to have child with attention-deficit/hyperactivity disorder (ADHD) or autism. After testing blood from the mother and the umbilical cord soon after birth, the odds of these developmental disorders were more than twice as high in children exposed to acetaminophen near the time of birth. The association was strongest between exposure to

acetaminophen and ADHD in the child.



### OF ALL PROFESSIONS, CONSTRUCTION WORKERS MOST LIKELY TO USE OPIOIDS AND COCAINE

- 90% of construction workers are male
- Study points to need for programs to prevent drug-related harm among workers in risky industry

**American Association for the Advancement of Science, October 30, 2019**

Construction workers are more likely to use drugs than workers in other professions, finds a study by the Center for Drug Use and HIV/HCV Research (CDUHR) at NYU College of Global Public Health. The study, published in the journal Drug and Alcohol Dependence, shows that construction workers are the most likely of all occupations to use cocaine and misuse prescription opioids (taking them for nonmedical purposes), and the second most likely to use marijuana. The construction, mining, and extraction industries are among the largest sectors in the United States. The hazards of this type of work--including falls, injuries from overexertion, and being struck by or caught in heavy machinery--result in high injury and fatality rates. In particular, injuries from repetitive, strenuous work can lead to treatment or self-treatment with pain medication such as marijuana or opioids. "Construction workers are at an increased risk for drug use, which makes them vulnerable to work-related injuries or even overdose deaths," said Danielle Ompad, associate professor of epidemiology at NYU College of Global Public Health, deputy director of CDUHR, and the study's lead author.



## **THE MALE INFERTILITY TIMEBOMB: ONE IN TEN MEN HAS PROBLEMS FATHERING A CHILD, SO WHAT ARE THE DISTURBING REASONS BEHIND THIS GROWING HEALTH CRISIS?**

Daily Mail, October 28, 2019

It seems that for most men suffering infertility from a low sperm count, the damage was done decades earlier — while they were still in the womb. Evidence increasingly shows that the delicate processes involved in forming their reproductive organs can be disrupted in the early months of pregnancy, inflicting damage that can harm their chances of fatherhood. Moreover, new studies suggest that this not only sends their sperm counts plummeting, it also significantly raises men's risk of serious illnesses such as cardiovascular disease and cancer in later life.



## **FRAT BOYS STILL HAVE A HOMOPHOBIA PROBLEM**

Advocate, October 31, 2019

We can't just brush a broad stroke and label all frat boys and athletes homophobes. There are some good men among their ranks. But, for those few who are fervently antigay, they represent one of two coins depicting two very different double lives of some frat boys and gay men on college campuses. On one side of the hate-filled frat boy coin, you have those who conduct themselves well in classes, and around campus, but when they are with their brothers and their peers, particularly at parties, that coin drastically flips, revealing ugly

conduct. How many more stories do we have to read involving hazing's gone wrong? About women being assaulted? And while we're learning about the incident at the University of Memphis, how many other gay students have been denied access, not just to parties, but to a secretly non-inclusive fraternity that might have among its ranks those who sinisterly mock, degrade, vilify and sissify gays?

### **HOW TO HELP MALE SURVIVORS OF SEXUAL VIOLENCE**

*Stereotypes about masculinity make it harder for survivors to not only disclose their experience but also identify as survivors*

**Cutacut, October 24, 2019**

The #MeToo movement has enabled and empowered survivors to come out with their stories. While an overwhelming majority of these survivors are women, men, too, are victims of sexual assault and violence. For many male survivors, stereotypes about masculinity can also make it harder to not only disclose their experience to others but also identify as survivors themselves. We made a list of things you can do to help and support the men and boys around you who have experienced sexual abuse, assault and violence. Survivors may hesitate to come forward and break their silence in fear of not being understood or taken seriously given the pre-conceived notions on masculinity. It's important, foremost, that you listen to their story and give them your undivided attention. According to Rainn, the largest nonprofit anti-sexual assault organization in the United States, avoid making overly positive statements like "It will get better" or trying to manage their emotions, like "Snap out of it" or "You shouldn't feel so bad." Instead, show your support by saying things like, "I believe you" or "That sounds like a really hard thing to go through." It should be the survivor's prerogative to share their story with you. Do not ask them details or pressure them to give details of their experience, as reliving it can be triggering. One of the consequences male survivors of rape and sexual assault face, if the perpetrator is also a male, is questioning their sexuality. According to the University of Michigan's Sexual Assault and Prevention Centre, "Because of how men are socialised and expected to behave in our society, a male survivor of a sexual assault may feel as if he is not "a real man". Our society expects men to be in control, but make no mistake: sexual assault/rape is not about physical weakness of survivors; it about the perpetrator exerting control and abusing his power over the victim.



## **SPERM COUNT HIGHER WITH HEART-HEALTHY DIET**

**Physician's Weekly, October 24, 2019**

Young men who eat a heart-healthy diet may have better quality sperm than their peers who dine mostly on junk food, a small study suggests. The American Heart Association recommends the Dietary Approaches to Stop Hypertension (DASH) diet or a Mediterranean-style diet to help prevent cardiovascular disease. Both diets emphasize cooking with vegetable oils, eating nuts, fruits, vegetables, low-fat dairy products, whole grains, fish and poultry, and limiting red meat and added sugars and salt. In the study of 209 male college students, ages 18 to 23, the young men who most closely followed a DASH diet had total sperm counts 65% higher than those whose eating habits bore little resemblance to a DASH diet. Eating patterns that stuck more closely to a DASH diet were also associated with a 74% higher total motile sperm count, a measure of the amount of moving sperm, and 31% more sperm with a normal size and shape, which are the sperm most likely to fertilize an egg. "Even in young, healthy men with overall good semen quality, we still see an association between a healthier diet and better semen quality," said Audrey Gaskins, a researcher at the Rollins School of Public Health at Emory University in Atlanta.



## **YOUNG MOMS MORE LIKELY TO HAVE KIDS WITH ADHD**

**Science Daily, October 24, 2019**

Young mothers have a greater chance of having a child with attention deficit hyperactivity disorder (ADHD), according to new research. Exploring the genetic relationship between female reproductive traits and key psychiatric disorders, it found that the genetic risk of ADHD in children was strongly associated with early maternal age at first birth, particular for women younger than 20. UniSA researcher, Associate Professor Hong Lee says the findings could help improve reproductive health in women and deliver better outcomes for their children. "By understanding the links between becoming a mother at a young age and having a child with ADHD, we're able to better educate and support families sooner. "The approach is twofold. Firstly, we're able to inform young women about the high genetic risk of having a child with ADHD if they give birth at a young age. This may caution and prevent them from giving birth at an immature age, which not only improves their reproductive health but also the maternal environment for their baby. "Secondly, we're able to educate young mothers about the features of

ADHD, such as impulsivity and inattentive behaviours, which may help mothers better recognise the condition in their child and seek treatment sooner than later.

### **STRESSED PREGNANT WOMEN LESS LIKELY TO HAVE BOYS: 'THE WOMB IS AN INFLUENTIAL FIRST HOME'**

**Newsweek, October 14, 2019**

Stressed pregnant women are less likely to give birth to boys, according to researchers who investigated how a mother's health can affect their child. The study, published in the journal [PNAS](#), involved 187 pregnant women aged between 18 and 45, who filled out questionnaires and had physical assessments. Mirroring the findings of previous studies, stress levels appeared to affect the sex of the babies, the researchers found. The authors explained that in the general population, there are 105 males born for every 100 females. But in the women who were stressed, the ratios shifted to 4:9 for physically stressed mothers, and 2:3 for those under psychological stress. The more social support the women had the higher their chance of having male baby.



### **SUICIDE RATES FOR BLACK BOYS AND GIRLS DISPROPORTIONATELY HIGH**

**THE SUICIDE RATES AMONG BLACK GIRLS AGES 13-19 NEARLY DOUBLED FROM 2001 TO 2017. FOR BLACK BOYS IN THE SAME AGE GROUP, OVER THE SAME PERIOD, RATES ROSE 60 PERCENT.**

**Essence, October 16, 2019**

Black boys between the ages of 5 to 12 are committing suicide at higher rates than any other racial or ethnic group, according to NBC News. This latest data is provided by Dr. Michael Lindsey, the executive director of New York University's McSilver Institute for Poverty Policy and Research. Additionally, according to a recent study in the [Journal of Community Health](#), the suicide rates among Black girls ages 13-19 nearly doubled from 2001 to 2017. For Black boys in the same age group, over the same period, rates rose 60 percent, [NBC News reports](#). Tragically, this is not a new or emerging trend. According to a [2015 study from Jeffrey Bridge](#), PhD, director of the Center for Suicide Prevention and Research at Nationwide Children's Hospital, co-authors, and researchers

from the National Institutes of Health, the stable overall suicide rate in children ages five to 11 in the United States during the course of almost 20 years of study [between 1993 – 1997 and 2008 – 2012] obscured a terrible truth. The suicide incidence in Black children during the period nearly doubled going from 1.36 to 2.54 per million. “These findings highlight a potential racial disparity that warrants attention,” Bridges said.

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**CALL FOR SUBMISSIONS**  
**PMY YOUNG MALE MENTAL HEALTH**  
**WRITING FELLOWS PROGRAM**

The Partnership for Male Youth is pleased to announce the launch of its Young Male Mental Health Writing Fellows Program. Under a competitive system, selected Fellows ages 18-26 will create a collection of stories, drawing on personal experiences, news and culture that will amplify their voices and perspectives on young adult male mental health. The collection will be posted online on an interactive text and video platform, designed to encourage other young males to respond to the stories.

The primary objective of the project is to create a community of young males to advise PMY and its collaborating partners on projects to address mental health issues that impact them. The secondary objective is to educate the public about the mental health challenges young males face. The third objective is to open dialogue among male youth themselves about how they can safeguard their mental health.

Participants can submit an already completed essay or submit a pitch if they want to be certain that their essay fits with our project. We can also provide a brief instructional guide on how to put together a personal essay. Authors of the 20 best submissions will each receive a \$100 award.

For more information go [here](#).

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**TEEN SUICIDES ARE INCREASING AT AN ALARMING PACE,**

## **OUTSTRIPPING ALL OTHER AGE GROUPS, A NEW REPORT SAYS**

**Washington Post, October 17, 2019**

Suicide death rates among teenagers and young adults have increased at an alarming pace in the past decade, according to a [report](#) released Thursday by the Centers for Disease Control and Prevention. While suicide has steadily become more common across the population, the increase among youths has outpaced all other age groups. For many years, suicide among youths was relatively rare and its frequency relatively stable. But from 2007 to 2017, the number of suicides among people ages 10 to 24 suddenly increased 56 percent — from 6.8 deaths per 100,000 people to 10.6, the new report shows. Suicide has become the second-most common cause of death among teenagers and young adults, [overtaking homicides](#) and outpaced only by accidents. “Just looking at these numbers, it’s hard not to find them completely disturbing. It should be a call to action,” said Lisa M. Horowitz, a pediatric psychologist at the National Institute of Mental Health. “If you had kids suddenly dying at these rates from a new disease or infection, there would be a huge outcry. But most people don’t even know this is happening. It’s not recognized for the public health crisis it has become.”

## **IMPLICATIONS OF GENDERED BEHAVIOUR AND CONTEXTS FOR SOCIAL MOBILITY IN THE USA: A NATIONALLY REPRESENTATIVE OBSERVATIONAL STUDY**

**Science Direct, October 2019**

### **Findings**

Between Jan 5, 1994, and Dec 26, 1995, Add Health collected data on a cohort of 20 745 students. 14 540 respondents were followed-up 14 years later between April 3, 2007, and Feb 1, 2009, of whom 7722 (53·1%) were female. More masculine male respondents were downwardly mobile; they were enrolled in school for fewer years and were more likely to have lower status jobs than their less masculine same-sex school peers. More masculine male respondents were also more likely to have jobs in occupational categories with larger proportions of males than their same-sex school peers. Gendered behaviour was not predictive of future educational and occupational attainment for female respondents. Male adolescents in school years with more masculine same-sex peers than male adolescents in other school years also tended to have lower educational and occupational attainment than their male peers. Educational and occupational attainment in early midlife for female respondents was not affected by their gendered environment.

## MEN 18-34 IN NORTH AMERICA SAY THEY FEEL PRESSURE TO "MAN UP"

**Yahoo News, October 10, 2019**

More than 50 percent of men in the US aged 18-34 have avoided talking about their problems for fear of being seen as less of a man, according to a new report released today by Movember. The study, "Perceptions of Masculinity & the Challenges of Opening Up," is based on research commissioned by Movember and carried out by Ipsos MORI which surveyed 4,000 adult males between 18-75 years old across the US, Canada, UK and Australia. Findings indicate, despite significant awareness that talking openly is an effective way of dealing with problems, younger men in particular are reluctant to do so. Over half (53%) of American men ages 18-34 say they feel pressure to be manly, compared to 15 percent of men over the age of 55. Additionally, nearly a third of men (36 percent) said they felt under pressure to behave in a masculine way, with 58 per cent believing society expects them to be "emotionally strong" and not show weakness. A quarter (25%) of American respondents aged 18-34 said they "always" or "frequently" change their behavior in order to appear more masculine, while 22 per cent in this age group reported they are "always" or "frequently" mocked for not being manly enough. Just under half (46 per cent) of men surveyed say they regret opening up about their problems, and 54 per cent of these men said the experience would prevent them from doing so again. On a positive note, however, more men (56%) report having had a positive experience rather than a negative one (30%) when they have talked openly with others about a problem. Additionally, men who have talked openly have felt better about their problems (62%).



**DENNIS J. BARBOUR, JD**

Editor

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### ABOUT

*The Weekly News Roundup* is produced by The Partnership for Male Youth and is released every Monday.

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## **BOYS WITH SOCIAL DIFFICULTIES AT MUCH HIGHER RISK OF EARLY SUBSTANCE ABUSE**

**Study Finds, October 9, 2019**

Boys entering the sixth grade with simultaneously occurring social skill, anxiety, conduct, and learning problems are at the greatest risk of developing more aggressive behavior and becoming regular users of tobacco, alcohol, and marijuana by the end of eighth grade, a study by researchers at the University of Illinois Urbana-Champaign finds. "While substance use among all boys in the study population increased over time, it increased the fastest among boys who had the greatest social skills needs," says University of Illinois social work professor Kevin Tan, the principal investigator of the study, in a university release.

According to the research, it's a combination of characteristics, not just one, that seems to predict a youth's risk of developing or avoiding problem behaviors. Tan and his team found four patterns of co-occurring social-emotional learning and behavior problems.

Adolescent males who had serious problems in all four domains; social skills, anxiety, learning, and conduct, were found to be the most likely to engage in aggressive behaviors and substance abuse by the end of eighth grade. This group comprised 6.3% of the total study population sample.



**SUICIDE IS GROWING HEALTH  
CRISIS FOR AFRICAN AMERICAN  
MALE YOUTH**

**NBC News, October 8, 2019**

Suicide, long thought of something that affected other racial and ethnic groups, is fast becoming an epidemic in black communities, particularly among school-age children. A recent study in the Journal of Community Health showed that suicide rates among black girls ages 13-19 nearly doubled from 2001 to 2017. For black boys in the same age group, over the same period, rates rose 60 percent. Additionally, for children ages 5 to 12, black males are committing suicide at higher rates than any other racial or ethnic group, said Dr. Michael Lindsey, the executive director of [New York University's McSilver Institute for Poverty Policy and Research](#). "If suicide was a black phenomenon and all of a sudden there was an uptick in white kids committing suicide, there would be a national outcry," Lindsey said on a panel, "Mental Health: A Hidden Crisis in Schools?" at this year's Education Writers Association national conference.



## **BETRAYAL AMONG PARTNERS LINKED TO LOW CONDOM USE**

**Daily Nation, October 9, 2019**

Partner betrayal discourages adolescents from using contraceptives, a study has revealed. The study done among unmarried youth, aged 15 to 24 years and living in Nairobi, revealed that 18 per cent of sexually active females reported that a partner removes a condom during sex while 35 per cent of males reported they agree to use a condom, but remove it during sex. Due to this, the girls stand a higher risk of mistimed and unwanted pregnancies. According to the (PMA) 2020 2018 survey, mistimed and unwanted pregnancies stand at 26 and 17 per cent respectively among women between 15 and 49 years. Young women (15 and 24 years) have an even higher rate of mistimed pregnancies at 32 per cent and unwanted at 15 per cent compared to women in other age groups.



**WHEN MASCULINITY TURNS  
"TOXIC": A GENDER PROFILE OF  
MASS SHOOTINGS.**

**The Baltimore Sun, October 7, 2019**

From January 2013 to August 2019, there were 11 shooting rampages in California in which the perpetrator indiscriminately shot victims in public places and killed three or more people, according to an open source database maintained by the nonprofit news organization Mother Jones. Nine of those mass shootings involved a sole male suspect, one involved a sole female suspect, and one involved a male and a female couple. Nationwide, there were 53 indiscriminate mass shootings in public areas during that time, and all but three involved male suspects. (The Mother Jones database excludes murders motivated by robbery, gang violence or domestic abuse in private homes.) Kaiser Health News asked a range of experts what might explain the gender disparity.

Eric Madfis, an associate professor of criminal justice at the University of Washington-Tacoma, said research shows that men who commit mass murder tend to feel their masculinity has been diminished in a fundamental way. "So, there are people who have been rejected by lots of girls, or ignored by friends or by peers - people who have experienced lots of job losses," said Madfis, who authored a study on the common traits of mass murderers. Rather than working toward constructive solutions when they feel they have fallen short, these men turn their rage outward. "It is a recourse; it's a way for someone to perform (his) masculinity by engaging in this massive act of violence," Madfis said. Another common trait among mass killers is that they tend to blame others for their problems. "And part of that relates to masculinity, as well, because men are much more likely to externalize blame in general; they're much more likely to see other people as causing them problems and to act," Madfis said. The correlation between masculinity and homicide goes beyond mass shootings. Almost 90% of

suspects arrested for any form of homicide in California in 2018 were male, a disparity that has not changed much over the decades, even as the number of homicides declined. FBI data reflect the same discrepancy nationwide.



**WISE GUYS EXPANDS NATIONALLY  
TO PROMOTE WISE CHOICES FOR  
TEEN MALES**

Cision, October 10, 2019

As Wise Guys® celebrates 30 years of its holistic approach in providing social and emotional learning to promote healthy relationships to teen males, it continues its expansion outside North Carolina. An award-winning program of Children's Home Society of North Carolina, Wise Guys® has been offered in the state since 1990, and today is implemented in 10 states and 29 communities nationwide. Further expansion is planned for those showing interest in bringing this program to their communities. Last year more than 3,600 boys participated in North Carolina, and over 1,600 boys participated nationally in a Wise Guys program in schools and youth organizations facilitated by a Certified Partner, trained to deliver the Wise Guys curriculum. "*Wise Guys takes a more active, engaged, and supportive approach to young men's unique circumstances and experiences to better equip them to make better choices,*" said Ted Sikes, Wise Guys Business Development Manager.



## NEW EVIDENCE SHOWS WHY THE HPV VACCINE IS AS IMPORTANT FOR BOYS AS GIRLS

Stat News, September 11, 2019

There are an estimated 13,500 cases of HPV oropharynx cancer each year. Of these, 11,300 are in men. Most frequently, it's probably transmitted through oral sex (HPV is sexually transmitted), although it could be caught in other ways, perhaps even occasionally through kissing. Twenty years ago, HPV mouth and throat cancers were rare. In the past decade, the number of cases has increased dramatically. But there also aren't pre-cancerous lesions that one can find in the throat. That meant it was impossible to prove that the vaccine was preventing tumors with a clinical trial; all that could be done was to see if patients had HPV infections in their mouths or throats. In September, the results of a related study were published in the Journal of the American Medical Association. That study looked to see if the introduction of Gardasil resulted in a reduction of the likelihood of HPV infection not in people who got the vaccine, but in men who didn't. "This story makes a lot of sense," said Dr. Otis Brawley, the Bloomberg distinguished professor at the Johns Hopkins School of Public Health. "It is evidence that the HPV vaccine in boys and girls will prevent head and neck cancer in the future."

**HEAD AND NECK MELANOMA  
INCIDENCE TRENDS IN THE  
PEDIATRIC, ADOLESCENT AND  
YOUNG ADULT POPULATION OF  
THE UNITED STATES AND CANADA**

**1995-2014**

**MD Linx, October 8, 2019**

In the pediatric, adolescent, and young adult population in North America, researchers evaluated 20-year demographic and incidence changes correlated with head and neck melanoma. Investigators found that head and neck melanoma increased by 51.1% from 1995 to 2014 in both countries combined in this population-based, North American Association of Central Cancer Registries study of 12,462 cases in the United States and Canada. This growing occurrence in the United States was primarily associated with white males aged between 15 and 39 years. The apparent growing incidence of melanoma of head and neck among North America's pediatric, adolescent, and young adult population warrants increased awareness and education of public health, especially among males.

**JOHNSON & JOHNSON TO PAY \$8  
BILLION IN DAMAGES AFTER MALE  
BREAST GROWTH LINKED TO  
ANTIPSYCHOTIC DRUG, JURY SAYS**

**ABC News, October 9, 2019**

**Johnson & Johnson** will have to pay \$8 billion in punitive damages after a man claims the company didn't warn young men that the drug Risperdal could grow breasts, a jury said Tuesday, [according to Reuters](#). Nicholas Murray, 26, previously won \$680,000 in the case over the antipsychotic drug Risperdal in the Philadelphia Court of Common Pleas. Murray says he [developed breasts after he began taking Risperdal](#) in 2003 when a psychologist diagnosed him with

autism spectrum disorder, according to Reuters. The case is the first of thousands in Pennsylvania where a jury could award punitive damages, Reuters reported.



#### DANNY CIPRIANI: 'MEN ARE TOLD TO TOUGHEN UP, HARDEN UP AND JUST GET ON WITH IT'

*The rugby player features in the third episode of The HUMEN Series, a five-part documentary tackling male mental health*

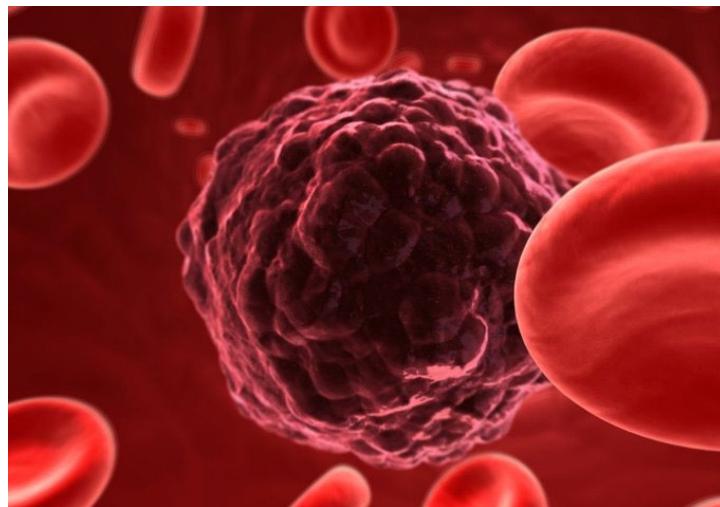
**Evening Standard, October 8, 2019**

When professional rugby player Danny Cipriani sustained an injury that kept him from playing for six months in 2008 he says he neglected his **mental health**. “I thought to myself that I needed to get better, to get right. The toughest time in that period was dealing with feeling alone. It was a bizarre feeling because I had all of these people around me and I still felt alone.” The Gloucester player speaks of his mental health struggles in episode three of **The HUMEN Series**, a five-part documentary airing every Tuesday on the Evening Standard for the next three weeks. The episodes are produced by **HUMEN**, a new men’s mental health organisation founded by actor River Hawkins. This week, in the episode above, HUMEN is looking at relationships and particularly the relationship between a son and his father.

## HEALTHY MEN: SURPRISING AND ALARMING STATISTICS ON CAUSES OF DEATH IN AMERICAN MALES

The Baltimore Sun, September 27, 2019

Earlier this month, the US Centers for Disease Control (CDC) released a [National Center for Health Statistics \(NCHS\) Brief](#) that outlines the latest data on causes of death in the United States. In particular, the Brief highlights a number of important health disparities between American males and females. Three of its findings were especially alarming: ***Men and boys continue to have a higher death rate in nine of the 10 leading causes of death. More males than females are dying of cancer.*** Overall, cancer accounts for 21.9% of all male deaths and 20.7% of female deaths. ***Males are three to seven times more likely than females to take their own life.*** It's no surprise, then, that suicide is the 6th leading cause of death for males and isn't in the top 10 for females at all. Most mental-health screening tools currently in use are designed in a way that they flag symptoms more typically seen in women and ignore those more typically seen in men. While mental- and behavioral-health screenings for women and girls are covered for free under the ACA, they are not covered for men and boys.



## HEAD AND NECK MELANOMAS INCREASING, ESPECIALLY AMONG BOYS AND YOUNG MEN

Jerusalem Post, October 4, 2019

Although relatively rare, head and neck melanomas have been on the rise in North America, increasing by more than 50% over two decades, researchers report. The increase in these dangerous skin cancers has been largest among non-Hispanic white boys and young men, according to the study published in JAMA Otolaryngology-Head & Neck Surgery. "I see the findings as an intersection between medicine and public health," said senior author Nosayaba Osazuwa-Peters of the Saint Louis University School of Medicine in Missouri. "The literature has always focused on melanoma and females and tanning. Our study is showing that we should not just target young girls." Osazuwa-Peters would like to see melanoma awareness campaigns reaching out to hair stylists and barbers because they are often the first to notice "something out of the ordinary" on a client's scalp. "We need to empower and equip the people who see

the scalp the most," he said. "They need to know what they are looking at so they don't immediately think it's just a weird birthmark. Teaching lay people how to recognize the signs of melanoma in the scalp would be a worthwhile venture."



### **UNEQUAL HIV PREVENTION PILL USE PUTS MINORITY MEN AT HIGHER RISK**

*Black and Latino gay men are less likely to take Truvada as HIV pre-exposure prophylaxis, or PrEP, largely because doctors don't recommend it to them*  
**NBC News, September 26, 2019**

Awareness of a pill for “preexposure prophylaxis,” or PrEP, is high for all groups of men who have sex with men. But lower proportions of black and Hispanic men, compared with white men, have actually gotten prescriptions for the drug, which is 99 percent effective at preventing HIV transmission, the study team found. Based on interviews, researchers found the disparities emerge at the point of having a discussion about PrEP with a healthcare provider. This suggests doctors can do more to help close this gap, they write in the Centers for Disease Control and Prevention’s (CDC) Morbidity and Mortality Weekly Report. “This type of research is critical to finding - and correcting - missed opportunities to offer PrEP to people at risk for HIV, particularly among African American and Latino gay and bisexual men,” said study leader Dafna Kanny of the CDC’s Division of HIV/AIDS Prevention.

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### **CALL FOR SUBMISSIONS PMY YOUNG MALE MENTAL HEALTH WRITING FELLOWS PROGRAM**

September 23, 2019 – Today, the Partnership for Male Youth is pleased to announce the launch of its Young Male Mental Health Writing Fellows Program. Under a competitive system, selected Fellows ages 18-26 will create a collection of stories, drawing on personal experiences, news and culture that will amplify their voices and perspectives on young adult male mental health. The collection will be posted online on an interactive text and video platform, designed to encourage other young males to respond to the stories.

The primary objective of the project is to create a community of young males to advise PMY and its collaborating partners on projects to address mental health issues that impact them. The secondary objective is to educate the public about

the mental health challenges young males face. The third objective is to open dialogue among male youth themselves about how they can safeguard their mental health.

Participants can submit an already completed essay or submit a pitch if they want to be certain that their essay fits with our project. We can also provide a brief instructional guide on how to put together a personal essay. Authors of the 20 best submissions will each receive a \$100 award.

For more information go [here](#).

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### ACTIVE DUTY SUICIDES ARE ON THE RISE, AS THE PENTAGON WORKS ON NEW MESSAGING AND STRATEGY

Military Times, September 26, 2019

The rate of active duty [service members who take their own lives](#) has been rising an average of 6 percent year-over year the past five years, the Pentagon announced Thursday. The number of suicides jumped from 285 to 325 between 2017 and 2018, according to the [2018 Annual Suicide Report](#), for a rate of about 22 suicides per 100,000 service members to about 25. Men comprise about 85% of the active duty force. Officials did not draw any conclusions about why the numbers continue to rise despite efforts to train commands and troops on preventing suicide and seeking behavioral health care. “Although the [suicide rate](#) among most of our military populations is comparable to broader civilian rates, this is hardly comforting, and our numbers are not moving in the right direction,” Elizabeth Van Winkle, the Defense Department’s executive director of force resiliency, told reporters in an off-camera briefing.



### [SUPPORT FROM FATHERS CAN MITIGATE HEART DISEASE RISKS IN LGBT YOUTH: STUDY](#)

ABC News, October 2, 2019

The discrimination experienced by sexual minorities can increase the chance of a heart attack, but support from their father may be an antidote, according to [new research](#) from New York University. "Father support mitigates the negative effects of discrimination on inflammation, but only for low to moderate levels," Dr. Stephanie Cook, senior author of the study and assistant professor of biostatistics and social behavioral sciences at New York University College of Global Public Health, told ABC News. "We neglect the role of fathers and we need to increase interventions as gay, lesbian, bisexual, transgender and queer youth are more likely to be rejected by their fathers. Public policy needs to focus on how we can increase support," she continued.



### [UNIVERSITY OF SOUTH FLORIDA WORKING TO BRIDGE GENDER GAP](#)

The Oracle, October 3, 2019

USF is working to bridge the gap of a growing minority group on college campuses — men. It has become a national trend over the past decades that fewer men are applying to college. For every four women who are graduating from four-year colleges and universities, there are only three men, according to Forbes. This issue is prevalent at USF as well. The First Time in College (FTIC) enrollment last year for women was 60.3 percent, whereas for men it was 39.7

percent, according to the 2019 Equity Report. The main issue Haywood Brown, vice president of diversity, inclusion and equal opportunity said that deter men from applying to college is taking the initiative. He said women in their adolescence years are more self-sufficient whereas most men need guidance to take the first step. For most young men, this issue stems from high school. Brown said “expectation bias” from guidance counselors and the lack of male role models in a young man’s life can affect how they plan their futures. According to an Inside Higher Education article, “High school teachers expect 58 percent of white high school students, but just 37 percent of black high school students, to go on to obtain a four-year college degree.” This study was based on data from the U.S. Department of Education’s National Center for Education Statistics and it focused on the demographics of both the students and the teachers. “The work really starts with high school guidance counselors,” Brown said. “They are overworked, underpaid and many tend to gravitate toward students who are interested instead of the disinterested students.”

## **VIOLENCE AGAINST MALE SEX WORKERS: A SYSTEMATIC SCOPING**

### **REVIEW OF QUANTITATIVE DATA**

**Journal of Homosexuality, September 30, 2019**

#### **ABSTRACT**

Sex workers are recognized to be potentially vulnerable to violence and abuse. However, the extent and nature of violence committed against male sex workers remains under reported. The aim of this evidence scoping review was to identify the prevalence of violence against male sex workers globally. A systematic search was conducted of 8 databases from 1990 to the end of December 2016. In total, quantitative data from 27 studies conducted in 18 countries were included in the review. Evidence indicates that some male sex workers, especially those in non-Western countries, do experience high levels of violence. The largest proportion of studies reported data on sexual violence, whilst the most common type of violence experienced overall by male sex workers was that of ‘verbal or emotional abuse or threats’. The views and experiences of male sex workers should be integrated fully into sex work debates, policy and service provision.

## **‘DO YOU HAVE WHITE TEENAGE SONS? LISTEN UP.’ HOW WHITE SUPREMacists ARE RECRUITING BOYS ONLINE**

**Washington Post, September 22, 2019**

As extremist groups have grown increasingly visible in the physical world, their influence over malleable young minds in the digital realm has become a particularly urgent concern for parents. A barrage of recent reports has revealed how online platforms popular with kids (YouTube, iFunny, Instagram, Reddit, multiplayer video games, among others) are used as tools for extremists looking to recruit. For extremist groups, the goal is hardly a secret; the founder and editor of the neo-Nazi website Daily Stormer has openly declared that the site targets children as young as 11. “This is a specific strategy of white nationalists and alt-right groups,” says Lindsay Schubiner, program director at the Western States Center, a nonprofit organization focused on social, economic, racial and environmental justice. Schubiner co-authored a tool kit published by the center this year that offers guidance to school officials and parents who are facing white

nationalist threats in their communities. “White nationalist and alt-right groups use jokes and memes as a way to normalize bigotry while still maintaining plausible deniability,” Schubiner says, “and it works very well as a recruitment strategy for young people.”

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**CALL FOR SUBMISSIONS**  
**PMY YOUNG MALE MENTAL HEALTH**  
**WRITING FELLOWS PROGRAM**

September 23, 2019 – Today, the Partnership for Male Youth is pleased to announce the launch of its Young Male Mental Health Writing Fellows Program. Under a competitive system, selected Fellows ages 18-26 will create a collection of stories, drawing on personal experiences, news and culture that will amplify their voices and perspectives on young adult male mental health. The collection will be posted online on an interactive text and video platform, designed to encourage other young males to respond to the stories.

The primary objective of the project is to create a community of young males to advise PMY and its collaborating partners on projects to address mental health issues that impact them. The secondary objective is to educate the public about the mental health challenges young males face. The third objective is to open dialogue among male youth themselves about how they can safeguard their mental health.

Participants can submit an already completed essay or submit a pitch if they want to be certain that their essay fits with our project. We can also provide a brief instructional guide on how to put together a personal essay. Authors of the 20 best submissions will each receive a \$100 award.

For more information go [here](#).

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## [\*\*FRATERNITY DONATES \\$100K TO MOVEMBER\*\*](#)

**Movember, September 5, 2019**

With 3 out of 4 suicides being men, the fraternity men of Sigma Alpha Epsilon (SAE) at TCU have stepped up to make significant impact for men's mental health. The generous gift of \$100,000 comes from the Texas Beta chapter of SAE at TCU located in Fort Worth, Texas. The funds will be invested in mental health initiatives specifically focused on improving the mental wellbeing of college aged men. SAE Chapter President, Stuart Young, stated, "Mental illness is often overlooked sometimes due to the lack of overt warning signs, but it remains a very important issue in our society that we hope to bring more recognition to and affect positive change. Unfortunately, many times when you hear news about mental health issues, it is in the wake of tragedy. Just last fall on the TCU campus, our community was shaken by a heart-wrenching suicide in our own Greek Community."

## [\*\*WHY THE PATRIARCHY IS KILLING MEN\*\*](#)

*Gender equality isn't just good for women. It also saves men's lives.*

**Washington Post, September 13, 2019**

In countries with strong gender equality men tend to fare better. According to research by Norwegian sociologist and men's studies expert Oystein Gullvag Holter, there is a direct correlation between the state of gender equality in a country and male well-being, as measured by factors such as welfare, mental health, fertility and suicide. Men (and women) in more gender-equal countries in Europe are less likely to get divorced, be depressed or die as a result of violence. For too many men in America who suffer from mental health issues, it's easier to get a gun than a therapist, especially in rural areas, where 80 percent of counties don't have a single psychiatrist. No wonder suicide rates are rising in

rural states with the highest gun ownership rates and that the vast majority of those deaths are among men. The mass availability of guns in the United States doesn't simply affect men; it disproportionately impacts boys. Of all the youth gun deaths between 2012 and 2014, a staggering 82 percent were boys, many of whom had used guns to kill themselves. The more a man identifies with traditional notions of masculinity, the more vulnerable he is. In fact, [research](#) on 2,431 young adults 18 to 19 years old by Daniel Coleman of Fordham University found that men who identified with rigid beliefs — that men must provide at any cost, be invulnerable or be self-sufficient — were more likely to have suicidal thoughts and exhibit signs of depression. Coleman concludes that idealizing "high traditional masculinity" is a "risk factor," especially for men who aren't able to fulfill that ideal because of life circumstances such as illness, disability or the loss of a job. A more flexible understanding of masculinity wouldn't prevent men from becoming unemployed, but it could help them cope with it better. They'd have a wider set of roles they could fall back on, like being a caregiver or contributing to their family outside of the narrow scope of material or financial resources.



### OVER A QUARTER OF CANADIAN MEN FEAR DISCUSSING MENTAL HEALTH AT WORK COULD RISK THEIR JOB

**Movember Canada, September 9, 2019**

One in four Canadian men (28 per cent) fear their job could be at risk if they discussed their mental health at work, according to new research by Movember. Figures released by Movember ahead of World Suicide Prevention Day (September 10<sup>th</sup>) have revealed how despite growing awareness of the male mental health crisis, a third of men said they would be reluctant to open up about their problems in case it had a negative impact on their career. The majority of Canadian men are aware of the availability of mental health days in their workplace, with just over half (54%) of employed men said they would be able to take time off work, if they were struggling with their mental health or other personal issues. However, this research shows that stigma surrounding mental health is still preventing men from talking about their problems and seeking help when they need it.



## THE CULTURE OF MASCULINITY AND ITS NEGATIVE IMPACTS ON MEN

**PBS, September 8, 2019**

The American Psychological Association in 2018 published its first-ever psychological practice guidelines for boys and men. The guidelines look at how concepts of masculinity and the socialization of men may be contributing to higher rates of suicide, depression, health issues and violence in male populations. Christopher Booker reports on efforts to disrupt this culture in some unexpected places.



## SIX MEN TELL THEIR STORIES OF SEXUAL ABUSE IN THE MILITARY

*More than 100,000 men have been sexually assaulted in the military in recent decades.*

**New York Times, September 12, 2019**

On average, about 10,000 men are sexually assaulted in the American military each year, according to Pentagon statistics. Overwhelmingly, the victims are young and low-ranking. Many struggle afterward, are kicked out of the military and have trouble finding their footing in civilian life. For decades, the fallout from the vast majority of male sexual assaults in uniform was silence: Silence of victims too humiliated to report the crime, silence of authorities unequipped to pursue it, silence of commands that believed no problem existed, and silence of

families too ashamed to protest. Women face a much higher rate of sexual assault in the military — about seven times that of men. But there are so many more men than women in the ranks that the total numbers of male and female victims in recent years have been roughly similar, according to Pentagon statistics — about 10,000 a year. And before women were fully integrated into the armed services, the bulk of the victims were men.



#### HIGH SOCIAL SUPPORT ASSOCIATED WITH LESS VIOLENCE AMONG MALE TEENS IN URBAN NEIGHBORHOODS

**American Academy for the Advancement of Science, September 12, 2019**

Among teen boys in urban neighborhoods with low resources, the presence of adult social support is linked to significantly fewer occurrences of sexual violence, youth violence and bullying, and to more positive behaviors, including school engagement and future aspirations, according to a new study from researchers at UPMC Children's Hospital of Pittsburgh and the University of Pittsburgh School of Medicine. The study, published today in *JAMA Network Open*, suggests that prevention efforts that focus on adult support can mitigate patterns of co-occurring violent behavior. "Teen boys in urban neighborhoods are disproportionately exposed to violence and consequently are at higher risk of violence perpetration and victimization," said the study's senior author Alison Culyba, M.D., Ph.D., M.P.H., a physician at UPMC Children's Hospital and assistant professor of pediatrics at Pitt's School of Medicine. "Historically, research often has focused on a single type of violence, but our study shows that there are complex co-occurring behavior patterns and shared protective factors that we need to pay attention to."



## **STUDY SUGGESTS WHEN FATHERS EXERCISE, CHILDREN ARE HEALTHIER**

**ABC, September 15, 2019**

Scientists at the Ohio State University and Joslin Diabetes Center say there is mounting evidence that dad's exercise before conception plays a role in a child's body weight and glucose tolerance. Researchers studied mice and put some on a high-fat diet, while others were on a chow or healthy diet. Half of the mice on high-fat diets were kept sedentary, while others were given access to exercise wheels. After three weeks, they were bred with sedentary female mice. "The offspring who were from dads who exercised and were fed a high-fat diet had improved metabolic health compared with those fed a high-fat diet," said Kristin I. Stanford, PhD, Physiologist, The Ohio State University Wexner Medical Center.



## **WHY AREN'T MORE MEN AWARE OF THEIR FERTILITY STATUS?**

**Healthline, September 9, 2019**

Infertility affects approximately 15 percent of couples who are trying to conceive. Infertility is often incorrectly viewed as primarily a female issue outside medical circles. However, both male and female factor fertility issues each contribute to around one-third of all infertility cases. Yet a recent survey of 1,000 men over the age of 18 found that almost half of the respondents declared they were either unaware of or unconcerned with their fertility health. Experts say male factor fertility issues are typically easier to treat than female factor issues, and preventive care can improve fertility for some men.



## HPV VACCINATIONS SEEM TO BE CREATING HERD IMMUNITY FOR US MEN

**New Scientist, September 10, 2019**

Oral HPV infection rates are now 37 per cent lower among unvaccinated US men, suggesting the widespread rollout of the HPV vaccine has led to herd immunity, according to a new survey. Almost 14,000 adults took part in the survey, conducted from between 2009 and 2016. Over those years, HPV vaccination rates increased from zero to 5.8 per cent in men and from 7.3 per cent to 15.1 per cent in women. During this period, the prevalence of the types of HPV included in the vaccines dropped from 2.7 per cent to 1.6 per cent in men who had not been vaccinated. This represented a 37 per cent drop among the unvaccinated adult men. This suggested herd immunity was protecting these men, the team wrote. "Herd protection likely arises from increased levels of female HPV vaccination in the US population."



## HOW TO BOOST YOUR SON'S BODY IMAGE

**The Telegraph, September 9, 2019**

Dissatisfaction with body image is one of the top three adolescent concerns, along with a lack of employment opportunities and a failure to succeed in the education system according to a survey of UK adolescents aged 16-25 carried out by the YMCA. We generally assume girls worry most about their body image. Although that's still true, the most recent findings by The Children's Society recorded a 'significant decline' in boys' body confidence, finding that one in 12 boys aged 10-15 are unhappy with their appearance.

## **CLEVELAND CLINIC SURVEY: MEN WILL DO ALMOST ANYTHING TO AVOID GOING TO THE DOCTOR**

*National MENTION It® campaign examines barriers that stop men from seeking care*

**Cleveland Clinic, September 4, 2019**

A new national survey by Cleveland Clinic reveals why a lot of men avoid going to the doctor and why some men hold back on certain issues once they're at the doctor's office. In an online survey among approximately 1,174 U.S. males 18 years or older, Cleveland Clinic found that 72 percent of men would rather do household chores, like cleaning the bathroom or mowing the lawn, than go to the doctor. Even for the men who take their health more seriously, some are holding back: 20 percent of men admit they have not been completely honest with their doctor before. The survey was issued as part of Cleveland Clinic's fourth annual educational campaign, "MENTION It®," which aims to address the fact that men often do not "MENTION" health issues or take steps to prevent them. This year, Cleveland Clinic set out to gauge where taking care of their health fell as a priority for men. Only half (50 percent) of men surveyed said that they consider getting their annual check-up a regular part of taking care of themselves. "Men tend to be stubborn about a lot of things, with taking care of their health usually near the top of the list," said Eric Klein, M.D., chairman of Cleveland Clinic's Glickman Urological & Kidney Institute. "Our hope with this campaign is that by shedding a little light on what barriers are keeping men from engaging in preventative care, we can then work to motivate them to take their health more seriously."



## **OBESE TEEN BOYS MORE PRONE TO HEART ATTACKS IN MIDDLE AGE**

**US News, September 3, 2019**

Teen boys who are overweight or obese may be more likely to have a heart attack before they're old enough to retire, according to a new study. Researchers analyzed data from nearly 1.7 million men in Sweden born between 1950 and 1987 who had extensive physical exams when they entered mandatory military service at age 18. They were tracked for up to 46 years, or to age 64. During that

time, more than 22,000 fatal and non-fatal heart attacks were reported in this group, which occurred at an average age of 50. A higher body mass index (BMI) at age 18 was associated with an increased risk of heart attack before age 65, even after the researchers adjusted for other factors.



### **MEN'S EATING DISORDERS OFTEN NOT RECOGNIZED**

**Web MD, September 5, 2019**

Eating disorders are serious but treatable mental and physical illnesses that are classified as a formal psychiatric condition and include anorexia, bulimia, binge eating disorder, and more. Historically, and socially, these disorders are most commonly thought of as affecting women. But research shows not only that they happen regardless of gender, but also that they are likely underrepresented, under-diagnosed, and under-treated in men.

- The National Eating Disorders Association says [\*\*10 million males\*\*](#) will be affected in their lifetimes.
- Men make up 15% of cases including anorexia nervosa, bulimia nervosa, and binge-eating disorder, recent research shows.
- A recent [\*\*study\*\*](#) says 22% of young men turn to dangerous means to bulk up muscle with disordered eating behaviors.
- Men with anorexia nervosa may face “harsher stigmatization from their peers or go undiagnosed” because of the stereotype that anorexia nervosa is a “female” disorder, a recent [\*\*study\*\*](#) found.
- A [\*\*study\*\*](#) this year highlights the stigma, shame, and isolation men often have that may impede and delay treatment.
- And a [\*\*study\*\*](#) published in May found that risk assessment tools for eating disorders likely reinforce gender stereotypes by better reflecting female symptoms.



## **SUICIDES RISE TO 16-YEAR HIGH ACROSS UK**

*Increase largely driven by suicides among boys and men*  
**Independent UK, September 4, 2019**

The rate of suicide in the UK has hit a 16-year high after surging in the past year following half a decade of decline, new figures show. Data from the Office for National Statistics (ONS) reveals 6,507 suicides were registered last year, marking a 12 per cent rise on the previous year and the highest rate since 2002. The rise appears to be largely driven by suicides among boys and men, with the male rate having significantly increased from 15.5 deaths per 100,000 to 17.2 deaths per 100,000.



## **OPINION**

### **BEING A 'HIGHLY SENSITIVE' MAN SHOULDN'T BE BAD NEWS**

**The Telegraph, September 3, 2019**

Big boys don't cry. Or at least that was what most males of a certain age were told as children. Welling up just wasn't manly, so we learned not to, and old habits die hard. Today, though, there has been a shift. My student son's generation, shaped by metrosexual role models like David Beckham, is much more relaxed about shedding a tear in public. Yet such positive developments still haven't prevented widespread talk of late about a crisis in masculinity, and how, in the wake of #MeToo, it has become "toxic".



## OPINION

### **CHRISTINA HOFF SOMMERS: NEW FEMINISM MAKES WOMEN BELIEVE THEY NEED NOT EQUALITY BUT PROTECTION FROM MEN**

**Real Clear Politics, September 7, 2019**

Author and feminism critic Christina Hoff Sommers addressed the state of modern feminism in [an interview](#) with HBO host Bill Maher on Friday's edition of 'Real Time.' Sommers, an American Enterprise Institute resident scholar, and the host discuss how she became persona non grata in the feminist community, how she is unable to speak on college campuses without security, the treatment of men and young boys, and why there is a gender pay gap.

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### **MALE STUDY PARTICIPANTS SOUGHT**

Researchers at Yale are seeking participants for an innovative study for male-identifying survivors of sexual abuse/assault who also identify as sexual and gender minorities. The research study is looking at how different types of online peer-based support can help male-identifying survivors regain control over some of their emotional struggles and feel more comfortable seeking help for issues related to their emotional health. Visit the [study Website](#) which provides detailed information about the purpose and related procedures, as well as answers to frequently asked questions about participation.

### **BEACH BODY TYRANNY HURTS MEN TOO**

*Women feel tremendous pressure to look good, especially during vacation season. But what about the men and boys who are suffering quietly?*

**New York Times, August 29, 2019**

Male body insecurity and body dysmorphic disorder have been central subjects of my scientific research and a focus of mine as a psychiatrist who has both treated patients and conducted clinical research studies. Nearly two decades ago, my co-authors and I distilled our findings on the depth of male body image insecurity in "The Adonis Complex: The Secret Crisis of Male Body Obsession." Since then, the crisis has only gotten worse while public attention paid to it has not kept pace. Nearly eight million Americans, more than 1 in 50, have body dysmorphic

disorder (B.D.D.), a mental health condition that afflicts nearly as many males as females. People of all ages and sexual orientations living with this condition have distressing or life-impairing preoccupations with nonexistent or slight flaws in their appearance that they think make them unattractive, even monstrous. Patriarchy has meant that women around the world have dealt with incomparable pressure about their bodies for centuries; and yet for men there is no equivalent to the feminist body-positivity movement, which has gained more traction in female spaces. Nor does the average social circle for men accept or reward truly opening up about bodily insecurity.



## THE UNEXPECTED HOBBY THAT HELPED ME FACE MY BODY DYSMORPHIA

Huffington Post, August 28, 2019

During my freshman and sophomore years of college, I lost an unhealthy amount of weight in an attempt to combat the body image issues I had suffered since middle school. I even had to buy a new wardrobe three different times. Unfortunately, my body image issues did not vanish along with the pounds, and my quality of life continued to suffer. It turned out that my weight was not really the problem; it was how my mind perceived my body. The effects of being uncomfortable in my own skin made all social interactions unpleasant. I walked self-consciously. I fretted over any article of clothing that did not fit well, and I feared what people would think about how much or how little I ate when I dined out. I sometimes even fantasized about cutting off parts of my body that I found too distasteful — knowing the thoughts were not rational, but unable to make them go away. My enemies were many, like scales and social situations, but nothing was more fearsome than the mirror, which forced me to examine my body in full detail. Even on the rare occasions I felt comfortable with myself, the mirror had the power to ruin my day if I caught myself at a bad angle. At the end of college, my psychiatrist diagnosed me with body dysmorphic disorder, in which a person becomes obsessed with finding flaws in their appearance that may not even exist. Recently, the DSM-V has classified body dysmorphia as being within the obsessive-compulsive spectrum of psychological issues.



### HOW MALE RAPE SURVIVORS GRAPPLE WITH THEIR MASCULINITY

*From beefing up in the gym to pummeling drink and drugs, male-on-male assault creates specific ripple effects.*

**Vice, September 1, 2019**

A 2017 report from the UK's Office For National Statistics (ONS) found around 631,000 males report some form of sexual assault from the age of 16, though there's likely a disparity between those reporting a crime, and keeping quiet. Just as female survivors may not report assault due to scrutiny, stigma, and a multitude of other reasons, the same goes for men. A 2002 [study](#) reported that 69 percent of male substance users in an American detoxification unit had a history of physical and sexual abuse, while Duncan says that, among survivors he treats, "hyper-masculinity is a massively common trait. They've been subjugated, had their maleness taken away. How do they get it back? It's over-compensation."

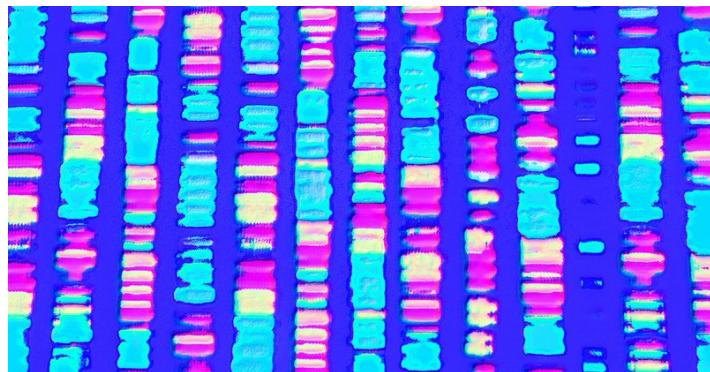


### SEXUAL ABUSE AGAINST GAY AND BI MEN BRINGS UNIQUE STIGMA AND HARM

**The Good Men Project, August 30, 2019**

As trauma psychologists, we're leading a [team](#) to help alleviate psychiatric distress in gay, bi and trans males who have been sexually abused or assaulted. This [study](#) should help men in this group who have been sexually assaulted know that they are not alone, that they are not to blame for their abuse, and that healing is possible. But, there are some things that trauma psychologists already know about these men, such as how prevalent sexual abuse of men is and ways to help men recover. At least [1 in 6](#) boys are sexually abused before their 18th

birthday. This number rises to [1 in 4 men](#) across their lifespan. The rates of sexual abuse and assault are even [higher](#) in boys and men from [sexual minority populations](#). Sexual minority males who have experienced sexual trauma face even greater [health disparities](#). Gay and bisexual men with histories of childhood and adult sexual victimization are more [likely](#) to report greater numbers of sexually transmitted infections, increased sexual risk for human immunodeficiency virus, and higher sexual compulsivity than men with no history of sexual assault. Sexual violation in gay, bisexual, transgender and intersex individuals often complicates their sense of self, and how they fit, or don't fit, into LGBTQ+ culture and communities. Such abuse may even impact their [reaching out for help or reporting traumatic events](#) as they fear stigmatization or victim-blaming.



### [THERE'S NO ONE 'GAY GENE' BUT GENETICS ARE LINKED TO SAME-SEX BEHAVIOR, NEW STUDY SAYS](#)

Washington Post, August 29, 2019

There is no one gene that determines a person's sexual orientation, but genetics — along with environment — play a part in shaping sexuality, a massive new [study](#) shows. Researchers analyzed DNA from hundreds of thousands of people and found that there are a handful of genes clearly connected with same-sex sexual behavior. The researchers say that, although variations in these genes cannot predict whether a person is gay, these variants may partly influence sexual behavior. The new study, published Thursday in the journal Science, is not the first to explore the link between genetics and same-sex behavior, but it is the largest of its kind, and experts say it provides one of the clearest pictures of genes and sexuality.



## TRUMP ADMINISTRATION ASKS SUPREME COURT TO LEGALIZE WORKPLACE DISCRIMINATION AGAINST GAY EMPLOYEES

Time, August 25, 2019

With an [amicus brief](#) filed on August 23, the Trump administration is asking the Supreme Court to essentially legalize anti-gay discrimination in the workplace. The brief, from Solicitor General Noel Francisco, argues federal prohibitions on employer discrimination do not extend to protect individuals from being fired or otherwise disenfranchised in the workplace because of their sexual orientation. Earlier this month, the Justice Department [submitted another brief](#) asking the Justices to conclude that Title VII does not protect transgender people from employer discrimination.

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## DISCUSSION: MALE YOUTH SUICIDE IS SKYROCKETING: RESEARCHERS TRY TO FIGURE OUT WHY

Medscape, August 20, 2019

*"We found that suicide among adolescents and young adults reached its highest recorded level, at least in the past 20 or so years, a period for which we have pretty reliable data for comparison. We also found that this rise was especially high among adolescent males, which was surprising because previous studies talked more about an increase in females, that they were closing the gap. It's not that the rate of suicide in females is not rising; both male and female suicides are rising in alarming rates. It's just that in the past 4 or so years, males seem to have had a more pronounced increase than they previously did. It's really troubling. We wanted to flesh this out so we could start examining the contributing factors and how to stop it."*



### [VIEWING PORN DOES NOT CAUSE SEXUAL AGGRESSIVENESS IN TEENAGE BOYS, IRISH STUDY FINDS](#)

**Irish Examiner, August 22, 2019**

A new Irish-led study of teenage boys has found that while viewing porn does not cause sexual aggressiveness, those who said they are sexually aggressive are more likely to have watched a lot of pornographic material. The study also said that bullying and peer pressure were possible indicators of sexually aggressive behaviour. On a possible direct link between watching porn and sexual aggressiveness, the research said: "While a slight increase [in pornography use over time] was observed in adolescents who reported no or marginal levels of sexual aggression, those who reported substantial, although not consistent, sexual aggressiveness were characterized by a decrease in the frequency of pornography use." Ms Dawson said this fall in the viewing of porn as boys got older may be related to greater maturity or actual sexual experience, and according to the study "the results do not corroborate a positive dynamic association between male adolescents' pornography use and sexual aggressiveness".



### [SCARCITY OF SCIENTIFIC STUDIES ON INTERVENTIONS TO REDUCE HEALTH INEQUITIES IN LGBTQ YOUTH](#)

**American Academy for the Advancement of Science, August 19, 2019**

There is a dearth of scientifically investigated, evidence-based interventions to

address substance use, mental health conditions and violence victimization in sexual and gender minority youth, according to a [research review](#) led by the University of Pittsburgh Graduate School of Public Health and published August 19 in the journal Pediatrics. After poring over thousands of research publications spanning nearly two decades, the scientists identified only nine studies that evaluated such interventions, and most of these used suboptimal study designs, thereby limiting the validity of the findings. None of the programs would be sufficient to mitigate the substantial inequities faced by lesbian, gay, bisexual, transgender and queer (LGBTQ) youth, the scientists concluded.



## **[CONFUSED ABOUT WHO SHOULD GET THE HPV VACCINE, AND WHEN? THE CDC HAS NEW RECOMMENDATIONS](#)**

**Time, August 15, 2019**

For its first few years on the market, the human papillomavirus (HPV) vaccine was approved only for young girls. Over time, the U.S. Food and Drug Administration (FDA) has broadened its approval to include boys, as well as adults up to age 45—allowing more people to get the cancer-preventing vaccine, but also breeding confusion about who should get vaccinated and when. On August 15, the U.S. Centers for Disease Control and Prevention (CDC) released [new recommendations](#), based on guidance from the Advisory Committee on Immunization Practices, that should clear up some of that confusion. The CDC reaffirmed that its prior recommendations for kids stand: boys and girls should get their first dose of the HPV vaccine when they are 11 or 12 years old, and a second dose six to 12 months later. If they do not get vaccinated on time, “catch-up vaccination” should be completed by the time they turn 26, the CDC now recommends.

**DENNIS J.  
BARBOUR, JD**  
Editor

**ADHD MEDS MAY  
ALTER BOYS' BRAINS**  
US News, August 13,  
2019

One of the most popular and effective medications used to treat attention-deficit/hyperactivity disorder (ADHD) appears to alter the brains of boys with the disorder, a new study shows. For the study, investigators evaluated groups of boys and young adult men with ADHD who had never taken methylphenidate (sold under the brand names Ritalin and Concerta). The Dutch researchers found that, among the boys, taking the drug increased the brain's white matter. White matter is key to learning and other brain functions, including coordinating communication between different regions of the brain. The medication "lastingly affects white matter development of boys with ADHD, and this is probably because the brain is still developing, since we did not observe these changes in the men with ADHD with matured brains we studied," said study author Dr. Liesbeth Reneman. She's a professor of translational neuroradiology at University of Amsterdam. "We still need to establish the long-term



**DENNIS J.  
BARBOUR, JD**

Editor

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**ABOUT**

*The Weekly News Roundup* is produced by The Partnership for Male Youth and is released every Monday.

For more information contact Dennis J. Barbour, JD. News Roundup editor and President/CEO of the Partnership,

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implications of our findings, [but] in the meantime ... we think the drug should only be prescribed to children who actually have ADHD and are significantly affected by it," Reneman added. About 9% of U.S. children aged 2 through 17 have ever been diagnosed with ADHD, according to the U.S. Centers for Disease Control and Prevention. In 2016, just over 5% of all children in the United States were taking medication to treat the disorder, whose symptoms include trouble paying attention, organizing tasks and behaving impulsively.



### HOW DOES AUTISM DIFFER IN BOYS AND GIRLS? SCIENTIST LEADS EFFORT TO FIND ANSWERS

UVA Today, August 13, 2019

A pioneering autism researcher at the University of Virginia School of Medicine is spearheading an ambitious effort to understand how autism spectrum disorders differ in boys and girls as part of the National Institutes of Health's Autism Centers of Excellence Program. Kevin Pelphrey, of UVA's Department of Neurology, and a coalition of scientists at UVA and other top institutions are taking a multi-pronged approach to understanding a great mystery of autism: Why are four times more boys diagnosed with the condition than girls? The researchers, including experts at UVA's Curry School of Education and Human Development, are following children over the course of many years, all the way to adulthood. They hope their research will shed light on autism spectrum disorders, which affect one in 59 children, and also identify the best interventions for both girls and boys.

"Our goals include providing a much better understanding of the differences in how autism manifests in girls versus boys," said Pelphrey, the Harrison-Wood Jefferson Scholars Foundation Professor. "We want to

use the knowledge we gain to help us get the right treatment to the right individual at the right time.”



**SOCIAL MEDIA  
AFFECTS BOYS' AND  
GIRLS' MENTAL  
HEALTH  
DIFFERENTLY**

Huffington Post,  
August 14, 2019

It's no secret that social media can have poor effects on our mental health, but a recent study shows that the effects could be different for girls compared to the effects on boys. The Longitudinal Study of Young People in England aimed to determine the negative effects of social media on younger generations by interviewing teens in 886 schools once a year for three years. According to

the report published in [The Lancet Child & Adolescent Health](#), girls experience cyber bullying, sleep deprivation, and poor exercise schedules as a result of too much social media use. Meanwhile, boys suffer from different social media-induced factors that were unable to be determined. While researchers are unable to pinpoint the direct effects of social media on boys, they are able to point out that social media itself is not innately harmful. The more girls checked social media, the more their lack of positive habits affected their psyche, but the same was not able to be determined in boys. “Our results suggest that social media itself doesn’t cause harm, but that frequent use may disrupt activities that have a positive impact on mental health,” lead author Russell Viner notes.



**TRANS STUDENTS  
MORE AT RISK OF  
MENTAL HEALTH  
ILLS**

**Web MD, August 16,  
2018**

Transgender college students are two to four times more likely than their classmates to have mental health problems, researchers say. They analyzed data from more than 1,200 gender-minority students on 71 U.S. campuses who took part in an annual nationwide survey.

Gender-minority means their gender identity differs from the sex assigned to them at birth. About 78% of the students met criteria for one or more mental health problems such as depression, anxiety, eating disorders, self-injury and suicide risk, the survey found.

Besides transgender individuals, gender minorities include people who are gender nonconforming, genderqueer and nonbinary. Nearly 60% of them screened positive for clinically significant depression, compared to 28% of students whose sex assigned at birth aligns with their current gender identity (cisgender). Researchers also found that transgender men and genderqueer students (those who identify with

neither, both or a combination of male and female genders) are particularly vulnerable. That requires further study, said a university news release.



**WHY YOUNG MEN  
AREN'T EATING  
THEIR FIVE-A-DAY**

**Medical Express,  
August 14, 2019**

A study published today in the journal *Nutrients* shows why British men aged 18-24 are struggling to eat even three portions of fruit and vegetables a day. As well as not having the culinary skills to cook for themselves, the researchers found that young men are more focused on gaining muscle and improving their physique than eating a healthy diet. "We

wanted to find out why many young men aren't eating their five-a-day, and also what motivates those who do." Dr. Howard Wilsher said: "We found that the young men with the best diets really believed in their ability to afford, shop for, prepare and cook fruit and vegetables. These high consumers felt that they had good control of their diet and health, and had positive attitudes towards healthy food. For example they found that cooking and eating healthy food gave them enjoyment, satisfaction and better mood. "Those who weren't eating enough either could or would not cook. For this group, convenience foods were easier and fruit and vegetables were viewed as expensive, not readily available and their preparation time-consuming.

"Interestingly, both groups believed that fruit and vegetables benefitted health and were nutritious." Those who didn't eat much fruit and veg had a mistrust of health information. They thought that diet and health promotions should be better designed around their interests—such as sex, exercise and sports, with real examples of male health and fitness.



## THE RISKY OBSESSION WITH BUILDING THE PERFECT MUSCULAR BODY SNARING AUSSIE MEN

*What begins as a pursuit  
for the perfect body can  
spiral into a dangerous  
obsession for many  
blokes, leading to serious  
consequences.*

**News.com.au, August  
18, 2019**

A growing number of Australian men are obsessed with building the biggest bodies they can, going to extreme and potentially dangerous lengths to achieve idealised physiques. Experts say this behaviour goes well beyond vanity, with muscle dysmorphia — dubbed bigorexia — posing serious physical and mental health implications. Those men deepest in a body dysmorphia hole avoid social gatherings where they can't count calories

and dodge school or shift to part-time work to accommodate gruelling gym schedules.

Melbourne clinical psychologist Ben Buchanan, who runs the body image treatment program at Foundation Psychology Victoria, said muscle dysmorphia is on par with anorexia in women. “It’s an obsessive preoccupation with changing one’s body to make it look more masculine, bigger, fitter and stronger,” Dr Buchanan said. What might start as a hobby or pursuit of health and fitness can quickly spiral into a serious disorder, inspiring greater risk-taking in order to achieve physical perfection. But like anorexia, muscle dysmorphia sufferers don’t view themselves how others do, looking in a mirror and often seeing a small, weak frame staring back. And worse, they spend hours scrolling through filtered and photoshopped images of muscled men on social media, ensuring the vicious cycle continues.



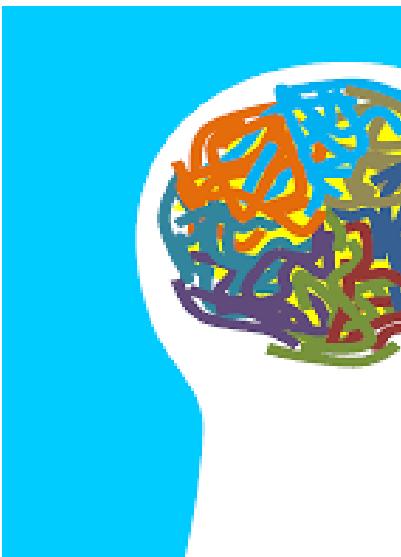
LAST WORD: A CALL  
TO DEVELOP  
SPECIFIC MEDICAL  
TREATMENT  
GUIDELINES FOR  
ADOLESCENT MALES  
WITH EATING  
DISORDERS

**Eating Disorders**, The  
Journal of Treatment &  
Prevention, August 15,  
2019

**ABSTRACT**

Males with eating disorders are underdiagnosed and undertreated, which may be a result of inadequate guidance and training to assess and treat eating disorders for medical professionals. This may be particularly problematic for adolescent males given the focus of eating disorders research and treatment on adolescent females. Furthermore, there is a paucity of research to guide screening, medical treatment, and training of health professions in adolescent males with

eating disorders. The development of eating disorders education and training for medical professionals are included in the 21st Century Cures Act, which further emphasizes the opportunity to develop treatment guidelines individualized to male patients. This last word calls for the development of specific medical treatment guidelines for adolescent males with eating disorders.



**MENTAL HEALTH**  
**FINALLY A FOCUS IN**  
**COLLEGE**  
**ATHLETICS, BUT**  
**ADVOCATES CALL**  
**FOR MORE**

The News and  
Observer, August 17,  
2019

Compared to other

athletic department endeavors that have long taken priority, dedicating resources to mental health of athletes remains in its infancy. In January the college athletics conferences that comprise the Power Five — the ACC, Big Ten, Big 12, Pac-12 and SEC — passed legislation mandating that their schools provide “mental health services and resources” to athletes. The rule, which took effect on Aug. 1, is broad. It does not necessarily define what “proper resources”. There are, for instance, no official guidelines about how many mental health professionals an athletic department must employ, or what their specific roles should be. And so those decisions are made school by school, with little uniformity from campus to campus. “Sometimes I look back and I think maybe this should have come first, instead of later down the food chain, so to speak,” John Swofford, the ACC commissioner, said during the league’s mental health summit, comparing the recent focus on mental health to everything else that for so long overshadowed it. “But I’m glad to see it, and it has to be something that’s ongoing,” he said, “

... This can't be a one-year summit, so to speak, and then things dissipate. It's something that'll have to be followed up on and dealt with day to day, and invested in day to day in our campuses." A survey of those campuses found that, across the conference, athletic departments have not hired mental health professionals in large numbers, relative to staffing levels in other areas.

**RELATED: OHIO STATE ATHLETICS DOUBLES FULL-TIME SPORT PSYCHOLOGY STAFF**

**Bucknuts, August 15, 2019**

Ohio State announced on Thursday that the athletic department doubled its sport psychology department to include four full-time staff members in order to provide more mental health services to student-athletes in all of the department's 36 sports.



## HOW BARBERS ARE GETTING BLACK MEN TALKING ABOUT MENTAL HEALTH

*Lorenzo Lewis and The Confess Project are making Black barbershops safe spaces to open up about depression, anxiety and trauma.*

**Huffington Post,  
August 9, 2019**

Lewis founded The Confess Project in 2016 to equip Black men with tools and solutions for combating depression, anxiety, stress — and the shame and guilt that often come along with experiencing those feelings. He has hosted workshops with barbers and their clients in seven states in the South and Midwest. “The Confess Project trains barbers on the importance of active listening, having empathy, and giving their clientele validation when they feel sad or helpless,” Lewis explained. “It’s an effort to break the stigma and

make Black men more comfortable and vulnerable enough to address their trauma." And Lewis uses what he sees and hears at the barbershop workshops to inform the cultural sensitivity and racial bias trainings he does for educators, mental health professionals, youth and mentorship programs, and nonprofit organizations for boys and men of color.

**STUDY; ADOLESCENTS WHO CONFORM TO GENDER STEREOTYPES ARE MORE LIKELY TO HAVE HEALTH PROBLEMS LATER**

**Swaddle, August 1, 2019**

The performance of stereotypical gender roles during adolescence predicts poor health in adulthood, concludes a [new study](#) published in the international journal The Lancet Child & Adolescent Health.

"Individuals who are highly masculine or feminine seem to be at greatest risk of adverse health outcomes and behaviors," the researchers conclude. While the research did not establish a cause-and-effect relationship between gender conformity in adolescence and later health, the correlation was striking. "We found evidence that, for some outcomes, masculinity and femininity convey risks independent of whether a person is biologically male or female," the study authors write. The authors also determined that adolescence appeared to be the vulnerable period, when it comes to the relationship between gender roles and health; the degree to which participants conformed to gender stereotypes as adults appeared to have little-to-no relationship to their health. The study focused on adolescents' behavior, not their personal beliefs about gender, nor their sexual orientation.



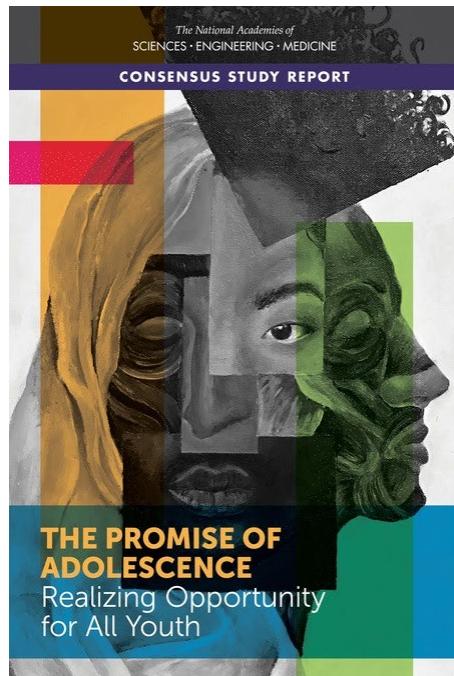
## HPV VACCINATION RATES IN BOYS: THE ONE FACTOR THAT MOVES THE NEEDLE

Medscape, July 31, 2019

It is unequivocal: The [human papilloma virus \(HPV\) vaccine prevents cancer](#). It is safe and recommended by governmental and professional societies worldwide. Yet [uptake is unacceptably low](#). This is particularly the case in boys; immunization rates for males aged 9 -26 years have yet to catch up with those of females, a group that also has not met the [Healthy People 2020 goal of 80% coverage](#). This is despite the fact that the vaccine has been recommended for use in boys for a full decade. But maybe the tide is starting to turn. A recent study using National Immunization Survey—Teen data collected from 2011 to 2016 offers some hope. In 2016, there were more than 9000 eligible male adolescents in the survey. Here's the good news: In 2016, almost two thirds of these teenagers (65.5%) had received a recommendation from their provider to receive the HPV vaccine, almost quadruple the rate who reported receiving such a recommendation in 2011 (14.2%).

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**NEW REPORT FROM THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING AND MEDICINE**



[The Promise of Adolescence: Realizing Opportunity for All Youth](#) explores the emerging science of adolescent development and its many applications in policy and practice. The report finds ample evidence that changes in brain structure and connectivity that happen in adolescence present young people with unique opportunities for positive, life-shaping development, and for healing from past adversity. But for too many youth, the report concludes, the promise of adolescence is not being realized. The Promise of Adolescence provides multiple recommendations for policy and practice—such as in health care, education, justice, and child welfare—that capitalize on these developmental opportunities and address inequities that undermine the well-being of many adolescents and leave them less able to take advantage of the promise offered by this stage of life.

[Download the highlights](#) |  
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[Press release](#)

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## **ANXIETY LOOKS DIFFERENT IN MEN**

*Instead of coming across as nervousness or worry, anxiety in men often appears as anger, muscle aches or alcohol use—leading many men to go undiagnosed*

**Wall Street Journal, July 30, 2019**

Anxiety problems can look different in men. When people think of anxiety, they may picture the excessive worry and avoidance of frightening situations that often plague those who suffer. These afflict men, too. But there's a growing recognition among psychologists that men are more likely to complain of headaches, difficulty sleeping and muscle aches and pains. They are more likely to use alcohol and drugs to cope with anxiety, so what looks like a drinking problem may actually be an underlying anxiety disorder. And anxiety in men often manifests as anger and irritability. Anxious "men may present as loose cannons, but they are worriers," says Kevin Chapman, a clinical psychologist in Louisville, Ky. "Aggression tends to be more socially acceptable to many men than anxiety." Studies have found that about one in five men(and about one in three women) will have an anxiety disorder during their lifetime. But psychologists are increasingly concerned that those numbers underreport male cases. This is particularly worrisome now that more research is finding a link between anxiety and suicide.



## THE DEMOCRATIC PARTY NEEDS TO TALK ABOUT MEN'S ISSUES

*There are many possible issues for Democratic candidates to discuss, but one set is almost certain to be absent: The myriad problems facing American men.*

**Fatherly, July 31, 2019**

Democrats are right that we need laws and social norms to try to ensure that women and the LGBT community as well as African Americans and Latinos, who the party too easily takes for granted, are not discriminated against, are paid equally, can get affordable child care and higher education, have freedom from harassment and violence, and are not the targets of hate speech. But policy is not a zero sum game. By talking about issues that affect women does not mean that the party cannot also talk about men's needs. Policies can create opportunities for all and it can be articulated in those terms. Every political party is clueless, only in a different way. When it comes to gender, while most Republicans seem clueless about the need to make America more fair and safe for women, most Democrats seem to have a big blind spot when it comes to men's struggles and problems. The Democrats' problem might be the easier one to solve as the party does not seem to be functionally anti-male. The party just prioritizes more reliable supporters. Again, that makes sense, but also plays right into the opposition's hands, creating opportunities for President Trump to gain ground with nothing but chest-thumping.

## TEENS WHO MISUSE OPIOIDS HAVE THESE SOURCES

## Futurity, July 22, 2019

Roughly 11% of high school seniors reported prescription drug misuse during the past year, and of those, 44% used multiple supply sources, according to new research. Young males have higher substance abuse rates than females, and in 2017, 17.7% of twelfth grade males engaged in prescription drug use without a doctor's prescription or differently than how a doctor told them to use it. More than 70% of adolescents who obtained prescription drugs from multiple sources had a substance use disorder— involving prescription medications, other drugs, and alcohol—within the previous year. [One recent study](#) identified sources of misuse for three classes of prescription drugs—opioids, stimulants, and tranquilizers—and the differences in motives and behavior among 18,549 high school seniors. [Another recent study](#) identified sources of controlled medications and related behaviors in 103,920 adolescents ages 12 to 17. Both studies in the Journal of the American Academy of Child and Adolescent Psychiatry find that adolescents using multiple sources for prescription medications were at high risk for other substance use and substance use disorders, among other disturbing patterns. The most common sources for prescription drugs for 12-to-17-year-olds were getting them free from friends and relatives, physician prescriptions for opioids, and buying stimulants and tranquilizers illegally. "The implications from these two studies could not be clearer," McCabe says. "Parents, public health experts, and clinicians must rally to address this problem. There is a critical need for clinical workforce training to support clinic and school-based education, screening, prevention, and early intervention."



**BOYS HITTING PUBERTY EARLIER,  
PARTIALLY DUE TO RISE IN BMI, STUDY SAYS**

CBS, July 23, 2019

Girls aren't alone in hitting puberty earlier — boys are, too, according to [a study](#) published Monday in the medical journal JAMA Pediatrics. And boys' body mass index as children might play a role.

Researchers looked through school health records and assessed trends in height and growth for 4,090 boys born in Sweden from 1947 to 1996. Boys born later in that 50-year time period hit puberty sooner. For every decade born later, boys reached peak height velocity, or PHV — the study's marker for puberty — 1.5 months earlier. The age at PHV became progressively younger for boys born later, dropping from about 14.2 years in 1947 to 13.7 years in 1996. "It's a big difference ... that's middle school versus high school," said Dr. Cora Breuner, professor of adolescent medicine and orthopedics and sports medicine at Seattle Children's Hospital. Part of the earlier puberty trend could be attributed to increases in childhood BMI over time, the study found.

Increases in childhood weight, based on body mass index calculations at age 8, were related to earlier pubertal timing in boys, but didn't explain the full picture. Other factors for earlier pubertal timing could be nutrition, socioeconomic environment or exposure to chemicals that disrupt hormones, the researchers cited, but they didn't directly assess those.



## GYM, EAT, REPEAT: THE SHOCKING RISE OF MUSCLE DYSMORPHIA

The Guardian, July 17, 2019

A subset of body dysmorphic disorder, individuals with muscle dysmorphia feel they need to become bigger or more muscular, regardless of their size. Sometimes referred to as “bigorexia”, it typically affects men. About 30% of people with muscle dysmorphia will also have a medically diagnosable eating disorder, as those with the condition may follow extremely restrictive diets. Because men with muscle dysmorphia rarely seek treatment, estimating its prevalence in the general population is hard, but it is believed that about 10-12% of professional male weightlifters meet the criteria. And muscle dysmorphia may be on the rise. A study [published](#) in June found that 22% of men aged 18-24 reported muscularity-oriented disordered eating. “The drive for a bigger, more muscular body is becoming very prevalent,” says the lead researcher Dr Jason Nagata of the University of California, San Francisco. Not everyone who benches 180kg has muscle dysmorphia. It is when working out takes over your life, occluding all else – work, family, friends – that you have a problem. “Their entire day is spent at the gym trying to bulk up,” says Nagata. “They may also be taking illicit supplements like steroids.” Among the young men Nagata surveyed, 2.8% had used illegal steroids. “Steroids can lead to heart disease, kidney problems and liver damage,” says Nagata. There are also mental health risks. “People may have extreme irritability, aggression, paranoia and can be violent.”



## ONE DOSE OF HPV VACCINE MAY BE ENOUGH, AUSTRALIAN RESEARCH FINDS

American Association for the Advancement of Science, July 24, 2019

One dose of human papillomavirus (HPV) vaccine has comparable effectiveness to two or three doses for preventing cervical pre-cancer, according to a new study. In a large national data linkage study published in Papillomavirus Research, researchers compared cervical screening outcomes for a quarter of a million Australian women who were eligible for vaccination under the national program. Researchers found that in women who were vaccinated at a young age, when most had not yet been exposed to HPV, that receipt of even one dose of HPV vaccine lowered the chance of having a pre-cancerous lesion detected at cervical screening. Lead author Julia Brotherton from the VCS Foundation and the University of Melbourne said this data adds to other evidence starting to emerge that one dose of HPV vaccine may eventually prove to be sufficient for protection. "If one dose vaccination proves to be enough, it will really simplify our ability to protect more people against these cancer-causing viruses," Associate Professor Brotherton said. "That could make a huge difference, especially in less well-resourced countries that currently have high rates of cervical cancer but can't currently afford vaccination or screening." However, Associate Professor Brotherton emphasised that until the results of formal trials were in and recommendations changed, that young people should make sure that they complete the two-dose vaccination course currently in place for best protection.



### VOICES OF MALE YOUTH

"Voices of Male Youth" is a series of unfettered and unscripted conversations among male youth, exploring the beliefs and feelings that they grapple with in today's society. The series encourages young males and others who interact with them to challenge traditional or uniformed views and to spark conversations about a range of topics from the rules of consent to norms of masculinity. The first installment explores four subject areas: mental health, health care, norms of masculinity and consent. The participants in the first installment are in their early twenties and from a number of cultural backgrounds. Filming took place in November 2018 in New York City.

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### OVERDOSE DEATHS AMONG HIV PATIENTS INCREASING

**Infectious Disease, July 18, 2019**

Opioid overdose-related deaths among people with HIV have increased sharply, even as rates of total deaths among those with HIV have declined, according to research presented at the recent **Conference on Retroviruses and Opportunistic Infections** 2019 conference in Seattle. The researchers said this demonstrates the need for increased overdose prevention among individuals with HIV. From 2011 to 2015, the mortality rate for all people with HIV decreased 13%. However, the rate of opioid overdose deaths in the population over the same period increased by 43%. The proportion of opioid overdose deaths among people with HIV increased from 1.2% in 2011 to 2% in 2015.

"For comparison, in the U.S. general population, opioid overdose deaths represented less than 1% of all deaths in 2011, and only 1.1% of all deaths in 2015," Dr. Bosh added. Overdose rates were highest among individuals whose likely route of HIV infection was through IV drug use, followed by men who have sex with men. "The opioid overdose death rate increased among all HIV transmission categories presented," Dr. Bosh said. Among people whose most likely route of HIV infection was IV drug use, overdose rates increased 80%. Geographically, overdose death rates were highest in the Northeast and lowest in the South. However, the South had the highest percentage increase in opioid overdose deaths during 2011-2015 (65%).



### STUDY: HIV PrEP ACCESS LIMITED BY LOCATION

*Many men at risk of HIV infection face long commutes for crucial care.*

**US News, July 18, 2019**

In the battle to stop the spread of HIV, the medical community relies on a critical weapon called pre-exposure prophylaxis. Known as PrEP, the powerful drug regimen can keep healthy but at-risk people from getting infected. But [a study released](#)

[Thursday](#) reveals the existence of "PrEP deserts": regions of the country home to people at high risk of contracting HIV, but with no PrEP-providing clinic nearby. In some cases, according to the study from researchers at Emory University, the nearest provider that could prescribe the medication for certain people at risk were more than an hour's drive away, a likely impediment to a highly-effective drug-and-care routine that could involve multiple visits per year for testing and refills. The problem was particularly acute

in the South, an HIV hot zone. "Census tracts in the South were nearly 8 times more likely to be classified as PrEP deserts than were census tracts in the Northeast," says the study, published by the American Journal of Public Health. "This is especially striking because the South is a substantial area for HIV transmission in the United States, accounting for more than half of new HIV diagnoses in 2016." Along with the issue being acute in the South and in more rural areas, the West and Midwest featured swaths of low-population areas with little medication access, and "nearly one quarter of the estimated PrEP-eligible population in 30-minute PrEP deserts resided in suburban areas," the study says.

#### .....AND FINALLY

##### MEN DIE MORE OFTEN THAN WOMEN WHEN TAKING A SELFIE

*More than 70 percent of selfie-related deaths occur in males.*

**Psychology Today, July 24, 2019**

An Indian study published in the Journal of Family Medicine and Primary Care suggests that the number of selfie-related deaths is higher than previously thought. The study also provides some interesting insights into who actually dies when taking a selfie. Interestingly, men are much more likely to die while taking a selfie than women, with 72.5 percent of selfie deaths occurring in males and only 27.5 percent in females. This gender difference was due to a higher probability of risk taking in males. The researchers analyzed all

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***"Since most people that died while taking a selfie were under 30, it is important to create awareness in adolescents that it might be risky taking selfies with dangerous animals, at the edge of a slippery cliff, or with a loaded firearm."***

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selfie-related deaths and classified the behavior that the involved people showed before as risky (e.g. walking to a slippery edge of a cliff in order to take a selfie) or non-risky (e.g. getting hit by a sea wave on a day when the sea is calm and then drowning while trying to make a selfie). The research team found out that most people die while taking a selfie in India

(159), followed by Russia (16) and the United States (14). Since most people that died while taking a selfie were under 30, it is important to create awareness in adolescents that it might be risky taking selfies with dangerous animals, at the edge of a slippery cliff, or with a loaded firearm.

### **MINORITY MALES LESS AWARE THAN WHITES OF HIV-PROTECTION DRUGS**

*Use of anti-viral drugs remains low among African American and Latino males.*

**US News, July 12, 2019**

Since the AIDS epidemic exploded three decades ago, new HIV infection rates have fallen across the U.S. Yet for African American men, infection rates remain stubbornly high -- and, among Latino men, the rates are nudging upward. In [a new paper released](#) July 11, the Centers for Disease Control and Prevention pinpoints an important factor: Minority men are far less likely than whites to know about or use a powerful drug combination that can keep them from getting infected. That's despite research that shows from 2014 to 2017, awareness of the drug combination, pre-exposure prophylaxis, also known as PrEP, increased in 20 urban areas, from 60% to 90%. At the same time, the percentage of people taking the drug combination increased from 6% to 35%, according to the paper. "Despite this progress, PrEP use among (men who have sex with other men), especially among black and Hispanic MSM, remains low," according to the paper. "Continued efforts to improve (PrEP) coverage are needed to reach the goal of 90% reduction in HIV incidence by 2030." Moreover, while overall infection rates have plunged since the 1980s, and steadily decreased among whites since 2010, progress has stalled among black men, while among Latinos "new infections (are) beginning to rise, particularly among ... gay and bisexual men," according to the CDC.

### **STUDY: MORE THAN 4 IN 5 MSM ON PrEP HAVE HIGH-RISK HPV**

**Contagion Live, July 9, 2019**

Investigators in France say that although pre-exposure prophylaxis (PrEP) use among men who have sex with men (MSM) is an important strategy in

HIV prevention, its use has also been linked to a high prevalence of anal and oral high-risk human papillomavirus (HR-HPV) infection. A new study published in the journal [Open Forum Infectious Diseases](#) offers some of the latest findings showing that although an increase in PrEP availability and use can lead to a [sharp decline in new HIV diagnoses](#), new cases of sexually transmitted infections (STIs) are still prevalent. According to the investigators of the study, use of a once-daily antiretroviral pill has a clinical and epidemiological impact on HIV new infections, but PrEP can also lead to an increase in sexual behaviors such as condomless anal intercourses with different partners, adding to the risk for anal STIs such as chlamydia, syphilis, and gonorrhea among MSM taking PrEP. “Another unsuspected growing health problem that could silently rise in this population group is anal infection with high-risk (HR)-HPV and related anal cancers,” the investigators report. “Pursuing risk sexual behaviors such as condomless receptive anal intercourse and increased number of sexual partners in HIV-negative MSM uptaking PrEP enhances a sexual behavior strongly associated with high-risk acquisition of anal HR-HPV in MSM. Furthermore, oral infection by HR-HPV increases the risk to develop oropharyngeal cancer, and MSM are found to be at higher risk for oral HR-HPV infection than the general population.”



[\*\*BETWEEN 16% AND 18% OF  
PREADOLESCENTS HAVE IDEAS OF SUICIDE\*\*](#)  
**Medical Express, July 11, 2019**

The researchers studied a group of 720 boys and 794 girls who studied in 13 schools in Reus, Spain. They were monitored during three developmental periods according to age groups of 10 years, 11

years and 13 years. The researchers observed what factors predicted suicidal ideation and they found here that there were differences between the sexes. "In boys it is previous depressive symptoms which determine subsequent suicidal ideation," says Núria Voltas, one of the researchers involved in the study. In girls, on the other hand, it is a combination of anxiety symptoms, OCD and the family's socioeconomic situation. The results of this research, published in the scientific journal [\*\*\*Archives of Suicide Research\*\*\*](#) reveal the factors that can trigger ideas of suicide in this age group. "Our results will enable us to have greater control over this particular aspect and take prevention measures in preadolescents, who are going through a period of considerable vulnerability," she concludes.



### **YOUNG MEN AT HIGHEST HOMICIDE RISK ACROSS GLOBE: UN STUDY**

*Homicide kills far more people than armed conflict, new UN study shows*

**XINHUA.net, July 9, 2019**

A [\*\*new UN study\*\*](#) said July 8 that males account for over 50 percent of the homicide toll in scores of countries and those aged between 15 and 29 are at the highest risk across the globe. The study by the United Nations Office on Drugs and Crime (UNODC) showed that some 464,000 people across the world were victims of homicidal violence in 2017, more than five times the number killed in armed conflict over the same period. The study found that while girls and boys aged nine and under, are more or less equally represented in terms of homicide victim numbers, in all other age groups, males make up more than 50 percent of the toll, according to data from 41 countries. In all regions, the likelihood of boys

becoming victims of homicide increases with age, while those aged between 15 and 29 are at the highest risk of homicide globally, it said. In the Americas, the victim rate among 18 to 19-year-olds is estimated at 46 per 100,000, far higher than for their peers in other regions, while firearms are also involved "far more often" in homicides in the Americas than elsewhere, the Global Study on Homicide 2019 maintained. "High levels of violence are strongly associated with young males, both as perpetrators and victims," the report said, "So violence prevention programs should focus on providing support to young men to prevent them from being lured into a subculture of... gangs (and) drug dealing."

**MEN WHO AVOID TEEN PARENTHOOD  
THROUGH PARTNERS' USE OF ABORTION  
GAIN LONG-TERM ECONOMIC BENEFITS,  
FIRST OF ITS KIND STUDY SAYS**

**University of Utah, July 9, 2019**

Studies have shown an association between adolescent girls' access to abortion services to end an unplanned and unwanted pregnancy and subsequent educational attainment, avoidance of bad relationships and socioeconomic status. Now, a first of its kind study by a team of University of Utah researchers shows the girls' teenage male partners also have higher educational attainment if they avoid becoming a parent through the use of abortion. The study, published in the [Journal of Adolescent Health](#), is timely given renewed efforts to limit access to abortion.

**DURING FIRST YEAR OF UNIVERSITY, POOR DIET AND WEIGHT GAIN  
GREATER IN MALE STUDENTS**

**Medical Express, July 3, 2019**

Food frequency questionnaires along with height, weight, waist and hip circumference and body composition were collected at the beginning and end of the first year of university from 229 female and 72 male first year Canadian university students. The researchers found that diet quality decreased over the year and alcohol intake increased, especially in males. Males, in particular, had significantly increased their consumption of donuts, fried chicken, beer and liquor, alongside a decrease in healthy food options such as vegetables. Both male and

female students gained a significant amount of body weight and BMI, with males gaining more than females. Mean weight increase was 3.8kg for males and 1.8kg for females, with BMI increasing by mean 1.2kg/m<sup>2</sup> for males and 0.7kg/m<sup>2</sup> for females, and waist circumference increasing by mean 2.7cm in males and 1.1cm in females.

## **APP-SUPPORTED INTERVENTION SHOWS PROMISE FOR TEENS WITH SUICIDALITY**

**Helio, June 27, 2019**

Preliminary study results indicated an inpatient intervention, which includes a smartphone app, may help reduce the incidence of post-discharge suicide attempts among teenagers hospitalized for suicidality. "A large proportion of suicidal events ... occur within the first 3 weeks of outpatient treatment following hospital discharge," Betsy D. Kennard, PsyD, from the department of Psychiatry at the University of Texas Southwestern Medical Center, and colleagues wrote. "Because suicidal events commonly occur early in outpatient care following hospitalization, one possible strategy for reducing the risk for these early events is to provide an intervention during hospitalization designed to protect suicidal patients as they transition to outpatient care." The intervention, delivered via an interviewing framework on the inpatient unit, consisted of chain analysis and safety planning; distress tolerance and emotion regulation; boosting positive affect with savoring and switching; and review of the skills, safety plan and app. The smartphone app, BRITE, encourages emotion regulation and allows teen users to access to a personalized safety plan during their transition to outpatient care. "These findings indicate that (the program) and the ...smartphone app are acceptable, feasible and promising interventions for hospitalized, suicidal adolescents," the authors concluded. "Further study is needed to determine which aspects of (the program) and the ... app are most active, and hence worth disseminating and whether the intervention can be effectively delivered on inpatient units by existing staff."

## **STARTUPS FIGHTING A 'BULLETPROOF' MENTALITY IN MEN'S HEALTH**

*Young Australian men are reluctant to visit their GPs, and startup founders think the whole healthcare experience needs to be rebranded.*

**Sydney Morning Herald, July 8, 2019**

The federal government's men's health strategy for the next decade suggests male access to healthcare is lagging behind Australian women's. More than 70 per cent of men don't seek help in a timely manner for mental health concerns, according to the strategy report. Numbers like these have prompted tech entrepreneurs to draw on their own experience as patients to build products that take the pressure off setting up healthcare appointments. Along with fellow founder Benny Kleist, they've raised \$2 million from investors including Blackbird Ventures and Comcast Ventures founder Daniel Gulati to launch Pilot, a platform connecting young men to doctors for key health concerns. Users select a health issue: mental health concerns, sleep issues, erectile dysfunction or hair loss, and complete a pre-screening application to be connected to a GP or pharmacist. Telemedicine will be worth \$59.8 billion by 2021, according to Statista with Silicon

Valley companies raising millions for startups focused specifically on male healthcare. Despite an increasing number of GPs being open to online consultations, startups in this space have generally focused on a few specific health concerns, rather than offering healthcare on a broader scale. Media stories about the nation's mental health crisis and disconnection from healthcare are not new, but the approach to addressing these issues has so far not drawn on technological solutions as well as it could have, Doyle says. "You've seen lots of attention paid but very little outcome." The team is hoping to leverage their marketing expertise to make it more appealing to ask for assistance in the first place, Doyle says. "This is a journey to find this holistic approach to health: how do you create something that has a meaningful impact on some guy in Australia?"



### LONELINESS HEIGHTENED AMONG GAY MEN IN CERTAIN AGE GROUP IN CHINA

Hawaii.edu, July 2, 2019

Gay men in China ages 25–29 are eight times more likely to feel criticized and rejected compared with men in that country ages 20 or younger, new [University of Hawai'i at Mānoa](#) research shows. The reason may be that 25- to 29-year-olds tend to be out of college and in the workforce, where they may face overwhelming social discrimination, according to a study co-authored by Assistant Professor Thomas Lee in the [Office of Public Health Studies](#) at the [Myron B. Thompson School of Social Work](#). "There is great pressure from society and family that may be imposed on Chinese gay men," said Lee. "We found that these men feel criticized and rejected, and that these feelings are linked with loneliness." The [study, published in the International Journal of Environmental Research and Public Health](#), is part of a recent effort among public health researchers to develop a better understanding of the mental health of the LGBTQ community. "Traditional Chinese culture puts a strong emphasis on family inheritance and reproduction," said Lee. "Our results suggest that we need to be more aware of Chinese gay men's mental health and that everyone, especially family members, should offer more support to Chinese gay men and work to create a social environment that is more open and inclusive."

### DURING FIRST YEAR OF UNIVERSITY, POOR DIET AND WEIGHT GAIN GREATER IN MALE STUDENTS

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to be more aware of Chinese gay men's mental health and that everyone, especially family members, should offer more support to Chinese gay men and work to create a social environment that is more open and inclusive."

### **'EROSION IN ACCEPTANCE' OF LGBTQ PEOPLE AMONG YOUNG MALE AMERICANS, SURVEY FINDS**

*"The younger generation has traditionally been thought of as a beacon of progressive values. We have taken that idea for granted, and this year's results show that the sharp and quick rise in divisive rhetoric in politics and culture is having a negative influence on younger Americans"*

**NBC News, June 24, 2019**

In its [annual "Accelerating Acceptance" survey](#), GLAAD found that people ages 18-34 are increasingly uncomfortable in seven "personal scenarios" with LGBTQ people — like learning that a family member, doctor or child's teacher is lesbian, gay, bisexual or transgender. Nationwide, the support for "equal rights for the LGBT community" remained stable at 80 percent, GLAAD's survey found. But the biggest drop in support identified by the LGBTQ rights group was among the youngest Americans. In 2016, 24 percent of respondents age 18-34 said they would feel uncomfortable with a LGBTQ family member; by 2018 that rose to 36 percent — about one in three. A similar rise was measured among the youngest group of respondents who say they would feel uncomfortable to learn their child was receiving an LGBTQ history lesson at school, from 27 percent to 39 percent. *In 2016, 62 percent of young men ages 18-34 reported feeling comfortable in all seven LGBTQ situations; in 2018, that number dropped to 35 percent.* **"With the knowledge that erosion in acceptance was primarily happening among younger males,** GLAAD launched a program dedicated to working with the video game industry on LGBTQ inclusion, to bring LGBTQ characters and stories to a world where male audiences were consuming content," [said Sarah Kate Ellis](#), president and CEO of GLAAD, in a press release announcing a selection of survey findings.

### **WHAT INFLUENCES HOW PARENTS AND THEIR GAY ADOLESCENT SONS DISCUSS SEXUAL HEALTH AT HOME?**

*Research from the University of Pennsylvania found that even when parent-child conversations avoid heteronormative stereotypes, outside factors like mass media and religion -- those beyond the parents' control -- can reinforce them*

**American Academy for the Advancement of Science, June 24, 2019**

Parent-child discussions about sexual health and sexual identity are complicated, particularly with a male teen who identifies as gay, bisexual, or queer (GBQ). [New research](#) from the University of Pennsylvania shows that even as parents become savvier in these conversations, departing from gender stereotypes and embracing more accepting attitudes, factors beyond the home will still affect the message parents convey and their child hears. "We like to think about these conversations as an exchange between two people, the child and the parent. Unfortunately, they don't live in a silo," says Dalmacio Dennis Flores, an assistant professor in Penn's School of Nursing and lead researcher on the work. "Fifty years after Stonewall, they're still part of a larger heteronormative system that they both must navigate." Flores offers an example to explain. Consider a

family with two brothers; the older sibling is straight, and the younger sibling is gay. One parent talks to the older son about using condoms to prevent unwanted pregnancy, and, though the information isn't targeted at the younger son, he takes it in regardless. "It negates whatever inclusivity the younger son might hear later on," Flores says. "He hears the message first about not getting a girl pregnant, and it privileges a certain narrative." The message, that a condom is only for pregnancy prevention, may also inadvertently minimize its value in regard to male-to-male sexual behaviors. "Parents need to be mindful of what they say to other children in the house," Flores notes. "Is it consistent with what I might tell my other child if I find out he's gay? What messages do they hear at a friend's house? What messages do they see on TV?"



## **MANY YOUNG MEN PUTTING HEALTH AT RISK TO BULK UP**

**US News, June 25, 2019**

Image is everything for most teens and young adults, and 22% of young men and 5% of young women turn to potentially dangerous methods to "bulk up," a [new study](#) says. These unhealthy methods -- dubbed "disordered eating behaviors" -- include eating to gain weight and using supplements or anabolic steroids to increase muscle or body size. "Parents and teens should be aware that disordered eating behaviors are a common phenomenon, especially in young men," said study lead author Dr. Jason Nagata. He practices in the division of Adolescent and Young Adult Medicine at the University of California, San Francisco. "The eating disorder field has been focused on females and thinness. But over a fifth of young adult men are working toward a more muscular, more idealized body image," Nagata said. And, he said, it's not surprising, given the look of modern Hollywood celebrities. "There's 'The Rock' [Johnson] and Marvel superheroes, and these are the types of people that teens are looking up to and idealizing," Nagata said. Social media also plays a role, he added. "Young men are posting muscular pictures on Instagram and other social media sites that portray them in an idealized way. That can lead to misperceptions," Nagata explained. The study included nearly 15,000 young people across the United States. They were first interviewed when they were 11 to 18 years old, and again when they were between 18 and 24. Nearly 7% of young men told researchers they had used a supplement to gain weight or build muscle, and 3% had used steroids to build mass. Fewer than 1% of young women said they had done either.



## JUNK FOOD COULD IRREVERSIBLY DAMAGE TO SPERM, LEAD TO MALE INFERTILITY

Medical Daily, June 27, 2019

New studies are stating that consuming junk food in your adolescence can irreversibly damage your sperm and permanently impact your ability to have kids. [This is all according to a new research from Harvard University](#) that revealed young men whose diet usually comprise of fat and sugar from pizza, soda and chips had a much lower sperm count (and fewer healthy sperm indicators) than teenagers who followed a well-balanced diet comprising of fruits, vegetables, water, fish and chicken. Consequently, these teens are also the ones with the highest sperm counts. The research was done on 3,000 young men, who all completed a fitness assessment for military service. From there, the researchers were able to study their diet, semen quality and reproductive hormones and collect the data. The results were then presented at the [European Society of Human Reproduction and Embryology](#) annual meeting last week.

According to Dr. Bobby Najari, a urologist at NYU Langone Health, this study supports the findings of previous ones, revealing that western diets are usually associated with poor sperm quality. 'I think it [the research] does reinforce a lot of what I tell patients. Guys who are concerned about sperm count—and really anyone who cares about their overall health—should eat plenty of fruits, vegetables, and lean meat, the latter only if you're not a vegetarian,' he said. 'I think this reinforces the fact that our diets are important in sperm health,' he added.



**DEPRESSION IN BLACK BOYS BEGINS EARLIER THAN YOU THINK**  
**Psychology Benefits Society (blog), June 29, 2019**

From 2001 to 2015, the suicide risk for Black boys between the ages of 5 and 11 was two to three times higher than that of White boys, according to a new research letter in JAMA Pediatrics (Bridge, 2018). This concerning trend continues through adolescence as reported by the Nationwide Youth Risk Behavior Survey (Kann et al., 2017). The rates of attempted suicide, including attempts that resulted in an injury, poisoning, or overdose, are 1.2x higher among Black males compared to White males. These persistent trends are enrooted in life expectancy disparities that Black boys face. The APA Working Group on Health Disparities in Boys and Men recently released a new report on [Health Disparities in Racial/Ethnic and Sexual Minority Boys and Men](#), which includes a review of research which may help to explain this increase in suicide in Black boys. According to the APA report, even professional health care providers have trouble detecting depression among racial/ethnic minority patients. Men from these groups are diagnosed with depression less often than non-Hispanic white males, and depression may also present itself differently in males as irritability, anger, and discouragement rather than hopelessness and helplessness. The unique way that depression presents itself in males combined with the underdiagnoses of men of color with depression may intersect to cause further disparities for Black boys. The APA report discusses how Black boys are more likely to be viewed as older, less innocent, and more culpable than others—biased beliefs that may lead to harsher interventions in school starting as early as pre-kindergarten. In fact, Black boys are over three times more likely to be suspended from school than White students. These disparities combined with a lack of awareness about what depression looks like in men and boys of color may lead to social reprimand, school suspensions, and expulsion rather than to the mental health care that they need.



**HPV VACCINE NOW RECOMMENDED FOR MALES THROUGH 26 AND OTHERS AGE 45 IN SOME CASES**  
**Washington Post, June 26, 2019**

A federal public health advisory panel said Wednesday that some people through age 45 could benefit from getting an HPV vaccine and should discuss the possibility with their doctors. The recommendation, which came during a two-day meeting of the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices, could expand the pool of people whose insurance

providers may cover the HPV vaccine. The CDC's advisory panel also voted to "harmonize" the age range for catch-up vaccinations among young women and young men, setting the age at 26. (Previously, catch-up vaccinations had been recommended for girls and women ages 13 through 26, but for boys and men ages 13 through 21.)



## **BILL PROPOSES FULLY COVERING HIV-PREVENTION DRUG PrEP**

CNN, June 20, 2019

US Sen. Kamala Harris is introducing [a bill](#) to reduce the transmission of HIV by encouraging the use of PrEP, or pre-exposure prophylaxis, a drug that's more than 92% effective in preventing new infections. If it becomes law, PrEP would be free to most patients. There were nearly 40,000 new HIV infections in the United States in 2017, the last year of available data from the US Centers for Disease Control and Prevention. Of the 1.1 million people in the United States who could benefit from PrEP, only 7% filled prescriptions for it in 2016, according to the CDC. Truvada, as the drug is known commercially, was approved by the US Food and Drug Administration in 2012. In June, the US Preventive Services Task Force recommended that people at significant risk for HIV take PrEP. Under Obamacare, most private insurance is required to cover services that get the task force's "A" rating, such as the PrEP recommendation. States with expanded Medicaid would also typically follow suit.



## ISLANDERS GOALIE SPEAKS OUT ON MENTAL ILLNESS WHILE ACCEPTING NHL AWARD

Washington Post, June 19, 2019

Robin Lehner wasn't just onstage at Wednesday's NHL Awards to accept a trophy. He was there to speak out on mental illness, and the New York Islanders goalie sent a powerful message. "I'm not ashamed to say I'm mentally ill, but that doesn't mean mentally weak," Lehner said. The 27-year-old Swede offered brief but moving remarks while accepting the Bill Masterton Memorial Trophy for the NHL player who best exemplified qualities of perseverance, sportsmanship and dedication to hockey. Other players nominated for the award at the league's end-of-season celebration included Joe Thornton of the San Jose Sharks and Nick Foligno of the Columbus Blue Jackets. Lehner revealed his battle with bipolar disorder, addiction and thoughts of suicide in a lengthy, first-person essay published by [The Athletic](#) in September. He wrote that after feeling "severely depressed" since the start of 2018 and self-medicating by "drinking a case of beer" and taking pills, he reached a turning point with a panic attack he suffered during a game in March of that year.

## JAMA: SHARP RISE IN SUICIDES AMONG OLDER TEENAGE MALES

Jerusalem Post, Newsweek, June 19, 2019

For nearly a decade, suicide rates have been climbing among U.S. teens, with an especially pronounced increase in boys recently, a new study suggests. Rates among teens began to increase in 2007, with an even sharper rise between 2014 and 2017, the last year for which there is data, according to a report published in [JAMA](#).

Rates among young adults also rose during this period, the researchers reported.

The rate among teens had been rising faster in girls than in boys until 2015, when the rate among boys rose sharply. "There is a surge of suicides in adolescent males," said the study's lead author Oren Miron, a research associate in the department of biomedical informatics at the Harvard Medical School. "Previous research has talked about the rise in females. Our study shows both are at much higher risk."

Of the 6,241 suicides in individuals aged 15 to 24 in 2017, 5,016 were in males and 1,225 were in females, the researchers reported.

The rate of suicides in teens aged 15 to 19 in 2017 was 11.8 per 100,000, and 17.9 per 100,000 boys and 5.4 per 100,000 girls.

In young adults aged 20 to 24, the suicide rates for 2017 were 17 per 100,000 overall and 27.1 per 100,000 young men and 6.2 per 100,000 young women. In comparison, the rate among adolescents in 2000 was 8 per 100,000, which remained unchanged until 2007. Then rates started to climb, rising 3% per year between 2008 to 2014 and rising 10% per year between 2014 and 2017.

In boys, suicide rates had been declining slightly between 2000 and 2007, but then started to rise: 2.6% per year between 2007 and 2014 and 14.2% per year between 2015 and 2017. In girls, the rate was flat between 2000 and 2010 but then rose by 8.2% per year between 2010 and 2017. Miron told Newsweek she

was surprised to find a surge in suicide among male adolescents in the past three years, as this hasn't been previously reported. This surge was novel, she said, "since previous reports showed more of an increase in females."

The research is the latest to shine a light on the state of mental health among young Americans. [A study published last year in the journal The American Academy of Pediatrics revealed](#) the rate of children and teens contemplating suicide rose between 2008 and 2015. And an editorial published in the journal *The Lancet* in 2018 described the rate of suicide in the U.S. among all age groups as a ["public health emergency."](#)



### [US SUICIDE RATE ROSE 33% BETWEEN 1999 AND 2017](#)

Web MD, June 19, 2019

The United States' [suicide](#) rate in 2017 was 33% higher than in 1999 and is at its highest since World War II, according to annual research published by the US Centers for Disease Control and Prevention's [National Center for Health Statistics](#) on Thursday.. It found that suicide rates among Americans ages 15-64 rose from 10.5 per 100,000 in 1999 to 14 per 100,000 in 2017, CNN reported. American Indian or Alaska Natives had the highest increase among all racial/ethnic groups.. There were significant increases in suicide deaths among girls and women in all racial/ethnic groups except Asian or Pacific Islander. The largest increase (139%) was among American Indian or Alaska Native girls and women, CNN reported. Significant increases were also seen in suicide rates among boys and men in all racial/ethnic groups except for Asian or Pacific Islander. The largest increase (71%) occurred among American Indian or Alaska Native boys and men. American Indian or Alaska Native, ages 15 to 44, had the highest suicide rates for both males and females in 2017, CNN reported.



### **BOYS' KINDERGARTEN BEHAVIOR LINKED TO LIFE EARNINGS IN STUDY**

**US News, June 19, 2019**

Believe it or not, how your kid acts in kindergarten might impact his earning potential years later, a new study suggests. Canadian researchers found that boys and girls who were identified by their kindergarten teachers as inattentive earned nearly \$1,300 less a year than their more focused peers. Additionally, boys identified as more aggressive also earned less -- about \$700 annually. On the other hand, positive traits were also rewarded in boys. Kindergarten boys who showed more "prosocial" skills earned almost \$500 more each year. Prosocial means helping others, being considerate and willing to be part of a team for projects, according to the researchers. "The strongest association we found was with inattention in boys and girls. We were surprised by that. We expected aggression to create more problems," said study author Sylvana Cote, a professor at the School of Public Health at the University of Montreal. Cote said previous studies have found that inattention is a strong risk factor for not graduating from high school.

### **39% OF AMERICA'S LGBTQ YOUTH CONSIDERED SUICIDE IN THE PAST YEAR**

**Fortune, June 11, 2019**

A [\*\*massive new survey by the Trevor Project\*\*](#), a nonprofit dedicated to preventing suicide and boosting mental health among LGBTQ youth, reached out to more than 30,000 young LGBTQ Americans via social media targeting in what the group tells Fortune is a first-of-its-kind study. And the results are sobering. "What stuck out to me was that we found 39% of respondents said they'd seriously considered suicide in the past year," said Amy Green, research director at the Trevor Project, in an interview with Fortune. Green also point to a number of other concerning statistics in the study—including a number of metrics that had never been measured on such a wide scale to date. For instance, about 67% of respondents said that someone had tried to coerce them into changing their sexual orientation, whether voluntarily or through highly controversial (and in some states, illegal) conversion therapy. Among the relatively small group urged to go through conversion therapy, the rate of suicide attempts was double compared to those who hadn't undergone it. "There are many resources out there

for struggling LGBTQ youth, including hotlines for people in crisis and the services provided by groups like the Trevor Project," says Green. But ultimately, she adds, a larger number of visible allies and local actions—such as schools adopting anti-bullying policies, making clear that LGBTQ youth are protected, and parents who speak up in support of their children—could be the key to reversing these tragic mental health trends.

## **THE RISE OF EATING DISORDERS IN MEN**

**Stuff.NZ, June 13, 2019**

By the age of six, boys have already internalised cultural expectations about how they are meant to look, and expressed desires to be more muscular, Australian [research published in 2018](#) found. While eating disorders have traditionally been associated with women, [boys and men are increasingly suffering body dissatisfaction at pathological levels](#). According to the Butterfly Foundation, more than 360,000 Australian men are living with an eating disorder. Two-thirds of adolescent boys report making specific changes to their diet to gain muscle. [Research published last month found](#) the prevalence of eating disorders globally has doubled in just under a decade. Dr Scott Griffiths, a psychologist at the University of Melbourne and an expert on male eating disorders, says the number of men with eating disorders is rising "notably fast". "The prevalence of eating disorder behaviours is rising faster in men than in women so we will catch up eventually," says Griffiths, who was not involved with the study.



## **HOW STEROIDS, TESTOSTERONE SUPPLEMENTS CAN DECREASE FERTILITY IN MEN**

*Products some men are using to make themselves appear more youthful and fit can also increase their risk of infertility.*

**Healthline, June 10, 2019**

From underwear ads featuring young muscular models to the latest superhero film starring an actor with a newly buff physique, the pressure to look a particular way or attain a certain level of fitness can be immense. And for those guys who may feel they haven't reached (or are no longer at) their peak potential, there are plenty of products marketed to help them reach that goal. These can include drugs or hormonal supplements to help gain bigger muscles, increase energy levels, or improve their libido. However, what some men may not know is that several of these chemical and hormonal supplements can also increase their risk of infertility. The use of testosterone or anabolic steroids to gain muscles mass, and thus appear more fertile, while actually increasing one's likelihood of

infertility, is now known as the Mossman-Pacey paradox, named after the two researchers who first described it, as the [BBC](#) and other outlets recently reported. It pits two different points of a man's search for a mate: the short-term gains of appearing more attractive to females while enduring potential long-term damages to their ability to reproduce. That's particularly about the type of steroids used to grow muscles to nearly Herculean size. But it's also in the small daily doses of products meant to increase energy and improve libido. [Dr. Katherine McKnight](#), a reproductive endocrinology and infertility specialist at Houston Methodist and CCRM Houston, says she sees a large population of couples with male infertility solely due to testosterone use, as high doses of testosterone decrease a man's sperm count significantly.



### **THE MALE BIOLOGICAL CLOCK IS TICKING TOO: HOW AGE IMPACTS MEN'S FERTILITY**

"Male infertility figures often come as a shock to men."

**Huffington Post UK, June 6, 2019**

"There is a ticking male biological clock," says Sarah Norcross, director of fertility campaign group [Progress Educational Trust](#), citing studies that show men over 40 are half as likely to get their partners pregnant as men under 25. "Miscarriage rates rise," she adds, "and the likelihood of having a child with Down's syndrome increases. Research also suggests an association between advanced paternal age and higher risk of preterm birth, schizophrenia and autism." Despite the fact the quality and quantity of men's sperm declines with age, traditionally, says Norcross, fertility has been viewed as a "female issue". Last year [data from the Human Fertilisation and Embryology Authority](#), which regulates fertility treatment in the UK, found the most common reason for a couple to seek fertility treatment was male fertility problems.

### **BOYS ARE GROWING UP FAST BUT LACK THE SKILLS TO COPE WITH MODERN CHALLENGES**

*Boys are facing serious issues that would've once been in the domain of teenagers and they don't know how to cope, prompting warnings from experts.*

**News.AU, June 13, 2019**

Psychologists say every generation of child is forced to grow up quicker than the previous, thanks to rapid changes in technology, pop culture and society. But boys these days are moving into adolescence at an alarmingly early rate, grappling with things that would've once been the domain of teenagers, youth development expert Melissa Abu-Gazaleh said. Young boys are ill-equipped and inadequately supported to deal with the range of challenges they face, from drug

and alcohol usage to mental health issues, she said. And unless they get the help they need, the next generation of young men could be left behind.

"If they don't receive support, they're at risk of adopting poor behaviour and making poor choices. It can impact their experience at school, their education and their relationships," Ms Abu-Gazaleh said.



### PREVENTIVE SERVICES TASK FORCE RECOMMENDS PrEP FOR INDIVIDUALS AT RISK OF HIV INFECTION

NBC News, June 11, 2019

The US Preventive Services Task Force has recommended that doctors should offer PrEP, a [daily HIV prevention pill](#) named Truvada, to healthy people who are at high risk of getting infected with the virus. It also reiterated its long-standing advice that everyone ages 15 to 65 — and anyone who's pregnant — should be regularly screened for HIV, a step to early, life-saving treatment. The task force said PrEP is only for people at high risk of infection. That includes anyone with an HIV-positive sex partner; who has sex without a condom with someone at high risk of HIV; or who shares needles while injecting drugs. The recommendations were published in the [Journal of the American Medical Association](#). Other medical groups also urge [Truvada for prevention](#), yet just 17 percent of people who might benefit were prescribed it last year, according to an accompanying editorial. Private insurers follow task force recommendations on what preventive care to cover, some at no out-of-pocket cost under rules from former President Barack Obama's health care law. Without insurance, the average monthly retail cost is nearly \$2,000, they noted. For the uninsured, the federal government last month announced that [Truvada maker Gilead Sciences Inc. had agreed to donate PrEP doses](#) for up to 200,000 people a year.



## **STUDY FINDS NEARLY 30% SPIKE IN MALE TEEN SUICIDE FOLLOWING NETFLIX RELEASE OF '13 REASONS WHY.**

Catholic News Agency, June 7, 2019

When the Netflix series '13 Reasons Why', which features teen suicide, first aired in 2017, mental health professionals expressed concerns that the show could have a contagion effect, triggering an increase in suicides among teens inspired by the show. A new study suggests these fears were not unfounded. According to a study published in the Journal of the American Academy of Child and Adolescent Psychiatry, United States youth ages 10-17 had a 28.9% increase in suicide rates in young males in the month (April 2017) following the debut of the show. "The number of deaths by suicide recorded in April 2017 was greater than the number seen in any single month during the five-year period examined by the researchers," the National Institute of Mental Health (NIMH) reported. Increases in suicide rates among youth were also found in the month leading up to the show's release, and through December 2017, nine months after its release. The study was conducted by multiple researchers from several different universities, hospitals, and the NIMH, which also funded the study. The study found that the increase in suicides was statistically significant among young males. The increase in suicides among young females in association with the show was not statistically significant.



## **THE LESSONS IN EMOTIONAL INTELLIGENCE FATHERS NEED TO TEACH THEIR SONS.**

*Traditionally, boys aren't encouraged to build an emotional vocabulary. Dads, in particular, can help change that.*

Fatherly, June 7, 2019

Conversations about **toxic masculinity** often gloss over the fact that, from a young age, **men are taught to communicate differently than women**. Where girls are encouraged to talk about their emotions and given the tools to do so, boys are often encouraged to shut their emotions down. And this simple fact, which manifests much earlier than parents might think, affects a boy's entire life. Not being able to address emotions feeds into boys' and men's anxiety, stress, and **ability to make long lasting friendships**. All of this affects men's well-being. At the heart of the matter is the lack of a healthy emotional vocabulary,

according to Dr. Gaile Dines, the President and CEO of Culture Reframed, and Professor Emerita of Sociology and Women's Studies Wheelock College, Boston. "Studies actually show that girls and boys have very different ways of communicating with parents," she says. In her work, she has become adept at helping parents have sensitive emotional conversations with their children. In a wide-ranging conversation, *Fatherly* spoke with Dines about the emotional lives of boys and why it might be a good idea if parents have big conversations in the car.

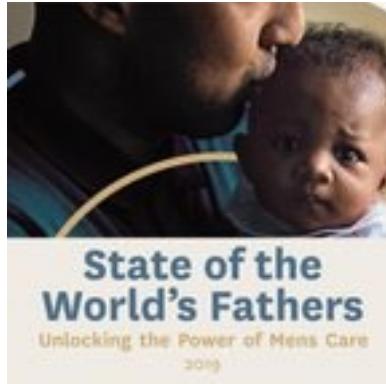


## **BOYS AND MEN IN THE AGE OF TRUMP: HOW THE PRESIDENT IS AFFECTING OUR UNDERSTANDING OF MASCULINITY**

*What's an appropriate scope of masculinity to teach young boys in a time when the president acts like a bully?*

**Salon, June 8, 2019**

The contemporary phenomenon of bullying and violent men suggests we are in a definitive and defensive moment of reaction to a culture of change, evolution and progress, and it is a most certainly painful reaction for men accustomed to unquestioned power. Quite simply, men in the United States do not hold the same cultural status or identities that they did 50 or even 20 years ago. And the increasing racial diversity of the nation has specifically complicated white men's presumed patriarchal authority. The angry, even violent actions of some men, including President Trump and many who enjoy his juvenile antics, suggest that they do not quite know how to handle these changes. In the book I'm writing, I ask why imaginative fiction of the late-19th century is unable to envision models of masculinity that would be non-patriarchal. The answer, I believe, lies in President Trump's bullying speech at CPAC. When men act in ways that may be different or even question normalized gender standards, they can threaten patriarchal power — and despite their privilege, entitled men are both quite vulnerable and amazingly sensitive to such threats. These men tend to brutally satirize nonconforming boys and men, whether in middle school or the White House; they actively discourage men from considering alternative kinds of maleness and make certain that boys learn to act in specified ways. And while we do this, change, evolution, even progress still happen. If we're lucky, young boys may still become new and different kinds of men.



## **STATE OF THE WORLD'S FATHERS 2019 REPORT FINDS THAT 86 PERCENT OF FATHERS SAY THEY WOULD DO ANYTHING TO BE VERY INVOLVED IN CARING FOR THEIR NEW CHILD, BUT ARE STILL TAKING ON LESS THAN MOTHERS**

Promundo, June 5

The third *State of the World's Fathers* report launched June 5 at the [Women Deliver 2019 Conference](#) in Vancouver, Canada, at an event co-hosted by Promundo with Unilever Dove Men+Care, in advance of Father's Day in many countries around the world. The *State of the World's Fathers* report is produced by Promundo, co-coordinator of [MenCare: A Global Fatherhood Campaign](#) – which is active in over 55 countries. The report reveals new research findings, conducted with Unilever, Dove Men+Care in seven countries and from Plan International Canada in four countries – drawing from interviews and surveys of nearly 12,000 individuals. *State of the World's Fathers* 2019 also includes cross-country data analysis from the [International Men and Gender Equality Survey](#) in more than 30 countries, and it provides recommendations to close the unpaid care gap in support of achieving gender equality.



## **THE MALE BOSSES WHO WALK THE WALK ON PATERNITY LEAVE**

Wall Street Journal, June 7, 2019

Mindful of the benefits, many employers are expanding parental-leave offerings for men and [encouraging them to take it](#). None is going farther than Olark, a 30-employee provider of live-chat software. Both co-founders of the company, CEO Ben Congleton and COO Matt Pizzimenti, took more than three months off with their newborns this year—at the same time. Taking paternity leave tends to

increase new parents' satisfaction with their relationship, [easing the marital strain](#) that often follows childbirth, according to a study published in April in the Journal of Marriage and Family. This comes after a 2016 study of paternity leave in 11 nations showing that extending a father's leave to one month or more tends to make men [more assertive in parenting](#), rather than deferring to mothers. Fathers on extended leaves also do more housework, and savor time spent with their infants more. Few men take more than a few days' parental leave without an explicit endorsement of their right to it, according to the 11-nation study. Many face social stigma and career damage if they do. In the U.S., only 15% of civilian workers have access to paid family leave, skewed toward high-paid workers in white-collar jobs at companies with 500 or more workers, according to an [annual federal survey](#). It's available to 24% to 28% of employees in financial services, insurance and teaching, compared with 6% to 9% in construction, service and transportation jobs.



### [HOME INTRUDERS AND FIRST DATE BILLS: SCHICK ATTEMPTS TO CHALLENGE MALE STEREOTYPES IN NEW CAMPAIGN](#)

Wall Street Journal, June 9, 2019

Schick Hydro is celebrating the 'trials of the modern man' with a new campaign that addresses the expectations that men should pay the bill at dinner or confront a home intruder. The ads are intended to challenge the audience on their expectations of what men should be. The Australian ads were based on the global campaign created by Mullen Lowe US, which showed a man gaining confidence on his first date from shaving with his Schick razor. Di Timlin, senior marketing manager of Oceania Edgewell Personal Care says: "We want to start conversations around what being a man looks like today, how it varies amongst men, and that it is important that we move away from a single-minded definition of men in 2019. "We knew that to grab the attention of the Aussie man, we needed to bring some humour using every day scenarios which men face to the table and the team at 303 Mullen Lowe have captured this perfectly." "We want to assist the Gotcha4Life team in showing men across Australia that they need to talk about how they're feeling and what is going on with them. To open up and get vulnerable, and as Founder of Gotcha4Life Gus Worland says, to know 'it's ok to not be ok'."



### EATING DISORDERS AFFECT BOYS TOO. SO WHY AREN'T WE TALKING ABOUT IT?

*More than 10 million men are affected by eating disorders in the United States alone. Yet, we aren't doing enough about it.*

**Healthline, June 6, 2019**

According to the [National Eating Disorder Association \(NEDA\)](#), eating disorders impact as many as 10 million men in the United States alone. Research has identified a "[significant genetic component](#)" to both anorexia and bulimia nervosa. Approximately 3 to 3.5 percent of males will be impacted by an eating disorder, according to [Shiri Sadeh-Sharvit](#), a clinical psychologist with Palo Alto University. And while family history can absolutely present as a risk factor for a boy developing an eating disorder himself, it isn't the only one. "Unfortunately, the same factors that influence women and trigger them to perceive their bodies negatively and engage in unhealthy behaviors to change their bodies to cultural standards can also manipulate boys into feeling differently about their bodies," Sadeh-Sharvit explained. She said that media images of highly muscular bodies, that also usually appear hairless and tan, can "distort the perceptions boys and young men have of their own bodies and trigger them to engage in behaviors that are unhealthy in order to shape their bodies differently."



### AUSTRALIAN MEN'S HEALTH RECEIVES LOWER GRADES THAN WOMEN'S HEALTH, SAYS NEW REPORT CARD

**Australian Men's Health Forum, June 7, 2019**

Australian Men's Health Forum President **Jonathan Bedloe** said: "This report card on the state of men and boys' health in Australia tells us we must do better. "Our sons are less educated than our daughters. Our brothers die younger than our sisters. Our fathers are more likely to die at work than our mothers. Our male friends are more likely to die by suicide than our female friends. "The solution to these problems is not to stop working to improve the lives of women and girls, but to increase our efforts to tackle the issues facing men and boys.

This means investing more time, money and resources into helping health services become more male-friendly and focused on the needs of men and boys. "It also means looking at the wider social factors that shape men's health, which include boys' education, our experiences of fatherhood, our working lives, our financial wellbeing and our social connections." The report brings together the latest available data from a range of Government sources. AMHF says Australia is one of the few countries in the world that has developed a national men's health strategy.

**HEPATITIS C MORE STIGMATISING THAN HIV: GAY MEN'S ATTITUDES TOWARD HEPATITIS C REINFECTION**  
**AIDS Map, June 4, 2019**

Qualitative research with HIV-positive gay and bisexual men in Australia who had been cured of hepatitis C infection revealed that having hepatitis C was more stigmatising than HIV infection. While being a member of certain social and sexual networks increased the chances of reinfection with hepatitis C, leaving these networks and abstinence from drug use could lead to social isolation. Engagement with treatment services for hepatitis C often led to a better understanding of hepatitis C infection risks and an improvement in strategies to avoid reinfection. Participants also reported that engagement in hepatitis C care encouraged a reduction in sexualised drug use (often called 'chemsex' or 'party 'n' play'). This was reported in the *Journal of the International AIDS Society* by Sophia Schroeder and colleagues at the Burnet Institute in Melbourne. Hepatitis C co-infection in gay men living with HIV has been on the rise in Europe, Australia, Asia and North America over the past decade. Specifically, gay men who inject methamphetamine and engage in condomless group sex are at greater risk for co-infection with hepatitis C. Stigma around hepatitis C (linked to stereotypes regarding drug use and the type of individual who may have hepatitis C) limits conversations pertaining to infection status, knowledge about hepatitis C diagnosis and management.

**STRESS DURING EARLY PREGNANCY IS LINKED TO REDUCED REPRODUCTIVE FUNCTION IN MALE OFFSPRING**  
**Science Daily, May 29, 2019**

Men whose mothers were exposed to stressful life events while they were in the first 18 weeks of pregnancy may have reduced sperm counts when they become adults, according to a study published May 29 in Human Reproduction, one of the world's leading reproductive medicine journals. Research has shown that the first few months of pregnancy is when male reproductive organs are at their most vulnerable stage of development. This current study of 643 young men aged 20 found that those who were exposed to at least one stressful life event during early gestation (0-18 weeks) had worse sperm quality and lower testosterone concentrations than those who were not exposed, or who were exposed during later gestation, between 18-34 weeks.



## **AUSTRALIA'S MALE SUICIDE EPIDEMIC IS MUCH WORSE THAN PREVIOUSLY THOUGHT, NEW RESEARCH SHOWS**

*Startling new research shows there's a big problem in Australia. And it's considerably worse than what experts previously thought.*

**News AU, May 29, 2019**

Groundbreaking new research shows Australia's male suicide epidemic is worse than previously thought, with at-risk behaviour among blokes up to three times higher than current estimates indicate. Mental health organisation Beyond Blue has released a world-first study investigating ambulance call-outs to men experiencing acute mental health issues, self-harm and suicidal instances. And it highlights an urgent need for hospital treatment reform with current practices proving inadequate, experts warn. The study, titled **Beyond the Emergency**, found there were a staggering 30,197 ambulance attendances for men who had attempted suicide or had suicidal thoughts between June 2015 and July 2016. But existing data, taken from hospital emergency department presentation statistics, identified about 10,000 cases in the same period because of the way patients were classified. "This research tells us that suicide-related presentations to our health services by men triple when measured by ambulance data rather than hospital data alone. It tells us that what we know about male suicide is just the tip of the iceberg," Beyond Blue chair Julia Gillard said.

## **NEW PODCAST SERIES: CALLING ALL MEN TO ACTION: STEP UP YOUR HEALTH GAME**

Research shows that men want to have good health, but report not knowing *where* to start, or *who* to trust. The newly launched "Original Guide to Men's Health" is not just a 'turn your head and cough' podcast. It's much more than that: it is a resource for, and a gateway to, health information specifically for guys," says, **Dr. Richard Pelman**, the host of the podcast series, Clinical Professor of Urology at UW Medicine, and Men's Health Chair of the **Washington State Urology Society (WSUS)**. Together with WSUS, Dr. Pelman created this series so that guys of all ages could listen to short episodes at their convenience, and learn what they want, and need, to know about men's health, whether they have a current health issue or not. The 11 podcast episodes published so far are useful as basic need-to-know information, but they are also a good listen for the many interesting, and surprising things one learns. Upcoming topics in the works include Testis Cancer, Gut Health (Upper and lower GI, and the Microbiome), Mental Health (Depression, PTSD), Addictions, Erectile Dysfunction, Dental Health, Sleep Health, and Trauma and Sports Injury Prevention, and much more. One to two episodes are published per week. To

listen and subscribe to the podcast, search for “The Original Guide to Men’s Health” podcast on iTunes, Apple podcast, Spotify, Google Play, or wherever you listen to podcasts. Then tap the WSUS logo, tap subscribe, and choose an episode to listen to.

## NEW STUDIES

### **ADOLESCENT GENDER NORMS AND ADULT OUTCOMES IN THE USA: A PROSPECTIVE COHORT STUDY**

**The Lancet Child & Adolescent Health, May 30, 2019**

#### SUMMARY

Previous research has documented differences in health behaviours between men and women, with differential risks and health outcomes between the sexes. Although some sex-specific differences in health outcomes are caused by biological factors, many others are socially driven through gender norms. We therefore aimed to assess whether gender expression as an adolescent, determined by the degree to which an individual's behaviours were typical of their gender, were associated with health behaviours and outcomes in adulthood. Between April and December, 1995, self-reported data were collected from 10 480 female and 10 263 male adolescents; similar data were subsequently collected in several waves in this cohort, with a final collection between January, 2008, and February, 2009, when participants were aged 24–32 years. We used data from this final wave and from baseline, and our study represents a secondary analysis of these data. Of these participants, complete follow-up data from 6721 (80%) adult women and 5885 (80%) adult men were available. Gender expression was stable for men and women from adolescence to adulthood. High masculinity (vs low masculinity) in adolescent and adult men was positively associated with smoking in the past month, use of marijuana and recreational drugs, prescription drug misuse (adult gender expression only), and consumption of fast food and soda (adolescent gender expression only) in the past week. However, higher masculine gender expression in adult men was negatively associated with diagnosed depression and high cholesterol in adulthood, and masculine gender expression in adolescent and adult men was negatively associated with high blood pressure in adults. High femininity (vs low femininity) in adolescent or adult women was positively associated with high cholesterol and blood pressure (both adult gender expression only), depression, migraines (adult gender expression only), and physical limitations (ie, health problems that limited their daily activities). However, higher femininity in adolescence was negatively associated with self-rated good health in adulthood. Although feminine gender expression in adolescents was predictive of adult recreational and prescription drug and marijuana use and experience of sexual violence, feminine gender expression in adulthood was negatively associated with adult substance use and experience of sexual violence, suggesting that expressions of femininity typical of adolescents impart risks that expression of femininity as an adult does not. Individuals who are highly masculine or feminine seem to be at greatest risk of adverse health outcomes and behaviours.

#### INTERPRETATION

We found compelling evidence that adolescent gender expression is correlated with health in adulthood independently of gender expression as an adult. Although more research is needed to identify causal mechanisms, our results

suggest that those designing health behaviour interventions should carefully consider integrating gender transformative components into interventions.

## **DEVELOPING YOUNG MEN'S WELLBEING THROUGH COMMUNITY AND SCHOOL-BASED PROGRAMS: A SYSTEMATIC REVIEW**

**PLOS One, May 20, 2019**

### **Abstract**

Boys and young men have unique health-related needs that may be poorly met by existing programs and initiatives. The mismatch between the needs of boys and young men and current service offerings—driven largely by social determinants of health such as masculinity—may stymie health status. This is evidenced through high rates of self-stigma, accidental death or suicide, and low rates of help seeking and health literacy among populations of boys and young men. With growing interest in improving wellbeing and educational outcomes for all young people (including boys and young men), this systematic review aimed to evaluate community and school-based programs with specific focus on program features and outcomes directly relevant to young males aged 12–25 years...The emergent trend indicated that male-targeted interventions may be more beneficial for young men than gender-neutral programs, however, none of these studies incorporated masculine-specific theory as an overarching framework. Furthermore, only three studies measured masculine-specific variables. Studies were limited by a lack of replication and program refinement approaches. It is concluded that there is significant scope for further development of community and school-based health promotion programs that target young men through incorporation of frameworks that consider the impact of gendered social and environmental determinants of health. Evaluation of these programs will provide researchers and practitioners with the capacity for translating beneficial outcomes into best-practice policy.



## **FOCUS ON TRAUMATIZED BOYS CRITICAL TO GENDER EQUALITY, NEW RESEARCH SHOWS**

**CTV News, May 20, 2019**

Boys in poor urban areas around the world are suffering even more than girls from violence, abuse and neglect, groundbreaking international research published on Monday suggests. The study in the Journal of Adolescent Health, along with similar new research, suggests an

adequate focus on helping boys is critical to achieving gender equality in the longer term. "This is the first global study to investigate how a cluster of traumatic childhood experiences known as ACEs, or adverse childhood experiences, work together to cause specific health issues in early adolescence, with terrible life-long consequences," Dr. Robert Blum, the lead researcher for the global early adolescent study, said in a statement. "While we found young girls often suffer significantly, contrary to common belief, boys reported even greater exposure to violence and neglect, which makes them more likely to be violent in return." The study from Johns Hopkins Bloomberg School of Public Health looked at childhood traumas suffered by 1,284 adolescents aged 10 to 14 in more than a dozen low-income urban settings around the world such as the United States, China, the U.K., Egypt and Bolivia. Overall, 46 per cent of young adolescents reported experiencing violence, 38 per cent said they suffered emotional neglect and 29 per cent experienced physical neglect. Boys, however, were more likely to report being victims of physical neglect, sexual abuse and violence.

While higher levels of trauma lead both boys and girls to engage in more violent behaviours, boys are more likely to become violent. Girls tend to show higher levels of depression.



#### **SEMEN QUALITY OF YOUNG SWISS MEN 'IN CRITICAL STATE'**

The Local, May 22, 2019

*Nearly two thirds of Swiss men aged 18 to 22 have poor sperm quality according to a new study of potential army recruits.*

The study, which was headed up by researchers at the University of Geneva, comes in the context of declining birth rates in the industrialized world over the last half century. It looked at the sperm quality of 2,523 army recruits conceived and born across Switzerland to assess male reproductive health. Authors found that only 38 percent of the young men studied had sperm that met World Health Organization reference values for the total number of spermatozoa, their motility (or movement) and morphology. At the same time, they found that at least one in three of these parameters did not meet WHO reference criteria in 60 percent of men. Five percent of men had a problem with all three parameters. The median

sperm concentration was just 48 million per millilitre. This puts Switzerland at the bottom of the European table alongside countries like Denmark, Norway and Germany.



### **HEAVY TEEN BOYS MAY FACE HIGHER HEART DISEASE RISK AS ADULTS**

**US News, May 20, 2019**

Just a few extra pounds during adolescence may translate into higher odds for heart disease in adulthood, a new study of young men suggests.

It included about 1.7 million Swedish men who began military service at ages 18 or 19 between 1969 and 2005. They were followed for up to 46 years. During the follow-up, nearly 4,500 were diagnosed with cardiomyopathy, an uncommon heart muscle condition that can lead to heart failure. Average age at diagnosis was 45.5 years. Men who were lean as teens (body mass index, or BMI, below 20) had a low risk of cardiomyopathy. But risk steadily rose with increased weight, even among men who were on the high end of normal BMI (22.5 to 25) as teens.



### **NEW CAMPAIGN CHALLENGES MALE BODY IMAGE STEREOTYPES**

**Australian Men's Health Forum, May 2019**

A new campaign from the UK aims to put the issue of male body image on the

public agenda. Launched by the men's health and wellbeing platform Manual, the "Men of Manual" campaign aims to build on the initiatives for women like Dove's Real Beauty campaign. At the centre of the campaign are eight blokes who have stripped down to their underwear "to encourage men to stop hating their bodies". According to Ben Whittaker, the UK's first plus-sized male model who is a part of the campaign: "Growing up seeing men on social media, seeing this 'Men's Health' body, being told that all men have to look a certain way, and they have to have chiseled chests and rock hard abs, it put a strain on my mental health." George Pallis, Co-Founder of Manual, said: "If you only look at the men in adverts, you would think that all men have six-packs, the perfect amount of stubble and permanently bronzed skin. It is completely unrealistic and doesn't reflect what masculinity really looks like. In a world where opening up about mental and physical well-being is arguably more crucial than ever before, it's vital that we all work together to de-stigmatise men's wellness and improve the health and happiness of men everywhere."

#### **NEW COMMENT:**

#### **EMERGING TRENDS IN EATING DISORDERS AMONG ADOLESCENT BOYS: MUSCLES, MACRONUTRIENTS, AND BIOHACKING**

Jason MNagata, Tiffany ABrown, Jason MLavender, Stuart BMurray

**The Lancet Child & Adolescent Health, May 20, 2019**

(requires subscription)

#### **THE IMPACT OF EARLY SEXUAL INITIATION ON BOYS**

*A survey finds that most boys who had sex before age 13 had not yet had comprehensive sex education in school.*

**New York Times, May 13, 2019**

In April, the journal JAMA Pediatrics published a study of early sexual initiation among males in the United States. The researchers combined data from three different survey years of the Youth Risk Behavior Surveillance System, giving them information from 19,916 male students. The researchers found striking geographical variations in the percent of young men reporting early sexual initiation, with some cities, such as Memphis, Milwaukee and Chicago, reporting much higher percentages. Of the males from Memphis, 25 percent reported early initiation, while in San Francisco, only 5 percent did. They also found higher rates among non-Hispanic black and Hispanic males, and lower rates among those whose mothers had college degrees. The majority of boys in the United States don't get comprehensive sex education before they are sexually active, said Dr. Arik V. Marcell, an associate professor of general pediatrics and adolescent medicine at Johns Hopkins Children's Center, who was one of the authors of the study. If that is true for boys who start sexual activity in high school, he said, the gap is even more significant for those who become sexually active at these young ages. "I don't want to perpetuate the double standard that it's O.K. for boys to start having sex," Dr. Marcell said. "How can we think about addressing potential vulnerabilities, especially if those experiences were not wanted?"

#### **MENTAL HEALTH SURVEY FINDS NEED FOR ADDITIONAL MENTAL HEALTH SERVICES ON CAMPUS, ESPECIALLY AMONG MALES**

**UDReview, May 12, 2019**

On Monday evening, representatives from the university's Counseling Center presented the results from their Healthy Minds Study, an online survey designed to gather a better understanding of student mental health. The university conducted the survey last April as part of The Healthy Minds Network, a national assessment of mental health among college students conducted across over 50 universities. The goal of the survey is to help direct the future of mental health services on college campuses. According to national statistics provided by the Substance Abuse and Mental Health Services Administration, the rates of serious mental illnesses among young people are on the rise. Recently, the primary reasons behind the demand for more mental health services have changed. According to data from the Association of College and University Counseling Center Directors, prior to 2010 depression was the most common presenting concern, but has recently been outpaced by anxiety as the number one reason students are seeking help. The university's students had consistent levels of well-being across ethnicities, however, there was a statistically significant difference in levels of reported well-being between males and females, with females found to be "flourishing" at slightly higher rates.



### **MAN UP**

Introducing Man Up, Slate's new podcast about becoming a different kind of man than you were taught to be

**Slate, May 1, 2019**

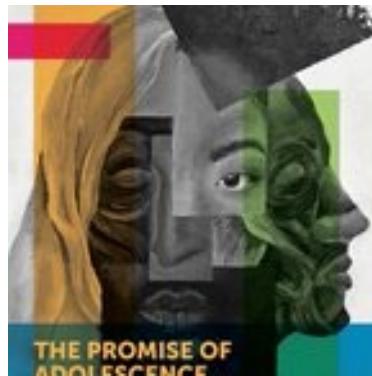
In a previous series for Slate, "[Who's Afraid of Aymann Ismail?](#)," I traveled around the country to investigate stereotypes about American Muslims, whether that meant going to the office of a [Islamophobic Texas legislator outside Dallas](#) or [excavating some of my family's own skeletons](#). With Man Up, I'm doing a lot of the same: having tough, funny, enlightening conversations where I try to get beneath the notions we've taken for granted, and asking hard questions about the ideas we have about what a man should be. Every week, we'll hear stories from men and women. They might be embarrassing or disturbing. The story might, as with our first episode live Wednesday, be about the urge to fight—to be aggressive and dominant—no matter the cost. It might be about growing up as the only girl in a group of male friends and what happens when your crew discovers sex. It might be about what happened when I yelled at my brother's kids the way our dad once yelled at us (it wasn't good). My goal is just to be as honest as possible, even when we don't like what I hear, from others and from myself.



## [\*\*GAY AND HIV POSITIVE MEN SHOULD BE GETTING AN 'ANAL PAP SMEAR,' DOCTORS SUGGEST\*\*](#)

Daily Mail, May 15, 2019

Men who have sex with men should be getting the equivalent of an 'anal Pap' smear, some doctors are advising. Rates of anal cancer are on the rise, as is HPV, a common sexually transmitted infection that can cause both cervical and anal cancers. Women are supposed to get a Pap smear to check for abnormalities in the cervix every year. A similar test for precancerous lesions in the anus - called anal cytology - is available, but not widely used, in spite of the fact that HIV positive men and women and men who have sex with men (MSM) are at the highest risks anal cancer. But some doctors say it should be, and are testing whether early - if uncomfortable - swabs can help curb the exploding rates of anal cancer in the US. In 2017, a SKYN Condoms survey found that over a third of millennials engage in female anal sex and 15 percent engage in male anal sex.



## [\*\*THE PROMISE OF ADOLESCENCE\*\*](#)

*Realizing Opportunity for All Youth*

National Academy of Sciences, Engineering and Medicine

May, 2019

Adolescence—beginning with the onset of puberty and ending in the mid-20s—is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the

stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence—rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

### **PROMUNDO OPENS NEW WRITING FELLOW APPLICATION**

**Promundo** has announced a call for the first-ever Promundo Writing Fellows (PWF) cohort. For one year, this diverse group of individuals will contribute their perspectives on healthy masculinities in an effort to promote gender equality and create a world free from violence.

In bringing together a cohort of thoughtful writers, while centering the voices of young men, young women, and young people of all gender identities, LGBTQIA+ folks, people of color, and individuals at the intersections of these identities, the PWFs will create a collection of stories, drawing on news, culture, and data that will amplify a spectrum of voices and evolving perspectives around healthy masculinity.

#### **Who Should Apply**

Promundo invites writers and advocates alike to apply to join the 2019-2020 Promundo Writing Fellows cohort. The ideal candidate is interested in reimagining the future of positive masculinities and discussing men's roles in advancing gender equality, all while engaging with Promundo's groundbreaking research along with pop culture, politics, personal experiences, and anything in between.

Applications close June 30, 2019. Selected candidates will be notified via email by July 31, 2019. For more information, go [here](#).

Download the application [here](#) and submit to [jobs@promundoglobal.org](mailto:jobs@promundoglobal.org).

### **UVM Study Links Participation In Team Sports To Decrease In Depression Among Boys**



A new study has revealed some interesting findings about how kids' involvement in team sports can impact the development of the adolescent brain in positive ways. Jim Hudziak, the chief of child psychiatry at the University of Vermont's Larner College of Medicine, is one of the authors of the report. Hudziak said the study shows that involvement in team sports correlates with a larger hippocampus among children between the ages of nine and 11. The hippocampus is a region of the brain that

plays an important role in memory and dealing with stress, and depression has long been associated with that part of the brain shrinking. While this hippocampi finding holds true for girls and boys, Hudziak said, team sports were found to be particularly beneficial to the emotional and behavioral health of adolescent boys. "Boys' depression scores were lower if they were on sports teams than not," Hudziak said. According to Hudziak, this finding around depression scores only holds true for participation in team sports - not for individual sports. However, Hudziak notes that these findings could evolve as the children in the study grow older.

vpr.org, May 6, 2019

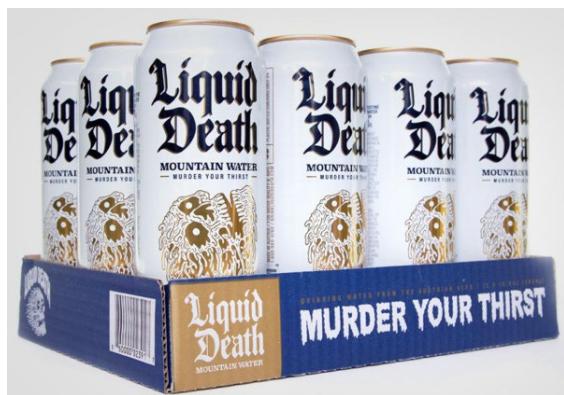
### **Water marketed to men is selling a fake idea of masculinity.**

*Healthy habits have no gender.*

What better way to market wellness to men than to cloak it in the language of violence? That's been a \$1.6 million winning bet for a former Netflix-creative-turned wellness founder who launched a canned water company with the slogan, "Murder Your Thirst." That's right - canned water, because bottled water wasn't enough.

The brand is called Liquid Death; investors like Twitter founder Biz Stone and the woman behind the charge-your-phone luggage company Away think it'll work because the tropical color scheme of a Fiji or the pretty pinks and baby blues of an Evian bottle will never tap into the Everyman's inner desire to hold a molten skull in his hand. (The logo also bears an Old English font, like any of a dozen low-end beer brands.) By Cessario's own account, he's not solely marketing to the whole heavily male punk and death metal crowd indicated by the skull logo; he's targeting the "straight-edgers" - those who eschew drugs and alcohol in a scene often known for both - and doing so under the guise of eco-friendliness because a single, shiny nickel from every \$1.83, 16.9 oz. can sold will support cleaning up plastics from the ocean.

NBC News, May 12, 2019



### **Let's destigmatize men who seek treatment for eating disorders**

When people think of who suffers from eating disorders, they likely think of women first. While women do still statistically suffer more from eating disorders than men do, eating disorders are on the rise for men. According to Eating Disorders Hope, 40% of those diagnosed with binge-eating disorders are male, which is up from 35% in 2008. Men face a lot of the same pressures as women do when it comes to body image, yet they rarely receive the same visibility when discussing eating disorders. However, the issue isn't just that male eating disorders are on the rise. What is more concerning is that men can be hesitant to seek help because of a cultural bias against men with mental health issues and eating disorders. According to Jennifer Barnoud, a registered dietitian at University Health Services, there is a social barrier for men seeking treatment. "It's well-known in our culture that men are supposed

to be less emotional and stronger and put together," Barnoud said. "Young adult males are fairly notorious for not seeking healthcare in general, but then you add on the social stigma around eating disorders being a ... female's disease, and that definitely adds another social barrier."

*Daily Texan, May 8, 2019*

### [\*\*Give taxpayer-funded prophylactics to Canadian youth, doctors say\*\*](#)



A group representing thousands of Canadian pediatricians is recommending that young people get universal access to free contraceptives, including condoms. Youth should have access to their choice of confidential, no-cost contraception, according to the Canadian Paediatric Society.

"When it comes to accessing contraception, costs and concerns about confidentiality are significant barriers for youth in Canada," the society said in a statement. "More than a quarter of youth who do not wish to become pregnant do not use contraceptives consistently." That's why the CPS is calling on the federal, provincial and territorial governments to adjust their health plans to cover the cost of all contraceptives, including condoms, for youth. Last year, the CPS recommended that long acting reversible contraceptives (LARCs) such as intrauterine devices or other implants, be the first-line contraceptive method for youth. But young people interested in using LARCs are often put off by the high up-front cost, the society said.

*CTV News, May 9, 2019*

### **National Academies announces May 16 webinar on new report The Promise of Adolescence: Realizing Opportunity for All Youth**

Join NA for a public webinar to learn about the new National Academies' report *The Promise of Adolescence: Realizing Opportunity for All Youth*. The study committee was charged with examining the neurobiological and socio-behavioral science of adolescent development, health, well-being, resilience, and agency including the science of positive youth development. The committee was also asked to focus on how this knowledge can be applied to institutions and systems so that adolescent well-being, resilience, and development are promoted and that systems address structural barriers and inequalities in opportunity and access. The webinar will include an overview of the study process and discussion of the report's conclusions, recommendations, and key messages.

#### **Speakers:**

Richard J. Bonnie (Chair), University of Virginia

Anna Aizer, Brown University

Angela Diaz, Mount Sinai Adolescent Health Center

Joanna Lee Williams, University of Virginia

For questions about the webinar, please contact AdolescentDev@nas.edu

Time

May 16, 2019 11:00 AM in Eastern Time (US and Canada)

To register, go [here](#).

### **Men Can Experience Sexual Violence in War Too**

*A new Security Council resolution recognizes for the first time that men and boys are victims of sexual violence in conflicts, reflecting more attention to this problem in addition to the work being done for female victims.*



The United Nations Security Council formally recognized for the first time that men and boys are targets of sexual violence both in wartime and in post-conflict settings. Resolution 2467, approved on April 23, calls upon UN member countries to strengthen policies to provide help for victims. The specific mention of men and boys in Resolution 2467 reflects growing international attention to sexual violence directed against men and boys in conflict and postconflict settings, including those in detention and actions by nonstate armed groups.

Recognition of sexual violence against men and boys by the Security Council is an important step in challenging the shame and stigma surrounding this issue. In addition to Resolution 2467, the annual report of the UN Secretary-General António Guterres on conflict-related sexual violence has a standalone paragraph recognizing conflict-related sexual violence against men and boys in its recommendations section for the first time. When we talk about conflict-related sexual violence, people immediately think of violence against women and girls, who are disproportionately affected. But this leaves men out of the equation. The fact that men are also targets of sexual violence is hidden because of the shame and stigma around masculine vulnerability. The essence of sexual violence against men and boys is to humiliate and degrade them. The same harmful gender norms that drive this form of violence against women and girls drive it against men and boys because of the scale of the problem facing women and girls and the pervasive stereotypes in some countries about masculine invulnerability, male victims of sexual violence have been largely ignored and their needs unmet.

*passblue.com, May 3, 2019*

### **UK: More than eight in 10 men in prison suffered childhood adversity - new report**



Male prisoners are much more likely than men in the wider population to have suffered childhood adversities such as child maltreatment or living in a home with domestic violence, according to a new report by Public Health Wales and Bangor University. The findings suggest that

preventative action and early intervention to tackle Adverse Childhood Experiences (ACEs) could prevent crime and reduce costs for the criminal justice system. In this new survey of men in Her Majesty's (HM) Prison Parc in

Bridgend, South Wales, more than 8 in 10 (84 per cent) said they had experienced at least one Adverse Childhood Experience (ACE) compared with a Welsh average of 46 per cent. Nearly half of prisoners (46 per cent) reported they had experienced four or more ACEs. This compares to just over 1 in 10 (12 per cent) in the wider population. The report also found that prisoners with multiple ACEs (four or more) were four times more likely to have spent time in a young offender institution than those with no ACEs.

*phys.org, April 29, 2019*

### **Incarcerated young people die from suicide more than others of their age, according to a new study**

*Those who died by suicide were most likely to be white, male, and in the 20-to-24-year-old age group.*

Incarcerated juveniles and young adults take their own lives at much higher rates than other young people, but are far less likely to confide of their despair before they act or even to admit they are depressed. Those are among the findings of a new study published in the May



edition of the Journal of the American Academy of Child and Adolescent Psychiatry. Researchers from Nationwide Children's Hospital in Columbus, Ohio, said their results underscore the need for early suicide risk detection, and better suicide prevention and intervention efforts geared to incarcerated children and young adults. The study is based on federal data about U.S. suicide deaths for 10- to 24-year-olds from 2003 to 2012 compiled by the National Violent Death Reporting System. Only about 19 percent of the young people who killed themselves while in custody expressed any suicidal intent beforehand, compared with nearly 31 percent of young people in the general population. About a quarter of the incarcerated young people showed depressive symptoms before their suicides, less than the nearly 39 percent of young people in general.

*The Philadelphia Inquirer, May 4, 2019*

### **Study: Sexuality evolves from adolescence to adulthood**

The traditional labels of 'gay', 'bisexual' and 'straight' do not capture the full range of human sexuality, and whether a person is attracted to the same, or opposite sex can change over time, according to new research. The study, published in the Journal of Sex Research, analysed surveys



from around 12,000 students, and found that substantial changes in attractions, partners, and sexual identity are common from late adolescence to the early 20s, and from the early 20s to the late 20s, indicating that sexual orientation development continues long past adolescence into adulthood. The

results also show distinct development pathways for men and women, with female sexuality being more fluid over time. "Sexual orientation involves many aspects of life, such as who we feel attracted to, who we have sex with, and how we self-identify," explained Christine Kaestle, one of the researchers. "Until recently, researchers have tended to focus on just one of these aspects, or dimensions, to measure and categorise people. However, that may oversimplify the situation. For example, someone may self-identify as heterosexual while also reporting relationships with same-sex partners," Kaestle added. In order to take all of the dimensions of sexuality into account over time, Kaestle used data from the National Longitudinal Study of Adolescent to Adult Health, which tracked American students from the ages of 16-18 into their late twenties and early thirties. At regular points in time, participants were questioned about what gender/s they were attracted to, the gender of their partners, and whether they identified as 'straight', 'gay' or 'bisexual'. The results showed that some people's sexual orientation experiences vary over time, and the traditional three categories of 'straight', 'bisexual' and 'gay' are insufficient to describe the diverse patterns of attraction, partners, and identity over time.

*Deccan Chronicle, May 4, 2019*

### FORMER OLYMPIAN AIMS TO END STIGMA AROUND MALE SEXUAL DYSFUNCTION



Jason Rogers was a world-class fencer, an Olympian at his physical and competitive peak. One photo from his first Olympic Games in Athens in 2004 captured Rogers bellowing the primal scream of an athlete carrying the world on his shoulders.

Moments after a crushing defeat during one round against an Italian opponent, Rogers took leave in an empty hallway and broke down in tears. Beneath a gruff, sturdy exterior, Rogers was carrying a secret that weighed heavily on his heart. Throughout his adolescence, Rogers had been unable to consummate intimate relationships with his female partners. In a conversation with Newsweek, he described a destructive feedback loop where anxiety begets anxiety and confusion from a romantic partner incites a broader panic attack. Rogers' struggles with intimacy and sexual performance have led him to wrestle with notions of masculinity and social expectations out in the open. He told Newsweek that "being open about this and talking about this, no longer feeling like this secret is inside of me, that makes me feel stronger." His aim is to end the stigma around sexual dysfunction by sharing experiences from his youth and early adulthood. Rogers hopes that it will provide comfort to young men struggling to emulate the image of the virile man that Hollywood and the media writ large often perpetuate. Part of his mission is to debunk the unchallenged stereotypes about manhood that both men and women are bombarded with from nearly every corner of their lives. "The straight line between the failure of sexual performance ties back directly to this concept of who you are as a man," Rogers observed. "One of the

things I would like to happen is that we change the coupling of masculinity with sexual performance."

*Newsweek, May 3, 2019*

### [Why it's so hard to prove that 13 Reasons Why caused an increase in suicide](#)

*A new study links 13 Reasons Why to a major spike in the youth suicide rate. Boys were also driving the spike, even though Hannah, 13 Reasons Why's tortured teen heroine, is a girl. Experts say that link is complicated, though.*

13 Reasons Why, Netflix's controversial show about teen suicide, has been hit with a new wave of bad press. Since before the show premiered, experts have warned that its premise, which revolves around the suicide of a 16-year-old girl and depicts it in graphic detail, could lead to an increase in teen suicide attempts. Now a new study suggests that the theoretical increase may have come to pass. The study's authors say they have found an association between the release of 13 Reasons Why and a nearly 30 percent jump in suicide rates among US youths. The study, which lists Nationwide Children's Hospital's Jeff Bridge as its lead author, was conducted by multiple institutions, including the National Institute of Mental Health, and published April 29 in the Journal of the American Academy of Child and Adolescent Psychiatry. And while the association it finds is fairly damning, it does not definitively establish a causal link between 13 Reasons Why and the rise in suicide rates. So when I talked to academics about the study, all of them said that they continue to be wary of shows like 13 Reasons Why - but they also said the study is nowhere near proof that 13 Reasons Why is actually responsible for the death of teenagers. And in part that's because, regardless of whether such a relationship might exist, it's nearly impossible to prove.

*vox.com, May 3, 2019*

### [Male teachers: Stereotypes, labels and diversifying the classroom](#)

For some teachers, the gender divide has led to stigmas and labels associated with men who work in the profession. "There are some parents out there who are concerned maybe with why would a teacher who doesn't have his own kids want to be around students at all," said

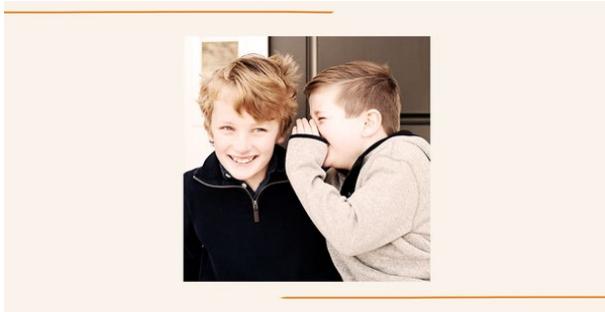


Daniel Alford, Okeechobee High School math teacher. Sentiments echoed by Dylan Tedders, Okeechobee High School principal who says that even in 2019, teaching according to some isn't considered a masculine profession. How many males do you hear at a young age say, "I want to be a teacher?" asked Tedders. "Society looks at it differently because the norm is the female teacher. So, if there's a male that is into teaching and really enjoys it and really loves to move students and builds relationships - my fear is as soon as somebody says maybe he just likes being around younger students that could be enough to destroy somebody." Latest figures from the U.S. Department of Education reports the gender gap has widened in America's schools. Among public school teachers, 77 percent are female and 23 percent are male.

*wptv.com, April 29, 2019*

## If You Want to Know What's Really Going on in Boys' Heads, Ask Their BFFs

*Boys talk honestly with their besties about friendship, social media, and what they wish adults knew.*



If there's one situation where boys do show empathy, compassion, and openness, it's when they're with their best friends. And that type of relationship has to be protected: In a report published in the Journal of Research on Adolescence, NYU Professor Niobe Way

found that more than 85% of American adolescent boys, interviewed over more than 20 years, described their close male friendships as a kind of deep and emotion-based love. However, her research showed that while boys often had intimate male friendships during early and middle adolescence, they typically lost such friendships by late adolescence, even though they continued to want them. It's important, then, that we teach our boys how to value and nurture their friendships. And the good news is that some already do. Here, a look at the world of boys through their BFFs.

*Good Housekeeping, April 30, 2019*

## An Age-by-Age Guide to Raising Boys, According to Child Development Experts

*Keep them growing in the right direction with these parenting tips.*

Experts say that boys' behaviors are more cultural than biological. "Parents, relatives, peers, teachers, and [the media] send messages to boys that they should be tough, unemotional, competitive, strong, and powerful," says Emily W. Kane, a sociologist and author of *The Gender Trap: Parents and the Pitfalls of Raising Boys and Girls*. Boys may even learn they should expect deference from girls and women and it's okay to objectify them, she adds. The result: Not-so-good boys. Fortunately, since many of these behaviors are learned, there are things us parents can do to help guide our boys into becoming good men. Here are a few ways to foster and support boys at every age so they grow up to become the best versions of themselves.

*Good Housekeeping, April 30, 2019*

## **2019 Update: "For every 100 Girls...."**

In 2011, Thomas G. Mortenson, senior scholar at the Pell Institute for the Study of Opportunity in Higher Education in Washington, D.C. and independent higher education policy analyst, put together and published the 100+ item list "For Every 100 Girls...." on Education Week. Mortensen has explained that "At the time I wrote it initially I was hearing and reading that boys were no different than girls, and the data I was looking at said something very different. Our differences are important, to both genders, and should be respected. Education has a long way to go to recognize, appreciate and address these differences through educational opportunities tailored to these

differences."

In April of this year the list was updated by by Mark J. Perry, concurrently a scholar at AEI and a professor of economics and finance at the University of Michigan's Flint campus, with the most recent data available and adding some new items that "demonstrate empirically the many significant differences between boys (men) and girls (women) on many measures of health outcomes, educational outcomes, educational and learning disabilities, suicide and homicide rates, incarceration rates, alcohol and drug abuse frequency, behavior problems leading to suspension or expulsion in school, etc."

PMY has compiled the three lists in one document, which can be found [here](#).

**Study: Teen boys eat less junk food if they think that doing so makes them rebellious**



Researchers from The University Of Chicago Booth School Of Business recently published a study that found that middle-school students were less likely to buy junk food if they thought they were being rebellious by doing so. The study indicates that

tapping into teens' desire to rebel could be a powerful way to help them make healthy decisions. The study, published in the journal *Nature Human Behaviour*, was conducted in 2016 with the participation of eighth-grade students in a Texas middle school. One group was shown an exposé-style article about large food companies' strategies for luring and tricking customers into purchasing junk food. According to a press release from Chicago Booth, "the article framed the corporations as manipulative marketers trying to hook consumers on addictive junk food for financial gain." Researchers found the students who read the exposé were subsequently less likely to purchase junk food from the school cafeteria, choosing water over sodas and passing over unhealthy snacks.

*The Takeout, April 17, 2019*

**Video games probably aren't bad for boys, but it's a different story for girls**

A new study from Norway tracked the relationship between time spent gaming and social competence in a group of 873 kids, starting at age six and checking in every two years until age 12. The results showed that more gaming did not generally predict worse social outcomes in boys, but did have a negative impact on girls: 10-year-old girls who played more games had less social competence at 12.

*qz.com, April 24, 2019*



### **Men's recent anxiety about sperm health gives rise to new breed of businesses**

At-home testing kits and new approaches to sperm freezing gain traction. Start-ups like Trak, YO sperm and SpermCheck are selling at-home testing kits so men can figure out early on if there's something amiss with their sperm. Employee benefits companies are debating how to translate the fertility coverage they offer to female employees to their male counterparts. And sperm freezing companies are aiming to turn what has been a sterile, clinical process into something more cool - a 23andme or Ancestry.com for sperm.

*Press Herald, April 26, 2019*

### **FDA Approves New Treatment For ADHD Using Electrical Shocks To The Forehead**

Since ADHD drugs can have multiple side effects, there's been a search for alternatives. Now for the first time, a battery powered device offers a non-drug treatment. Monarch eTNS is a small electrode patch worn on the forehead, usually overnight, that stimulates branches of the sensory trigeminal nerve. It seems that those low-level electrical impulses travel along the nerves, deep into the brain where they're thought to interact with nearby brain structures - which affect hyperactivity. Dr. Borenstein says while it's not clear how this affects hyperactivity, since the behavioral brain circuits are complex. "Those circuits in the brain affecting emotions and behavior can be stimulated with this device and affect the ADHD itself," Dr. Borenstein added. Double blind studies of the device in 62 children ages seven to 12 found a 44-percent improvement in ADHD symptoms. It's not a cure but it offers a non-drug aid for treatment. A lot of questions remain. How long will the effect last? Can it be used to lower medication dose? Will it work in older children? The device from Neurosigma was just approved and is available by prescription for about \$1,000. It is not covered by insurance at this point.

*CBS, April 23, 2019*

### **Morehouse College, a Traditionally Black All-Male School, Says It Will Accept Transgender Men**



Morehouse College, an all-male, historically black school in Atlanta, said it would open its enrollment to transgender men, a shift that comes as protections for those in the transgender community are under fire. The school's gender identity

policy, which was announced on Saturday, will continue to ban from enrollment anyone who identifies as a woman. Morehouse is not the first all-male institution in the country to change its policy to allow transgender men. In 2016, St. John's University, an all-male school in Collegeville, Minn., changed its policy to consider "applicants who consistently live and identify as men, regardless of the gender assigned to them at birth." Morehouse announced its new policy a day after the United States military implemented its policy for transgender troops, which allows transgender people to enlist but only if they present as the gender they were assigned at birth. They are also not allowed to transition while in the military.  
*New York Times, April 14, 2019*

#### **When is sexting associated with psychological distress among young adults?**

While sending or receiving nude electronic images may not always be associated with poorer mental health, being coerced to do so and receiving unwanted sexts was linked to a higher likelihood of depression, anxiety, and stress symptoms, according to a new study published in *Cyberpsychology, Behavior, and Social Networking*. The researchers found that receiving unwanted texts and sexting under coercion was also associated with lower self-esteem. Furthermore, males receiving unwanted sexts had poorer mental health outcomes.

AAAS, April 23, 2019

#### **To fight K-pop's influence in China, a club teaches young boys to be alpha males**

In a nation where men dominate political and business leadership and campaigns for gender equality have gained little traction, the debate over what is "effeminate" has become a popular pastime among older conservative residents, and mostly



among men. Influenced by K-pop idols in Korea, China's boy bands and celebrities - with their delicate beauty, dyed hair and haute couture wardrobes - have a massive following among women here. But China's state-run media condemns the young idols, calling them "sissy pants" and "fresh young meat." The backlash deepened after a back-to-school TV program featured the boy

band F4. Angry parents attacked the Education Ministry's decision to hold up the cosmetics-wearing young men as role models; state media warned that a "sick" and "decadent" culture threatened the future of the nation. This year, a Chinese videotransmission website started blurring earrings worn by men. Chinese military leaders seem to share fears about the nation's men, with the army newspaper People's Liberation Army Daily complaining that 20% of recruits were not fit enough to pass the fitness test for admission because they were overweight, watched too many cellphone videos, drank too much or masturbated too often. Tang, who founded Real Man Training Club in 2012, has a world view that is divided into traditional gender roles: Boys are rough, boisterous and energetic. Girls are quiet, studious and groomed. The former school teacher, whose class included troubled, low-achieving boys, said Chinese boys are betrayed by an education system dominated by risk-averse female teachers who reward girls' "good" behavior and punish "bad" male behavior. Tang designed the club - which he says fluctuates between 2,000 and 3,000 members - to get boys to face tough physical challenges "in a manly way," which he defines as being brave, responsible and committed.

*Los Angeles Times, April 26, 2019*

**Knowledge and attitudes about pre-exposure prophylaxis among young adults experiencing homelessness in seven U.S. cities**

*Journal of Adolescent Health - Maria DS, et al. | April 23, 2019*

Because evidence suggests that young adults experiencing homelessness (YEH) are at high risk of HIV vs housed youth, researchers analyzed their knowledge and attitudes about pre-exposure prophylaxis (PrEP). They used data from a cross-sectional survey among YEH in seven U.S. cities to evaluate their knowledge and attitudes about PrEP to inform HIV prevention efforts. Participants (mean age was 20.9 years) in the study were primarily male youth of color. This study's findings suggest missed opportunities for YEH to prevent new HIV infections. Efforts to increase the uptake of PrEP among this population should consider interventions at the provider and system level to increase awareness of PrEP, decrease the costs associated with PrEP healthcare, improve access to PrEP providers, and provide support for in-person and text messaging.

*MD Linx, April 23, 2019*

**Prevalence of Sexual Initiation Before Age 13 Years Among Male Adolescents and Young Adults in the United States**

Laura D. Lindberg, PhD; Isaac Maddow-Zimet, MS; Arik V. Marcell, MD, MPH

In two national surveys, investigators found that between 4% and 8% of boys reported having sex before they were 13. That number varied greatly depending on where the boys lived. In San Francisco, just 5% of boys said they had sex before 13, but in Memphis that number jumped to 25%. Race and ethnicity also made a difference in whether or not a young person had an early sexual experience. Black males were most likely to have sex before 13, followed by Hispanic males. "Parents and educators can't wait until a high school class to cover key topics when many young males start having sex before this," said study author Laura Lindberg, from the Guttmacher Institute in New York City. The study was published April 8 in the journal **JAMA**.

The latest study looked at two large databases that included nationally representative groups. One study included nearly 20,000 high-school aged males. The other had almost 8,000 males between the ages of 15 and 24. The volunteers were asked if they had experienced male-female sexual intercourse before age 13. Most of those who had sex before 13 said they had sex with a "friend." Lindberg said they didn't ask in this study if the friend was of a similar age, but previous research suggests that when boys have sex early, their partners are often close in age. Fifty-five percent of the young men said they wanted the sexual experience, and 37% said they had mixed feelings about it. Eight percent said they didn't want it to happen. Parental education appeared to have an impact. Boys with mothers who had a college degree were 69% less likely to have sex before 13. As to why there are such variations in early sex rates, Lindberg said, "Adolescent males' attitudes and values about their sexuality and masculinity are influenced by the social context of their community. "Our findings reflect that where you live exposes you to different social norms about manhood," she added. "The variation across settings means that programs for young people's development and health need to be tailored and responsive to the communities they are in."

CBS News, April 8, 2019

### **Too soon for sex talk? New study shows some boys are having sex before age 13**

A study released this week in *JAMA Pediatrics* found that 3.6% to 7.6% of boys and young men say they are having sex before age 13 - or 1 in 13 boys.



Researchers want more conversations about boys developing healthy relationships and early, age-appropriate sexual education among parents, in schools and in health care settings. Dr. David Bell, an assistant professor of pediatrics at Columbia University Irving

Medical Center and Samantha Garbers, an associate professor at Columbia University's Mailman School of Public Health called for stepped-up responsibility. The study included two large databases of surveys. One came from the Centers of Disease Control and Prevention's Youth Risk Behavior Surveillance System from 2011, 2013 and 2015. Almost 20,000 male students in grades 9-12 completed questionnaires. The National Survey of Family Growth collected data from almost 8,000 in-person interviews from males ages 15-24 in 2006 to 2015. The number of boys and young men having early sex varied, sometimes widely, according to a number of demographics.

Among them:

- In San Francisco, 5% of boys reported having sex before age 13. In Memphis, that number was 25%.
- Boys whose mothers have a college degree or other type of higher education level were statistically significantly less likely to report having sex before age 13.
- Black males were more likely to have sex before 13, followed by Hispanic males. Compared to black males, white males were 79%

- less likely to have sex before age 13, and Hispanic males were 73% less likely.
- The study found that most of those boys who had sex before 13 said they had sex with a "friend."
  - Of those, almost 55% described the experience as "wanted," 37% had mixed feelings, 8.5% described it as "unwanted."
  - The data focused only on male-female sexual intercourse.

*USA Today, April 9, 2019*

### The power of listening to a boy

For years now, a crisis has been building for men, a crisis brought to a head by the #MeToo movement. Many parents raising boys are now questioning and waking up to the skewed ideals surrounding masculinity.

What are we teaching our boys about what it means to be a man? How do we prevent our sons from making the kinds of mistakes we see and hear about all around? From the time they are very young, boys face pressures to look, talk, walk, play and act in acceptably masculine ways. Man-making is unforgiving, driving a boy to hide aspects of who he truly is. In my work with boys, I have witnessed that when a boy dares to be his authentic self and refuses to conform to what's expected, other boys often react ruthlessly. Sadly, even the most well-meaning adults in their lives may not provide what boys need to get through these difficult experiences. Too often, they attempt to "manage" the problem, offering unhelpful advice or intervening out of fear that their sons cannot figure things out for themselves. But only a boy can navigate his life, and what he really needs is people he can talk to about his struggles.

*Washington Post, April 11, 2019*



### What to Do When Your Son Tells You He's Depressed

*Parents can use these 5 strategies to help their sons cope with depression.*

While rates of depression are higher in teenage girls than in teenage boys, there tends to be more focus on talking with girls, which can help parents recognize early signs of depression. Boys, however, may be less likely to talk about their feelings, so when they do, it can be scary and surprising for parents. How you respond, as a parent, can help alleviate some of the fear that your son may have about opening up. As a psychologist and a mom of teenage boys, here are five suggestions for parents who learn their son is depressed: Listen to what he is saying; Find a therapist; Help him find joy; Encourage him to exercise. and Let him know that it's okay to not be okay. *Psychology Today, April 9, 2019*

### It Doesn't Take a Man to Raise a Boy



Parents of boys are concerned their boys are apathetic, isolated, too aggressive or not assertive enough, anxious, angry, or shy. I have been on panels with experts who have confidently stated that, naturally, it takes another man to initiate a boy into the

fraternity of manhood. One, in fact, advised that it is the mother's role to step back and "build a bridge to the father" for her son. Of course, there is no evidence that only another man can help along the way to becoming a man. In fact, research shows that the very brand of support boys need usually comes from their moms: listening closely to what boys have to say and acknowledging and validating the emotional content of their struggles and challenges. But according to Kate Lombardi Stone, author of *The Mama's Boy Myth*, most mothers second-guess themselves to the point that they distance themselves from their sons, even at "the tender age of 5," for fear of undercutting their masculinity.

*Time, April 11, 2019*

### [What Students Are Saying About: Being a Boy, Living Without Pain and Welcoming Spring](#)

In our Student Opinion question, we asked students about the specific pressures boys face. Teenagers who identified as both boys and girls weighed in, sharing their honest experiences, observations and opinions about what it's like to grow



up as a boy in today's world. Their comments focused on a number of areas, including: suppressing your emotions; being encouraged to be violent; facing the pressure to conform; defending your point of view; embracing the positive aspects of masculinity; the necessity of physical pain; the benefits of emotional pain; and a life without struggle is no life at all.

*New York Times, April 11, 2019*

### [Women outliving men around the world because they're more likely to seek health care: WHO](#)

A new report finds that men aren't as likely to seek health care as women. WHO released its "World Health Statistics" report last week laying out health disparities by sex for the first time. Although the overall global life expectancy has increased from 66.5 years to 72 years since 2000 thanks, in part, to improved health screenings, better technology for detecting disease and higher quality treatment, the report said that among the 141 million children expected to be born in 2019, boys will live an average of 69.8 years and girls an average of 74.2 years. "Men tend to decline screening tests as if they are invincible sometimes," Jenkins told ABC News. "Both men and

women face similar diseases. Men, however, are seeking health care far less than women." Of the 40 leading causes of death, 33 of the causes contributed more to a reduced life expectancy in males than in females. These included ischemic heart disease, road accidents, lung cancer, stroke, suicide and homicide.

*ABC News, April 13, 2019*

#### **HPV vaccination for gay men effectively delivered in sexual health and HIV clinics**

A human papillomavirus (HPV) vaccination programme targeted at men who have sex with men (MSM) can be effectively delivered using specialist sexual health and HIV clinics, according to an analysis of an English pilot study published in Eurosurveillance. Uptake of the vaccine by eligible MSM was high, relatively few men attended specifically to receive the vaccine and there was no evidence that provision of the vaccine caused disruption to clinics. "HPV vaccine update data and survey results suggest it is feasible to deliver HPV vaccination opportunistically to MSM through sexual health clinics/HIV clinics," say the authors.

*AIDS Map, April 10, 2019*

#### **HPV Infection High in Minority Men Who Have Sex with Men Despite Available Vaccine, Rutgers Study Finds**

*Few young gay and bisexual men get the vaccination, which is effective at preventing HPV-related cancers*

The rate of human papillomavirus (HPV) infection is high among young minority gay, bisexual, and other men who have sex with men despite the availability of a vaccine that can prevent the infection, a Rutgers School of Public Health study found. The study appears in AIDS Patient Care and STDS. "The lack of HPV vaccination in sexual minority men is a missed prevention opportunity," said lead author Perry Halkitis, dean of Rutgers School of Public Health. "We are already witnessing higher rates of HPV-related cancers in older gay and sexual minority men, which is completely avoidable and preventable in more recent generations. Additionally, we know that those living with HIV are much more likely to be impacted by HPV infection and HPV-related cancers. Given that sexual minority men are also at highest risk for testing positive for HIV, there is an urgency in ensuring HPV vaccination before these young men engage in sexual behavior."

*Newswise, April 3, 2019*

#### **Boys, Bulk, and Body Ideals: Sex Differences in Weight-Gain Attempts Among Adolescents in the United States**

##### **Abstract**

###### **Objective**

To determine the prevalence of weight-gain attempts in adolescent boys in the United States.

###### **Methods**

Participants were 15,624 high school students from the nationally representative 2015 Youth Risk Behavior Survey.

### Results

Overall, 29.6% of adolescent boys reported attempts to gain weight, including 39.6% of boys who were normal weight, 12.8% who were overweight, and 10.6% who were obese by body mass index (BMI). In contrast, only 6.5% of adolescent girls reported attempts to gain weight. Although only 3.3% of adolescent males are underweight by BMI, 19.3% perceive themselves to be underweight. Further, over half of adolescent males who are overweight by BMI perceive themselves to be about the right weight. Black/African-American (odds ratio [OR] 1.89; 95% confidence interval [CI] 1.50-2.38) and multiracial (OR 1.62; 95% CI 1.16-2.26) adolescent males had greater odds of weight-gain attempts than white adolescent males. Adolescent males identifying as bisexual had lower odds (OR .47; 95% CI .25-.88) of weight-gain attempts than adolescent males identifying as heterosexual.

### Conclusions

Weight-gain attempts are common among adolescent boys including those who are considered normal weight, overweight, or obese by BMI; African-American or multiracial; and those self-identifying as heterosexual.

Consideration of the unique nature of male body image, particularly adolescent boys' perceptions of their own weight and weight-gain attempts, should be incorporated into primary care screening for adolescent boys.

*Journal of Adolescent Health, April 2019*

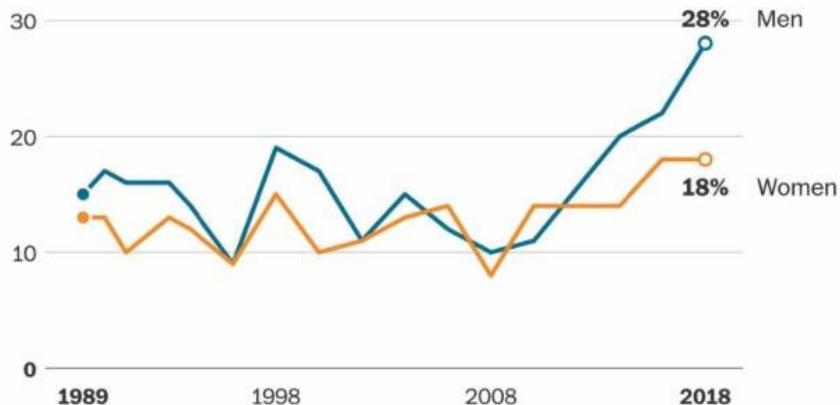
### The share of Americans not having sex (especially young males) has reached a record high

The share of U.S. adults reporting no sex in the past year reached an all-time high in 2018, underscoring a three-decade trend line marked by an aging population and higher numbers of unattached people. But among the 23 percent of adults - or nearly 1 in 4 - who spent the year in a celibate state, a much larger than expected number of them were 20-something men, according to the latest data from the General Social Survey. Since 2008, the share of men younger than 30 reporting no sex has nearly tripled, to 28 percent. That's a much steeper increase than the 8 percentage point increase reported among their female peers. There are several potential explanations for this, Twenge said. Labor force participation among young men has fallen, particularly in the aftermath of the last recession. Researchers also see a "connection between labor force participation and stable relationships," she said. Young men also are more likely to be living with their parents than young women: In 2014, for instance, 35 percent of men age 18 to 34 were living in their parents' home, compared with 29 percent of women in that age group. At the risk of stating the obvious, "when you're living at home it's probably harder to bring sexual partners into your bedroom," Twenge said.

*Washington Post, March 29, 2019*

### **Young men driving the decline in sex**

Share of men and women between ages 18 and 30 reporting no sex in the past year



Source: General Social Survey

THE WASHINGTON POST

### **Obesity speeds up the start of puberty in boys**

Girls are not the only ones who go through puberty early if they have obesity. Boys with obesity enter puberty at an earlier age than average, according to a study that will be presented Sunday at ENDO 2019, the Endocrine Society's annual meeting in New Orleans, La. In 527 Chilean boys ages 4 to 7 years, both total body obesity and central obesity, or excess belly fat, were associated with greater odds of starting puberty before age 9, researchers from the University of Chile in Santiago, Chile reported. "With the increase in childhood obesity worldwide, there has been an advance in the age at which puberty begins in girls," said the lead investigator, Maria Veronica Mericq, M.D., a professor at the university. "However, in boys the evidence has been controversial." Some U.S. studies have found that obesity delayed puberty, whereas another study showed that only overweight but not obesity induced earlier puberty in boys. In contrast, study results from Europe showed earlier puberty in boys with overweight and obesity. Early puberty -- called precocious puberty -- is linked to possible problems including stunted growth and emotional-social problems, according to the Hormone Health Network. *Science Daily, March 25, 2019*

### **BMI and Fitness in Male Adolescence Tied to Subsequent Disability**

Youths with low physical fitness, obesity, or a combination of the two are more likely to develop chronic disability later in life, as published in Annals of Internal Medicine. This population based cohort study included more than one million male adolescents indicates that low cardiorespiratory fitness and obesity are associated with receipt of a disability pension due to a wide range of disease and causes later in life, according to Pontus Henriksson, PhD of the Karolinska Institute. Noncommunicable disease such as musculoskeletal disorders, cardiovascular diseases, cancer, and psychiatric disorders are the

main causes of disability and premature death which also impose a growing burden on society. Identification of early life and modifiable risk factors can hold significance for public health efforts to combat these chronic diseases. Adolescent obesity has been linked to later receipt of disability pension, however few studies assess the links between fitness in adolescence and later chronic disability, or between the combination of cardiorespiratory fitness and obesity with disability.

*World Health, March 29, 2019*

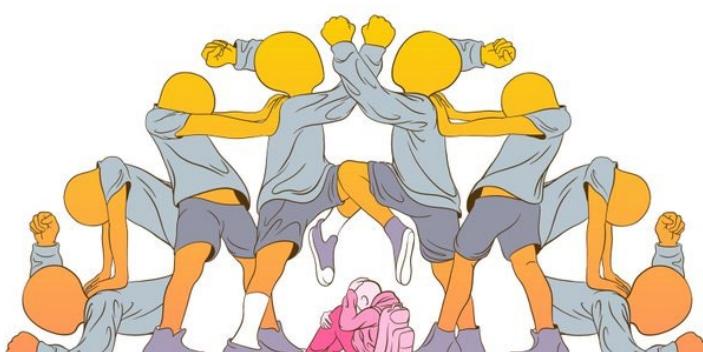
### **'MALE EATING DISORDERS TEND TO FLY UNDER THE RADAR': HOW IT FEELS TO SUFFER FROM ANOREXIA AS A TEENAGE BOY**

The number of boys with eating disorders has soared in recent years, and yet, many people still subscribe to the belief that this is an illness that only affects young women. This is why experts stress early intervention, because the sooner these habits are addressed, the more likely it is they can be broken. Eating disorders can be deadly and early intervention is key to making a full recovery. What you don't know can kill you. It nearly killed me.

*The Independent, March 28, 2019*

### **It's Dangerous to Be a Boy**

*They smoke more, fight more and are far more likely to die young than girls. But their tendency to violence isn't innate.*



Boys take their experiences to heart, feeling weak and ashamed when they need comfort. Plan International USA, a nonprofit group focused on children's rights, commissioned a study among 10- to 19-year-olds

that found nearly three-quarters of boys said they felt pressure to be physically strong and nearly half of the 14- to 19 year-old male respondents felt pressure to be "willing to punch someone if provoked." The link between masculine norms and misconduct has been clearly established. A 2017 study of 18- to 30-year-old men from the United States, Britain and Mexico found that the young men who subscribe most to traditional gender identities were unhappier and more prone to bullying and sexual harassment. Nearly 60 percent of the American respondents said their parents were the primary source of these restrictive cues. Boys don't come into the world with some inborn tendency toward domination or violence. As the Stanford psychologist Albert Bandura explained: "People are not born with preformed repertoires of aggressive behavior. They must learn them." The problem is rooted in boys' socialization, which is characterized by physical discipline, control and disdain for weakness.

*Michael C. Reichert*

*New York Times, March 30, 2019*

### **Majority of Adolescent Sexual Minority Males Do Not Test for HIV**

A study suggests that adolescent sexual minority males do not actively test for HIV, despite having the legal capacity to consent to testing without parental/guardian permission; confidentiality concerns are a potential barrier to testing. Findings from this study were published in AIDS and Behavior. A total of 127 individuals between the age of 14 and 17 were surveyed on the nature of their sexual activity history, whether or not they have disclosed their activity and/or sexuality to their parents/guardians, and the sex of their sexual partners. Also, researchers asked participants whether they had ever been tested for HIV and, if so, whether this testing required parent/guardian permission. Approximately 51% of the study participants identified as racial/ethnic minorities and 61% identified as gay. Of participants who identified as gay, approximately 85% had not disclosed their sexual activity to their parents/guardians. Only 15% of participants reported lifetime HIV testing, and participants who reported testing were more likely to be older and report anal sex, oral, or vaginal sex. No association was found between having the legal capacity to consent to HIV testing vs ever testing for HIV.

*Medical Bag, March 27, 2019*

### Multimedia Campaign Boosts PrEP Uptake in Young MSM in Chicago

As pre-exposure prophylaxis (PrEP) awareness has grown in recent years, uptake continues to remain low in certain populations that are at an increased risk for HIV exposure and acquisition. One group, in particular, includes ideal candidates for PrEP but has relatively low uptake—young men who have sex with men (YMSM). This lack of PrEP use could be linked to a lack of conversations among YMSM and their health care providers about sexual health and PrEP. As a result, health officials in Chicago, Illinois, joined some other major cities in launching a multimedia campaign to empower YMSM to be proactive and introduce the idea of beginning a PrEP regimen to their health care providers. Conclusions collected from a survey of YMSM in Chicago were presented recently in a poster session at the Annual Conference on Retroviruses and Opportunistic Infections (CROI 2019). Survey results indicate that 75.9% of the 700 people who responded to the questions had seen the ads in at least 1 location. Most participants reported seeing the ads online (57.8%), while 50.7% reported seeing the ads at pride events. An additional 35% reported receiving the ad from a friend and 32% saw the ad at a health care provider's office. Moreover, participants who saw PrEP4Love ads were found to be significantly more likely to have used PrEP in the 6 months prior to completing the survey (odds ratio = 1.87; 95% confidence interval: 1.15, 3.16). Additionally, those who saw PrEP4Love ads were nearly 3 times more likely to have spoken with a care provider than those unaware of the campaign (OR = 2.77; 95% CI: 1.93, 4.00), and twice as likely to have initiated a conversation about PrEP (OR = 2.07; 95% CI: 1.15, 3.85). The investigators of the study concluded that these favorable results indicate that a multimedia PrEP campaign in Chicago was effective at reaching the intended population. Furthermore, it was proven that the ads directly resulted in the initiation of patient-provider conversations about PrEP, as well as implementation of a PrEP regimen among YMSM.



*Contagion Live, March 22, 2019*

**New Male Birth Control Method Preserves a Very Important Part of Sex  
But does that mean men will adopt it?**

In a presentation at the Endocrine Society's annual meeting in New Orleans on Monday, Dr. Christina Wang of the Los Angeles BioMed Research Institute announced that her team's trial of a male birth control compound called 11-beta-MNTDC not only decreased a hormone linked to sperm production in a 28-day trial of 40 men but also preserved their libido. There isn't much point in using birth control as contraception if you don't want to have sex.

Unfortunately, research on male contraceptives tends to run into this problem, study co-investigator Stephanie T. Page, Ph.D., a professor of medicine at the University of Washington School of Medicine, tells Inverse. "Any time we administer sex hormones in men or women (testosterone or estrogen), there will be effects on libido," she says. "In some of those studies, as in this one, mild changes were reported in a minority of men." But the majority of the men in this study didn't report any effect on sex drive. What makes 11-beta-MNTDC unique in this regard is its double function, which could allow it to decrease sperm production while sidestepping a mood-killing drop in libido.

*Inverse.com, March 28, 2019*

**Sonic becomes first chain to serve Red Bull, luring the "young, hungry male"**

Sonic is the first fast-food chain to partner with Red Bull. The company hopes the menu addition will "pull in the so-called young, hungry males who have remained loyal fast-food customers even as eating habits shift in the U.S." Sonic has mostly avoided adding healthier items to its menu, even as other fast-food chains add healthier choices to kids' meals and roll out vegetarian menus. Sonic's new menu items include an all-day bacon- and fried-egg-topped Brunch Burger and a Double Stuf Oreo Waffle Cone, and the chain is reportedly working on Broccoli Cheese Tots, which potentially pass for a healthy option these days.

*The Takeout, March 29, 2019*

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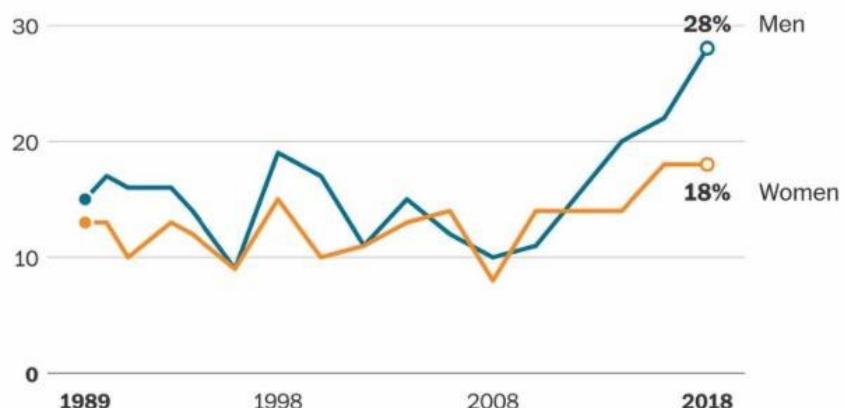
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*The Takeout, March 29, 2019*

**PRETEEN BOYS WHO PLAY TEAM SPORTS HAVE LESS DEPRESSION**

*New research links participation in team sports to larger hippocampal volumes in kids and less depression in boys ages 9 to 11.*



Adult depression has long been associated with shrinkage of the hippocampus, a brain region that plays an important role in memory and response to stress. "Our findings are important because they help illuminate the relationships between involvement in sports,

volume of a particular brain region and depressive symptoms in kids as young as nine," says Lisa Gorham, lead author of the study and a senior majoring in cognitive neuroscience at Washington University in St. Louis. "We found that involvement in sports, but not non-sport activities such as music or art, is related to greater hippocampal volume in both boys and girls, and is related to reduced depression in boys," Gorham says. These relationships were particularly strong for children participating in sports that involved structure, such as a school team, a non-school league, or regular lessons, as compared to more informal engagement in sports, according to the study, which appears in *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.

*Futurity, March 21, 2019*

**Monkey Birth a Step to Saving Fertility of Boys With Cancer Birth of a monkey highlights experimental technology to preserve fertility when boys undergo cancer treatment.**

Scientists are closing in on a way to help young boys undergoing cancer treatment preserve their future fertility - and the proof is the first monkey born from the experimental technology. More and more people are surviving childhood cancer, but nearly 1 in 3 will be left infertile from the chemotherapy or radiation that helped save their life. When young adults are diagnosed with cancer, they can freeze sperm, eggs or embryos ahead of treatment. But children diagnosed before puberty can't do that because they're not yet producing mature eggs or sperm. "Fertility issues for kids with cancer were ignored" for years, said University of Pittsburgh reproductive scientist Kyle Orwig. "Many of us dream of growing up and having our own families. We hope our research will help these young patients to do that." Orwig's team reported a key advance Thursday: First, they froze a bit of testicular tissue from a monkey that hadn't yet reached puberty. Later, they used it to produce sperm that, through a monkey version of IVF, led to the birth of a healthy female monkey named Grady. The technique worked well enough that human testing should begin in the next few years, Orwig said.

*US News, March 21, 2019*

**Vaccine uptake and prevalence of HPV related cancers in US men**

(subscription required)

*A vaccine can protect against cancerous strains of the leading STI in the US, so why aren't more young men getting it?*

Marketing approval of Merck's vaccine was based on studies showing that it led to a reduction in precancerous lesions on the cervix in women and in anal pre-cancer in men who have sex with men. But while the vaccine protects against several cancer causing strains of the virus, clinical trials have yet to show that it protects against other pre-cancers related to HPV. The FDA

therefore does not allow Merck to claim that the vaccine can protect against key morbidities such as oropharyngeal cancer linked to HPV. That's so even though HPV related oropharyngeal cancers, which affect men more often than women, are on the rise in the US and on track to outpace the incidence of cervical cancer in a few years.<sup>4</sup> A study published in JAMA Oncology in 2017 said that "more than 9000 cases of HPV-related cancers occur in men annually, responsible for 63% of penile, 91% of anal, and 72% of oropharyngeal cancers."<sup>4</sup> A 2015 paper in Oral Oncology noted that "some estimates suggest that 70-90% of new oropharyngeal cancers have evidence of HPV."<sup>5</sup> Also on the rise are HPV related anal cancers.

*British Medical Journal, March 18, 2019*

### **EAU 2019: The Role of HPV in Penile Cancer Pathogenesis: An Opportunity to Start Vaccination in Boys?**

Barcelona, Spain (UroToday.com) While human papillomavirus (HPV) vaccination has been increasingly utilized as a preventative measure for cervical cancer in females, it has only been relatively recently that the discussion has pivoted to vaccinating males for HPV. During the penile cancer session of the 2019 European Association of Urology (EAU) Annual Meeting in Barcelona, Spain, Dr. Berger from Regensburg, Germany discussed the role of HPV in the pathogenesis of penile cancer. The argument was made that more widespread vaccination of boys could help prevent the development of penile cancer, a very rare, but aggressive, genitourinary malignancy.

*Uro Today, March 15, 2019*

### **Has Your Teen Boy Seen His Guidance Counselor?**

*Learn about how powerful guidance counselors truly are.*

Guidance counselors help teens with a plethora of psychological and academic issues. Teenage boys are coping with many emotional challenges; some of them may have a mental illness, and others may be dealing with regular teen issues such as academic success or the ability to perform to the extent that their parents want them to. Many high school students may not even know who their guidance counselor is. One of the reasons that they would not look into this is that some simply assume that guidance counselors don't help teens. With the release of "13 Reasons Why," where - spoiler alert - the guidance counselor's lack of empathy and understanding is another integral part of the reason the main character takes her own life, this could deter teens from seeking help. The protagonist in "13 Reasons Why" is a teenage girl, but in this article, we'll focus on why teen boys are resistant to finding appropriate mental health services from their guidance counselor.

*Good Men Project, March 18, 2019*



### **More than half of Aussie men report experiencing sexual difficulties**

*One in two Australian men aged 18 to 55 have experienced sexual difficulty in the past 12 months, according to data released this week.*

The findings are drawn from the Australian Longitudinal Study on Male Health which included more than 12,000 men. Overall, 54% of sexually active men reported having at least one specific sexual problem lasting three months or more.

The men reported a range of difficulties:

- 37% said they reached climax too quickly
- 15% could not climax or took too long to climax
- 17% lacked interest in sex
- 11% felt anxious during sex.

Erectile dysfunction - defined as trouble getting or keeping an erection - tends to be the focus of media and public discussion about male sexual 'problems'. But in this study, only 20% of men aged between 45 to 55 reported erectile dysfunction, and only 14% across all age groups.

*MENAFN, March 21, 2019*

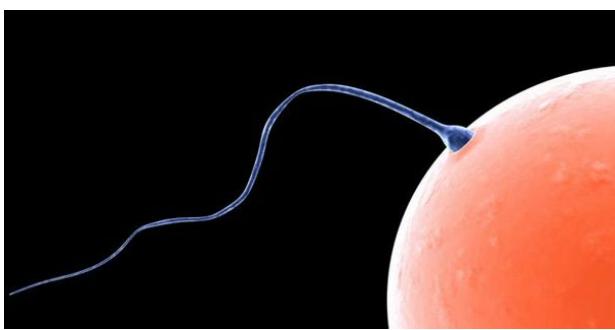
### **Health Authorities Warn Against Increasing Rate of Male Infertility**

Infertility is often perceived to be a woman's reproductive health issue. However, the truth is that it affects an increasing number of the male population. The Human Fertilisation and Embryology Authority's 2014-16 report reveals that male infertility is the most common reason for British couples seeking IVF. This actually equates to 37 percent of couples. In the United States, Australia, Europe, and New Zealand, research has found that sperm counts have reduced by 50 percent in 40 years. Statistics further reveal that one in 20 young men had a low sperm count.

*Newswire, March 12, 2019*

### **Common household chemicals harm sperm in men, dogs**

*The chemicals are the plasticizer DEHP, used in flooring, upholstery, clothes, and toys, and the industrial chemical polychlorinated biphenyl 153, which has been banned globally.*



For this study, researchers from the University of Nottingham conducted laboratory tests with sperm from men and dogs. Their tests revealed that levels of the two chemicals consistent with environmental exposure had the same damaging

effects on sperm in both species -- reduced sperm motility and increased fragmentation of DNA. Previous studies have reported a 50 percent decline in human sperm quality worldwide in the past 80 years. Another study by the same U.K. team found a similar decline in domestic dogs, pointing to the

possibility that chemicals present in the home could be a factor.  
*UPI, March 12, 2019*

### **Is porn making young men impotent?**

*Up to a third of young men now experience erectile dysfunction. Some are turning to extreme measures such as penile implants - but is kicking their pornography habit the only solution?*

To date, the main contributors highlighted by academic studies of ED are poor physical health - the effects of weight, for instance, and high alcohol, tobacco or drug use - and mental-health issues including stress, anxiety, exhaustion and importantly,

depression. But a body of opinion is emerging that frequent exposure to pornography could also be a factor; proponents believe clinical and anecdotal evidence is mounting that links compulsive pornography use and ED. Studies of this are not yet extensive and results are mixed with some finding no connection.

The Guardian, March 11, 2019



### **Study on marijuana, male reproductive health spawns misleading conclusion**



And it is not just male use of marijuana that is influencing hormones and reproduction. The male's maternal use of marijuana has been shown to have long-lasting consequences in animal models. While there do seem to be conflicting reports related to male reproduction and sperm count with marijuana use, the research

seems to be stronger in identifying negative consequences.

*Multi Briefs, March 12, 2019*

### **Report: Life expectancy for Black men lower than any other group**

Black men have the lowest life expectancy of any racial or ethnic group in Philadelphia, according to a report released by city health officials this week. On average, Black men live 69.1 years, which is five years less than the average of other men and 10 years less than the average of other women, according to the report called "Brotherly Love: Health of Black Men and Boys in Philadelphia." Homicide is a leading cause of death for young Black men ages 15 to 34. Nearly 75 percent of all victims and known perpetrators are young Black men. Meanwhile, hypertension and related illnesses such as

kidney disease, and strokes impact Black men earlier and more often than other racial groups. Asthma is a significant source of morbidity for Black boys, as hospitalizations for asthma are nearly nine times higher compared to white boys.

*Philadelphia Tribune, March 15, 2019*

**Male survivors and victims of abuse deserve their own support system**  
*The violence against women and girls strategy does vital work - but men need policies designed specifically for them*

At government level at least, the estimated one in six males who are survivors of sexual abuse, the 700,000 annual male victims of domestic abuse, the male survivors of stalking, honour crimes, trafficking or commercial sexual exploitation - all are afterthoughts, incidental appendices to the suffering of others. At least that was the case until last week. In a game-changing development, the Home Office has published its first-ever position statement on male victims of crimes within the context of the strategy on ending violence against women and girls (VAWG).

*The Guardian, March 12, 2019*

**Masculinity Is Not Our Enemy**

*Challenging mischaracterizations of masculinity will help us raise healthy boys.*

When the American Psychological Association put out its Guidelines for Practice with Boys and Men in January 2019, I was delighted to see its clarity in pointing out male privation-from high suicide rates to depression, anxiety, addiction, and violence. These are diseases that need treatment, and the APA acknowledged it. But from the first sentences of the Guidelines, the APA did what so many other organizations do: fall back on the soft science of "masculinity is the cause of men's problems" and "removing masculinity is the solution." This last couple weeks, I've been asked to publicly respond to the APA report. What follows here is introductory analysis and then one of my responses. My basic point is this: even by the APA's definition, "masculinity," which they suggest therapists help us remove from males, is actually a good thing.

*Psychology Today, January 24, 2019*

**Man Up! Our 'Male Code' Fails Boys and Men**

*Recent research shows how the male code impacts men's mental health.*

The patriarchy we live in defines masculinity in a way that hurts men and women. Yet we perpetuate those beliefs. The #MeToo movement has raised alarm about patriarchal masculinity, revealing how women have been seriously hurt. But our



culture still perpetuates the idea that to be male, men end up paying a serious price...the sacrifice of their emotional self and relational strivings. One powerful arena to provide serious change to this harmful belief is in how we parent boys. Mothers play a vital role in either carrying out patriarchal masculinity or raising a son to know himself emotionally and seek connection with others. There is much research on how boys are treated differently from infancy such as being held and cuddled less than girls. If we prioritize paying thoughtful attention to what we do or don't do for our sons, we can play a central life-saving role in bringing up boys to be emotionally available men. When men can have or regain an unguarded openness to emotions and expression, then we know we've moved away from patriarchal male to a male that leans into emotional connection with a capacity for compassion and empathy for themselves and others, a place beneficial to both men and women.

*Psychology Today, March 6, 2019*

**NEW U.S. Research: So, You Want To Be A Male Ally For Gender Equality? (And You Should): Results from a National Survey, and a Few Things You Should Know**

*A new U.S. study released by Promundo with Bonobos reveals a "male allyship gap" and a pathway forward for men to become better allies in achieving gender equality.*

The study reveals what actions men report taking to support gender equality and to end discrimination and harassment; it offers concrete recommendations on what men can do to become better allies and partners in these efforts. The good news: most men in the U.S. are supportive of gender equality, and recognize that there is a long way to go before we achieve it. Seventy percent of men think there should be more women in positions of political power, and two-thirds of men (66 percent) agree that women still face major barriers to advancement in their careers. However, women - as revealed by the national survey and focus groups - are calling for more than men's support: women want men to take thoughtful, concrete action to advance gender equality as colleagues at work and as partners at home. This includes calling other men out when they act in sexist or discriminatory ways, giving female colleagues credit when it's due, and taking on more of the childcare and house work.

*Promundo, March 8, 2019*

**Male 'gender norms' may contribute to higher death rates: U.N. report**

Half of all deaths of young people aged 10 to 24 in the Americas are due to murders, fatal road accidents and rising suicide rates, with men and boys the main victims, the Pan American Health Organization (PAHO) said on Tuesday. According to PAHO, 80 percent of the 230,000 deaths a year of people aged 10 to 24 in the region occur among boys and men, including nine out of 10 deaths due to murder and three out of four suicides. Suicide rates continue to increase across the region, and while more young women attempt suicide, more young men die from it, the health agency said. "It is important that countries acknowledge that the higher mortality rates seen among young men is due, in part, to the pressure they face to adhere to gender norms that may contribute to harmful behaviors such as aggression and risk-taking," said Sonja Caffe, PAHO's regional advisor on adolescent health. "This is why it is

so important that health works with families, schools and communities, in order to tackle the social norms that impact their physical and mental health." *Reuters, March 5, 2019*

### [Underdiagnosed Male Eating Disorders Are Becoming Increasingly Identified](#)

Roughly one in three people struggling with eating disorders is male, according to the National Eating Disorders Association. The very culture surrounding athletics means that these eating disorders will often go untreated, and often, the athlete's weight loss will be celebrated. Among his teammates and coaches, Davis told O'Brien that his weight loss was "lauded." Rather than being seen as dangerous, the rigid discipline exhibited by athletes regarding their eating and exercise habits was seen as a sign of strength among many of the male athletes O'Brien interviewed.

*WAMU, March 3, 2019*

### [Men of color often find college isolating. UW's Brotherhood Initiative wants to change that.](#)

*A pilot program at the University of Washington is finding ways to better support black and brown male students, who often find the campus isolating and unsupportive, and who graduate at lower rates.*



At primarily white colleges and universities, researchers say, students of color experience heightened pressure to succeed, to counter racial stereotypes, and to prove that they belong. The pressure

takes a toll on all minority students, but especially on young men. "It's cognitively demanding for men of color to come to predominantly white institutions, to be in a classroom with people who don't look like them," said Joe Lott, an associate professor in the UW's College of Education, who is African American. Said Lott, "A lot of energy is devoted to asking, 'Do I belong here? Should I be here?'" To help students rise above those questions, Lott helped create The Brotherhood Initiative, a pilot project directed by education researchers at the UW that helps young men navigate college, find academic help, zero in on a major, start internships or research opportunities and learn from mentors. It encourages them to study abroad, get involved in civic projects and become leaders in their communities. Its seminars give students a place to talk about what it means to be men of color in a racist society.

*Seattle Times, March 8, 2019*

### [Parental Disengagement in Childhood and Adolescent Male Gun Carrying](#)

#### **ABSTRACT**

**OBJECTIVES:** To examine the association between parental disengagement in childhood and adolescent gun carrying and determine whether this association is accounted for by externalizing problems and affiliation with delinquent peers during early adolescence.

**METHODS:** The sample included 503 boys (55.7% African American, 40.6% white, 3.7% other) recruited from first-grade classrooms in Pittsburgh public schools. Multi-informant assessments were conducted regularly (semiannually then annually) from approximately ages 7.5 to 20 years. Latent factors were constructed by using parent-reported parental disengagement (ie, poor parental involvement, poor parent-son communication, poor parent-son relationship quality) collected from ages 7.5 to 10 years, youth-reported peer delinquency from ages 10.5 to 13 years, and teacher-reported externalizing problems from ages 10.5 to 13 years. The outcome was youth-reported gun carrying from ages 14 to 20 years.

**RESULTS:** Twenty percent of individuals sampled reported carrying a gun during adolescence. Childhood parental disengagement was significantly associated with adolescent gun carrying ( $\beta = .22$ ; 95% confidence interval: 0.08 to 0.36). Furthermore, the association between parental disengagement and gun carrying was partially mediated through peer delinquency and externalizing problems during early adolescence. The 2 indirect paths accounted for ~29% of the total effect of parental disengagement.

**CONCLUSIONS:** Boys exposed to poorer parental engagement during childhood are more likely to affiliate with delinquent peers and exhibit externalizing problems during early adolescence, which (in turn) increases their risk of carrying a firearm in later adolescence. This suggests that gun violence prevention efforts with children should work to enhance aspects of parental engagement.

*Pediatrics, March 2019*

### **Why the APA Guidelines for Men's Mental Health Are Misquided**

*New practice guidelines fail miserably by framing masculinity as a pathology.*

The American Psychological Association (APA) recently released its 'Guidelines for Psychological Practice with Boys and Men' in a 31-page document. Any new initiatives on this topic should be welcome, as there is a desperate need for action and innovation to address the men's mental health crisis....men's mental health activists are demanding concerted action to address these issues. The APA guidelines are part of ongoing efforts to equip psychologists to better engage men in mental health treatment and foster their recovery. Sadly, the document fails miserably, and is a wasted opportunity to improve the mental health of men and boys. In fact, it may even make things worse. One of the few upsides of the rambling academese of the APA's guidelines is that few men with mental health issues will actually get past page 1. Neither will many busy practicing psychologists. Perhaps the only other upside of this document is that it has galvanized an intense response from a whole swathe of society including academics, journalists, political commentators, and the public as a whole. The general consensus is that this document completely misses the mark, and that radical reform and

innovation is necessary to help solve the men's mental health crisis.  
*Psychology Today, February 25, 2019*

### **Research confirms 5 uncomfortable facts about young male suicide**

*Researchers in the US have confirmed five well established but commonly overlooked facts about suicide in younger men.*

The ground-breaking study of children and younger adults (12 to 29 years) focused on suicide deaths of LGBT young people. In the process, the study shed light on suicides



among "non-LGBT" males and females. Unless otherwise stated, the statistics in this article refer to "non-LGBT" suicides. The study of data from the National Violent Death Reporting System reviewed 2,209 cases, which had valid data for sexual orientation and/or were coded as transgender. A total of 1,994 of the 2,209 cases were found to be "non-LGBT" suicides. Of these, 4 out of 5 suicides (80.3%) were men and boys. In addition to finding that there were four times more male suicides than female suicides, the study also confirmed the following five truths about male suicide:

1. Most male suicides are not linked to mental health issues
2. Relationship problems are the key issue
3. Most men who suicide die on the first known attempt
4. Most male suicides had no history of suicidality
5. It's a myth that men aren't getting help

*Australian Men's Health Forum, February 2019*

### **It's Not That Men Don't Know What Consent Is**

*They often understand that what they're doing is wrong - then they do it anyway.*

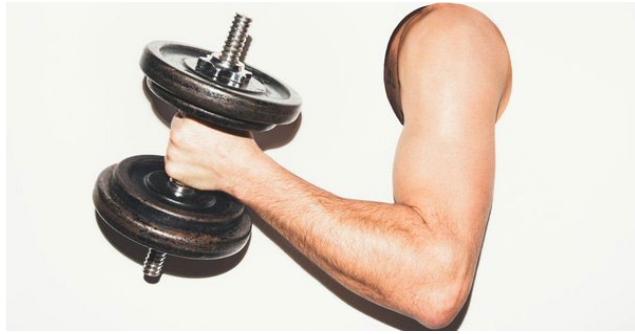
Young men's ability to understand sexual refusal has been shown to be remarkably sophisticated and subtle, regardless of whether the word "no" is actually uttered; that renders dubious the common defense that they "can't tell" or "aren't mind readers." What's more, where "yes" is concerned, guys seem downright clairvoyant: They routinely over-perceive a woman's interest in having sex with them, even more so if the men have been drinking.....All of which would indicate that in these high-profile cases, women's accusations are inherently more credible than male denial, regardless of how vehement that denial may be. It also means that despite the new standards that have been put in place and despite all the editorials and news articles and calls for change, we are still not doing what needs to be done: fully educating boys not only about the importance of consensual, ethical, mutually pleasurable sexuality, but about the ways their own sense of entitlement may blind them

to those values, leading them to cause harm, whether or not they choose to see it.

*New York Times, February 23, 2019*

### **The Problem With a Fight Against Toxic Masculinity**

*The popular term points toward very real problems of male violence and sexism. But it risks misrepresenting what actually causes them.*



Over the past several years, toxic masculinity has become a catchall explanation for male violence and sexism. The appeal of the term, which distinguishes "toxic" traits such as aggression and self-entitlement from "healthy" masculinity, has grown to

the point where Gillette invoked it last month in a viral advertisement against bullying and sexual harassment. Around the same time, the American Psychological Association introduced new guidelines for therapists working with boys and men, warning that extreme forms of certain "traditional" masculine traits are linked to aggression, misogyny, and negative health outcomes. A predictable conflict has accompanied the term's rise. Many conservatives allege that charges of toxic masculinity are an attack on manhood itself, at a time when men already face challenges such as higher rates of drug overdose and suicide. Many progressives, meanwhile, contend that the detoxification of masculinity is an essential pathway to gender equality. Amid this heated discourse, newspaper and magazine articles have blamed toxic masculinity for rape, murder, mass shootings, gang violence, online trolling, climate change, Brexit, and the election of Donald Trump. Connell and others theorized that common masculine ideals such as social respect, physical strength, and sexual potency become problematic when they set unattainable standards. Falling short can make boys and men insecure and anxious, which might prompt them to use force in order to feel, and be seen as, dominant and in control. Male violence in this scenario doesn't emanate from something bad or toxic that has crept into the nature of masculinity itself. Rather, it comes from these men's social and political settings, the particularities of which set them up for inner conflicts over social expectations and male entitlement. The question is: Where do these sexist attitudes come from? Are men and boys just the victims of cultural brainwashing into misogyny and aggression, requiring reeducation into the "right" beliefs? Or are these problems more deep-seated, and created by the myriad insecurities and contradictions of men's lives under gender inequality? The problem with a crusade against toxic masculinity is that in targeting culture as the enemy, it risks overlooking the real-life conditions and forces that sustain culture. Recognizing differences in the lives of men and boys is crucial to the effectiveness of efforts to resolve gender violence and inequality.

*The Atlantic, February 27, 2019*

**Feminism is creating opportunities for girls. But what about our boys?**

I do not want my children to grow into a world where either gender has default power, where one side feels compelled to organize against the other. This either-or gender power binary is harmful, especially when we apply adult battles against misogyny to little kids (and when we underscore gender itself as binary). Toxic masculinity is as much a problem for our daughters as our sons, but our response to it can also cause harm if it is aimed in a blanket way at all males - particularly those too young to hold any power. This moment should be about teaching equality, judging people by their merits and fostering potential in all its forms. Surely, contact sports and sci-fi can be for girls, and ballet class for boys, without one being lauded while the other probably would spark ridicule. The options for girls have been too limiting for centuries, but the definition of manhood has been broken, too - in ways that hurt women and men.

*Washington Post, February 26, 2019*

**"Overlooked U.S. HIV crisis among youth" spotlighted in The Lancet HIV article**

Guilamo-Ramos writes in the article entitled "Youth at risk of HIV: the overlooked US HIV prevention crisis" that the number of new annual HIV diagnoses in the USA declined 4% from 2012 to 2016, continuing a favorable trend overall that began in the 1980s. However, among those 13- to 29 years old, new HIV diagnoses rose by a substantial 6% from 2012 to 2016, according to new data released by the Centers for Disease Control and Prevention (CDC). "The rates of new HIV diagnoses are highest among racial and ethnic minority youth and young men who have sex with men (MSM)," writes Guilamo-Ramos. "Alarmingly, new diagnoses among Latino young MSM increased 17% between 2012 and 2016, and new diagnoses among Black young MSM increased 9%." Of great concern is data released by the CDC highlighting micro-epidemics, where HIV transmission occurred at rates as high as 33 times the national average. Micro-epidemics are "high-risk clusters" largely consisting of youth, racial and ethnic minorities, and adolescent and young adult males who have sex with men. Among many inequality factors driving the youth HIV epidemic is unequal access to HIV preventive and treatment health-care services for key populations, including youth from sexual, gender, racial, and ethnic minority groups, according to the researcher. In the article, Guilamo-Ramos highlights three important areas in practice and policy for responses to the youth HIV crisis in the U.S.

*NYU.edu/news, February 28, 2019*

**New Young Male Mental Health Clinical Resource**

The Partnership is pleased to release a new mental health clinical resource. This downloadable [health screening tool](#) suggests mental health questions for a young male health or counseling visit (ages 16-22).

Traditionally, prevention and intervention for mental health disorders among adolescent and young adults (AYAs) has been largely non-gender specific. To the extent that these types of measures have been gender specific they have focused on conditions among AYA females. Recently, however, research into mental health disorders has identified a number of conditions that are more common, or expressed differently, among AYA males than among AYA females.

Certain behaviors that are indicators of mental health disorders among AYA males, as distinguished from AYA females, are elevated rates of suicide, conduct disorder, substance use and interpersonal violence.

One example of how a mental health condition is expressed differently by gender is depression. Whereas, among AYA females, depression is typically manifested by "internalization", among AYA males it is manifested by "externalization"; that is, among AYA females depression is often expressed through, for example, self-doubt and withdrawal, whereas among AYA males depression is often expressed through, for example, risky behaviors and violence. Additionally, norms of masculinity can lead to complicating factors such as stigma among AYA males surrounding help-seeking behaviors for mental health disorders.

We hope this will be a useful tool for both physical and mental health providers. Review and download the tool [here](#).

### **Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers**

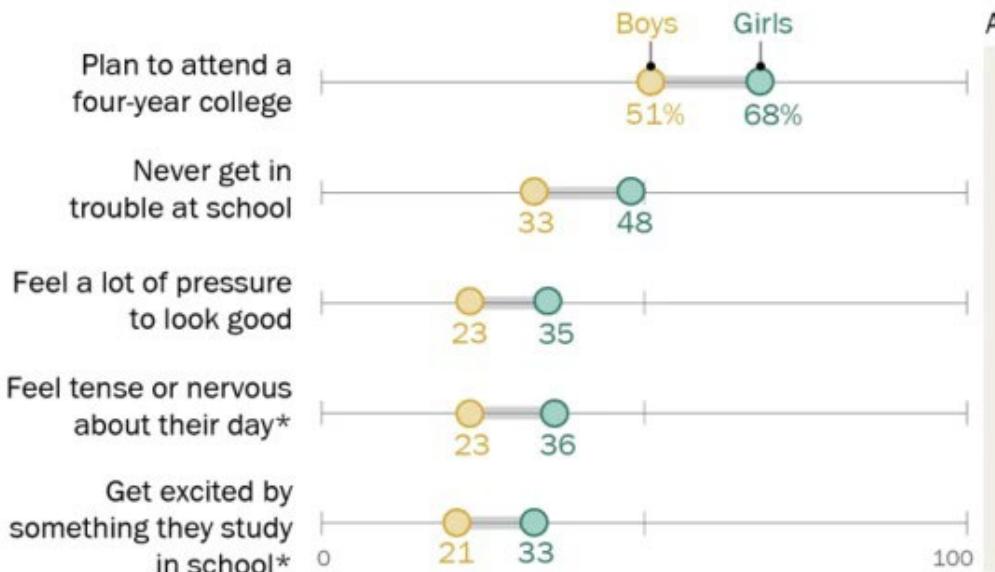
*For boys and girls, day-to-day experiences and future aspirations vary in key ways*

Anxiety and depression are on the rise among America's youth and, whether they personally suffer from these conditions or not, seven-in-ten teens today see them as major problems among their peers. Concern about mental health cuts across gender, racial and socio-economic lines, with roughly equal shares of teens across demographic groups saying it is a significant issue in their community. Fewer teens, though still substantial shares, voice concern over bullying, drug addiction and alcohol consumption. More than four-in-ten say these are major problems affecting people their age in the area where they live, according to a Pew Research Center survey of U.S. teens ages 13 to 17.

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## Boys' and girls' goals and experiences differ in some key ways

*% of teens saying they ...*



\* Shares who say this happens every day or almost every day.

Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

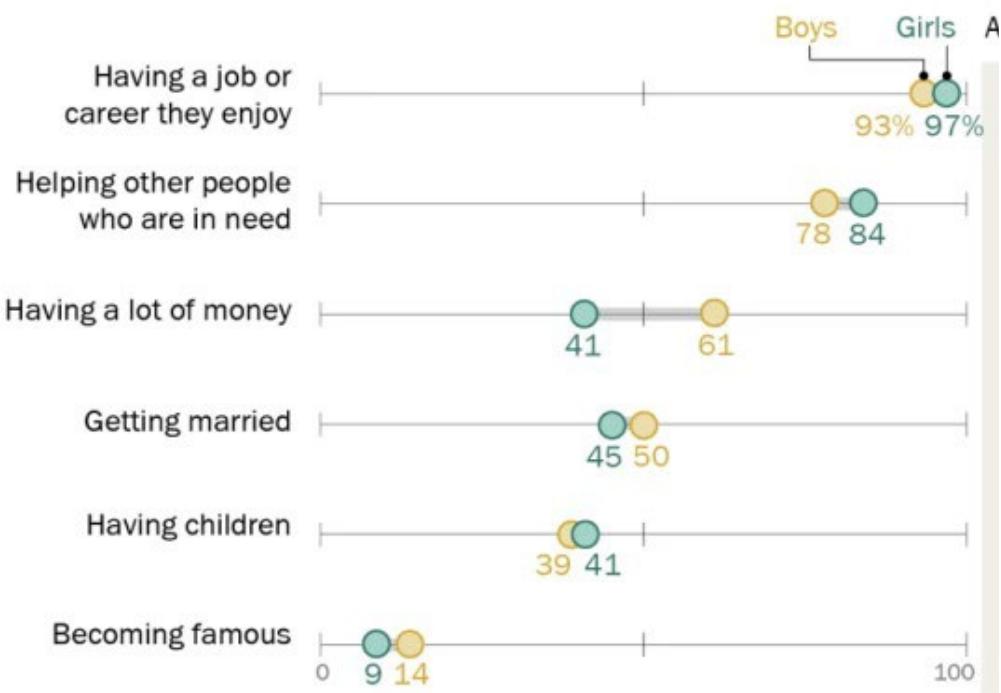
PEW RESEARCH CENTER

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## Boys are more likely than girls to prioritize having of money as adults

*% of teens saying each would be extremely or very important to them, personally, as an adult*



Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

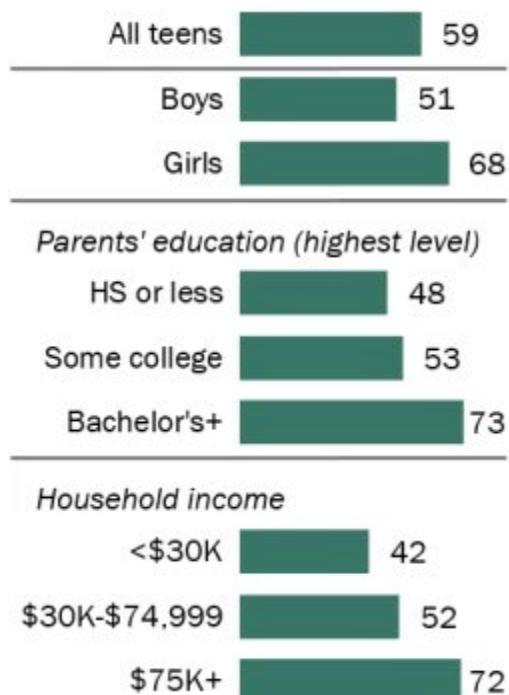
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## **Girls are more likely than boys to say they plan to go to college**

*% of teens saying they plan to attend a four-year college after they finish high school*



Note: "Some college" includes those with an associate degree and those who attended college but did not obtain a degree.

Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

**PEW RESEARCH CENTER**

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Pew Research Center, February 20, 2019

**Hot startups like Hims, Roman and Lemonaid Health are marketing Viagra to young men online, but their approach raises 2 big questions**



These new companies paint erectile dysfunction as a problem among younger, not-yet-graying men, but one for which there is help. It raises two important questions: How can these online companies care for patients who could have serious underlying health

conditions? And are these companies overhyping how common erectile dysfunction is in younger men? But Roman and its telemedicine peers say they can direct patients to get appropriate care, even if it's not through their own companies. They also say they're combating the stigma associated with impotence by talking about the condition openly and making care accessible in a discrete, affordable way. New online startups offering erectile-dysfunction medications have men under age 40 in their sights, and cite a popular statistic: that erectile dysfunction affects up to 40% of men by that age. Erectile-dysfunction research often excludes younger men, according to a 2017 study by Italian researchers. One exception was a large study published in 2004, which found that erectile dysfunction affected 8% of men in their 20s and 11% of men in their 30s.

*Business Insider, February 21, 2019*

**Barack Obama and Steph Curry have some great advice about being better men.**

"If you are really confident about your financial situation, you probably are not going to be wearing an eight-pound chain around your neck because you know, 'I got bank. I don't have to show you how much I've got because I feel good,'" Obama said. "If you are very



confident about your sexuality, you don't have to have eight women around you twerking ... because [you know], 'I've got one woman, who I am very happy with. And she's a strong woman.'" Video of Obama's comments quickly took off across social media, and has already been viewed several million times across YouTube, Facebook and Twitter in just over two days.

*Good, February 22, 2109*

**Early maternal menarche associated with obesity risk in sons**

Adolescent boys whose mothers were younger at menarche are at increased risk for obesity vs. sons of mothers with older menarche, according to findings published in Clinical Endocrinology. "A number of studies have shown that girls who enter menarche earlier are more likely to develop obesity, diabetes, hypertension and metabolic syndrome," José Derraik, PhD, a senior research fellow at the Liggins Institute at the University of Auckland, New Zealand, and honorary associate professor at the Children's Hospital of Zhejiang University School of Medicine, China, told Endocrine Today. "In our study, we also

observed an association between earlier menarche and increased markers of adiposity in Chinese girls. Importantly, we showed that the potential adverse effects of earlier menarche seem to extend into the next generation. The sons of mothers who experienced earlier menarche were three times more likely to develop obesity. Interestingly, however, we did not detect adverse associations among the daughters."

*Helio, February 21, 2019*

### **Unfit, obese teen boys at higher risk for chronic disease**

Teen boys who are unfit or obese have higher odds for chronic disease and disability as adults, according to a large Swedish study. Researchers followed more than 1 million boys for an average of 28 years, starting when they were 16 to 19 years of age. Those who were inactive, obese or both as teens were more likely to receive medical disability pensions as adults. The pensions are granted in some countries to working-aged adults who are unable to work due to chronic illness or injury."Cardiorespiratory fitness and obesity already in adolescence is strongly related to later health," said lead researcher Pontus Henriksson, a registered dietitian at the Karolinska Institute in Huddinge, Sweden. His team cautioned that this study does not prove that being unfit or obese as a teenager causes disabilities in adulthood, only that the two appear to be related. This association, however, is important because many teens are less fit and weigh more than previous generations, Henriksson said. The study also provides more evidence for the relevance of fitness and obesity in adolescence as markers of future health.

*UPI, February 12, 2019*

### **HYPERACTIVE KINDERGARTEN BOYS MAY EARN LESS LATER**

*Boys from low-income backgrounds who are hyperactive and inattentive in kindergarten earn less money as long as 30 years later, a new study shows.*



Disruptive behaviors in childhood, among the most prevalent and costly mental health problems in industrialized countries, link to significant negative long-term outcomes for individuals and society, researchers say.

Recent evidence suggests that disruptive behavioral problems in the first years of life are an important early predictor of lower employment earnings in adulthood. The new longitudinal study examined boys from low-income backgrounds to see which behaviors in kindergarten affect earnings in adulthood. The findings show that inattention links to lower earnings and prosocial behavior with higher earnings.

*Futurity, February 12, 2019*

### **Move over testosterone, another hormone is also vital for making boys - and it doesn't come from the testes**

Often the first question parents are asked after the birth of their child is "congratulations, girl or boy?". For parents of one in 2,000 to 4,000 births, however, there is not an easy answer. This is when the baby has "ambiguous" genitalia, where it is not



clear which sex they belong to. In baby boys, this was long thought to be caused by problems linked to testosterone - as were more common disorders such as undescended testicles and malformed penises, which respectively occur in 9% and 1% of births. But now it is clear that the reality is slightly different. According to new research in which I am a co-author, another hormone known as androsterone - which originates in the placenta and foetal adrenal gland - is also vital to the process that turns foetuses in boys. These insights have the potential to make a big difference to how we treat sexual disorders in male babies in future - and are also relevant to the whole debate about male and female identity.

*The Conversation, February 14, 2019*

#### **Performance anxiety: More and more young men experiencing erectile difficulties**



Binge watching porn is leading to erectile difficulties in young men who believe they should measure up to the male actors they see online, writes Áilín Quinlan. Erectile dysfunction, or impotence, not only affects a man's sexual prowess, it can damage his self-confidence, his relationship, and upset his partner - and it seems, the problem is increasing. Research indicates that erectile dysfunction or impotence - which is the inability to get and keep an erection firm enough for sex - is a problem which appears to be on the increase in men in

their 20 and 30s. Medical conditions such as diabetes, heart disease, obesity, high blood pressure or high cholesterol, which interfere with this communication and blood flow process are often linked with ED. However, it's believed that psychological factors such as stress and anxiety are also connected to the problem. A study last June of 2,000 men for the Coop Pharmacy in Britain found that almost 50% of those in their 30s had reported difficulties in getting and maintaining an erection. Of those, almost half blamed stress, about 25% attributed the problem to heavy drinking and 36% blamed tiredness followed by anxiety at 29%.

*Irish Examiner, February 15, 2019*

#### **Esquire cover featuring white, middle-class 'American boy' sparks backlash: 'How is this real?'**

Esquire magazine just debuted its March 2019 issue, and the cover shines a spotlight on what it's like for "an American boy" to grow up "white, middle class, and male in the era of social media, school shootings, toxic masculinity, #MeToo, and a divided country." But many people on Twitter are having none of it. Some could hardly believe the magazine seemed to be sympathizing with white male privilege in such a fraught cultural and political climate. The cover accompanies a feature story that's the first installment in a "new series about a boy," according to Esquire. It profiles 17-year-old Ryan Morgan, from West Bend, Wis. Some feel one feature on the "plight" of white males is bad enough, and an entire series just adds insult to injury. Others are baffled by the subject matter.

*Yahoo, February 12, 2019*



### [Fraternities Can Push Boys Toward a Terrible Sort of Masculinity-Or Help Them Resist It](#)

*While frats often make headlines for dangerous behavior, healthy chapters provide young men with intimacy and emotional support at the time they need it most.*



The first speech that Oliver, a West Coast fraternity-chapter president whose story I closely followed for a year, gave his new pledges was not the lecture one might expect from a fraternity brother. "We've worked really hard to build a

reputation as a house of nice guys. If you endanger that reputation, you'll immediately be kicked to the curb," Oliver told the pledges. "That's not the kind of people we want. We're not the douchey frat house. We're not here to 'get bitches and get fucked up.' We're here to learn how to grow up a little bit. And with that comes learning how to be a nice human being; how to look out for each other, for guests, and for girls; and how to properly treat girls. If you're consistently nice and respectful, you're going to build a good reputation, and that's going to help you a lot in life." As I learned in more than two years of reporting for my book, *Fraternity*, about fraternities and masculinity on campus, Oliver's attitude is much more common than the dominant narratives about college men suggest. Too often, when the public hears about boys in college, the context is negative: sexual-assault cases, for example, or boys' dreary academic performance compared with girls'. Media coverage about college guys tends to lament the problems they cause rather than explore the challenges they face. The message that doesn't come across

often enough is that the same forces that have led to what has been called "toxic masculinity" on campuses do more than oppress girls; they can suffocate boys, too. And, surprisingly, the college organizations that might be best positioned to battle this culture are the ones that publicly take the most heat for representing it.

*The Atlantic, February 8, 2019*

### **How to Believe in Boys**

*We need not be pessimistic about the goodness of boys and men*

Contrary to popular stereotypes, we could see that instead of being indifferent to relationships boys are, if anything, even more dependent on personal connections as a precondition for trying something new. In all sorts of classrooms around the world, we realized, it is less how a young man learns than for whom he will learn. Children forget who they are, come to question their most basic human needs, when those they depend on for care are in a fog about their humanity. A man's capacity to wreak damage on himself and others must not be underestimated, but as I have sat with boys and men guilty of the worst kinds of acts, the factors leading to their actions have always been horribly apparent. Should such males be held accountable? They must, as an ounce of prevention. But the current reckoning with men and masculinity, long overdue, will invariably lead to a more searching reconsideration of male development.

*Psychology Today, February 9, 2019*

### **'Traditional masculinity' and mental health: Experts call for gendered approach to treatment**

*Australia's peak body for psychologists says it will consider developing new practice guidelines for psychologists working with boys and men after the American Psychological Association announced its own set of guidelines for the group last month.*

The APA guidelines, which say that "traditional masculine ideology has been shown to limit males' psychological development ... and negatively influence mental health", were designed to provide psychologists with an "evidence-based approach" for responding to the particular needs of boys and men. "The guidelines support encouraging positive aspects of 'traditional masculinity', such as courage and leadership, and discarding traits such as violence and sexism, while noting that the vast majority of men are not violent," the APA wrote on Twitter. "Traits of so-called 'traditional masculinity', like suppressing emotions and masking distress, often start early in life and have been linked to less willingness by boys and men to seek help, more risk-taking and aggression - possibly harming themselves and those with whom they interact." Ros Knight, president of the Australian Psychological Society, said the APS had been highlighting the "quiet crisis around men's mental



health" since 2012. "What we've done is address it through ethical guidelines - so things [psychologists] need to think about when treating men," Ms Knight said. "But there is an opportunity for us to consider whether making specific practice guidelines for boys and men would be a sensible thing to do.

*Australian Broadcasting Corporation, February 4, 2019*

### [\*\*Women's Brains Are 3 Years Younger Than Men's, According to New Research\*\*](#)



So why the distinction in noggin age? Researchers say that their findings are similar to others that show women's brains function uniquely compared to men's across the lifespan: They lose less blood to their brains after puberty, and their brains

have more of what's called "glycolysis" as young adults (a process important for learning), among other differences. This may all mean that a woman's brain is more resilient to aging, which preserves memory. Hormones, including estrogen, may play a youth-preserving role. (It's also worth noting, as the researchers point out, that this applies to biological sex only—not gender.) "It's not that men's brains age faster—they start adulthood about three years older than women, and that persists throughout life....What we don't know is what it means," senior study author Manu Goyal, MD, assistant professor of radiology at Washington University School of Medicine, said in a press release. "I think this could mean that the reason women don't experience as much cognitive decline in later years is because their brains are effectively younger, and we're currently working on a study to confirm that."

*Health, February 6, 2019*

### [\*\*How men continually produce sperm -- and how that discovery could help treat infertility\*\*](#)

The production of sperm -- otherwise known as spermatogenesis -- generates more than 1,000 sperm per second in normal males. This productivity comes, in part, from a special cell type called the spermatogonial stem cell. The staying power of this stem cell has allowed many celebrities, including Robert DeNiro and Pablo Picasso, to father children after the age of 65. Yet spermatogonial stem cells have not been well studied in humans, and attempts to grow them in the lab for clinical purposes have had limited success. In a study published February 5, 2019 in *Cell Reports*, researchers at University of California San Diego School of Medicine used a technique called single-cell RNA sequencing to develop a clearer picture of human spermatogonial stem cells and how sperm are formed. They also developed tools to better isolate these stem cells. This advance, the researchers write, opens the possibility that spermatogonial stem cell transplants could be developed to treat male infertility, an issue that affects more than 100 million men worldwide.

*Science Daily, February 5, 2019*

### [\*\*A Frat Boy and a Gentleman\*\*](#)

One researcher found that fraternities were embracing "a more inclusive form of masculinity," based on equality for gay men, respect for women, racial parity and emotional intimacy.

Americans demonize fraternities as bastions of toxic masculinity where young men go to indulge their worst impulses. Universities have cracked down: Since November 2017, more than a dozen have suspended all fraternity events. But I spent



more than two years interviewing fraternity members nationwide for a book about what college students think it means to "be a man," and what I learned was often heartening. Contrary to negative headlines and popular opinion, many fraternities are encouraging brothers to defy stereotypical hypermasculine standards and to simply be good people. Colleges' push to eliminate all-male groups is indicative of higher education's overall dismissal of the needs of boys and men. Universities glorify the masculinity embodied in men's athletics, largely ignore the emotional needs of their male students and then denounce "toxic masculinity." But most aren't providing the spaces or resources to encourage boys to learn about healthy ways to be men.

In a 2010 study, Professors Harris and Harper wrote that "student activities, resources, and courses offered on 'gender' are almost always about rape and sexual assault, empowering and protecting the rights of women." You can't prevent rape and sexual assault, however, without talking to, and about, men. Jason Laker, an education professor at San Jose State University, called "college masculinity" a "linchpin issue," but said that student-affairs professionals are not "trained in this aspect of student psychological development, which is where the trouble is."

*New York Times, January 27, 2019*

### [\*\*Most young white men are much more open to diversity than older generations\*\*](#)

While the general assumption is that younger Americans are more liberal, and therefore less likely to support Trump, we noted earlier this year that young white men are the only members of the millennial generation - generally but informally defined as those born between 1980 and 2000 - who lean more Republican than Democrat. Millennial men and millennial women tend to identify as Democrats more heavily, as do millennial whites and nonwhites. It's clear from Friday's incident on the Mall that the young men who confronted the Native American protester had somehow internalized that their behavior was acceptable. It's hard to read from that one scenario how they look at issues of race more broadly. But if part of the incident on the Mall reflected opposition to diversity, those views would be in the minority.

There's some irony to that.

*Washington Post, January 20, 2019*

## [Climate change will affect gender ratio among newborns, scientists say](#)



Global warming will have a variety of effects on our planet, yet it may also directly impact our human biology, research suggests. Specifically, climate change could alter the proportion of male and female newborns, with more boys born in places

where temperatures rise and fewer boys born in places with other environmental changes, such as drought or wildfire caused by global warming. A recent study in Japan found a link between temperature fluctuations and a lower male-to-female sex ratio at birth, with conceptions of boys especially vulnerable to external stress factors, wrote Dr. Misao Fukuda, lead study author and founder of the M&K Health Institute in Hyogo.

CNN, January 24, 2019

## [Teens' same-gender friendships key to later satisfaction in romantic relationships](#)

Researchers have long known that the quality of an adult's romantic life is closely tied to both physical and mental health in adolescence. A new longitudinal study sought to identify the factors in adolescence that best predicted who would and would not have a satisfying romantic life in their late 20s. The study found that the skills teens learn in friendships with peers of the same gender were the strongest predictors of later romantic satisfaction. The study, by researchers at the University of Virginia and James Madison University, appears in *Child Development*, a journal of the Society for Research in Child Development. "Romantic relationships in adolescence are much more likely to be fleeting, and as such, they don't appear to be the main way teens learn skills needed for the future," suggests Rachel K. Narr, a doctoral student at the University of Virginia, who coauthored the study.

AAAS, January 24, 2019

## [That "Look:" Considering the Boy Behind the Mask](#)

As Donald Trump put it, "It's a very scary time for young men in America."

In this post-Kavanaugh, Trumpist period, few seem able to perceive youthful uncertainty behind public manifestations of masculine calculation and resolve. There is a wellspring of understandable, pent-up reaction to traditional ways of acting male that has risen right to the surface. The school, the boy, and the boy's family have all been blasted by an explosion triggered by a look and all it represents. Misperceived and mistaken in this time of historic transition, boys and young men of all kinds are at risk for getting stuck in a defensive crouch. As Orwell famously observed, "He wears a mask and grows to fit it." The way forward is not to disconnect from boys who are enacting their part in a gender play scripted for them, however inappropriate or offensive it may be.

Psychology Today, January 26, 2019

## The masculinity revolution is a quiet one. Don't trust its loudest critics.

Masculinity is having a moment. There's a movement for a more expressive, more inclusive definition of manhood, but its critics see something more nefarious. If you listen to Piers Morgan or New York Times columnist Ross Douthat, skeptics of the



Gillette ad and APA guidelines, you might mistake that movement as an assault waged by feminists and liberals when it's really a quiet revolution staged in large part by men of diverse backgrounds who are tired of living by the very narrow, unforgiving standards of stereotypical masculinity. The fear you've heard from skeptics of this moment is the fear of not knowing what lies beyond stereotypical masculinity - and what might emerge in its place. We associate numerous traits with different versions of manhood, including physical strength, courage, wisdom, stoicism, virtuousness, dominance, and wealth. Some of these are worthy attributes that help men excel in personal, social, and professional roles. They're also frankly what many people, regardless of gender, aspire to become. But the normative script that many boys and men feel obliged to follow at home, on the playground, at school, on a sports team, at work, and elsewhere can distort or warp their pursuit of admirable character traits.

*Mashable, January 26, 2019*

## MALE NFL CHEERLEADERS TO PERFORM AT SUPER BOWL FOR FIRST TIME EVER



Fast forward to January and the Los Angeles Rams, with the help of non-call, defeated the New Orleans Saints in the NFC Championship game to make their way to the Super Bowl in Atlanta. Along the way will be the duo of Quinton Peron and Napoleon Jinnies,

who will be the first male cheerleaders ever to perform at the biggest game of the year. "I think we can both say we have both been reached out to by so many men that are so excited to try out, and not just men our age but young men trying out for their junior high school dance team or cheer team and high schools, and it's exciting to see society change a little bit," said Quinton Peron, a Los Angeles Rams cheerleader, on "Good Morning America" on Thursday. "We are extremely excited to see what is going to happen next year," said Napoleon Jinnies, a fellow Los Angeles Rams cheerleader.

*Total Sports, January 24, 2019*

## OPINION: Gillette commercial controversy: Give men credit instead of painting masculinity as poison

*The Gillette ad's problem isn't that it points out male aggression. It's the blithe assumption that other males routinely let them get away with it.*

TheBestMenCanBe.org. #TheBestMenCanBe



The problem with the [Gillette ad](#) \*\* isn't that it points out that males commit antisocial acts. It's its blithe assumption that other males routinely let them get away with it. This is what has infuriated hundreds of thousands of men to the point of threatening to boycott Gillette. They

rightfully point out that supposedly patriarchal Western culture (which, by the way, treats women more respectfully than any other culture humans have ever invented) doesn't "normalize" male acts that harm others, but, rather, quite the opposite. Men might say "boys will be boys" when their son breaks a lamp playing fetch with the dog in the living room. They don't say it when their son joins a gang that beats up other boys in the schoolyard. This is not to say such activity, along with its adult equivalents, isn't uncommon, or that there isn't often peer pressure for men, especially young men, to misbehave. But men have devised institutions - called civilization - designed to channel male aggression in positive directions, such as heroism that saves lives or hard work that supports families. They deserve credit for that.

*USA Today, January 17, 2019*

**[\\*\\* A parody of the Gillette ad appeared on Saturday Night Live on January 19.](#)**

### **[What the New Gillette Ad Misses About Boys](#)**

*The disruption of masculinity calls for an honest reckoning with boyhood*

But the conversation about the ad, and maybe the ad itself, seem to miss the most important point. Where, we should be asking, does male misbehavior come from? How are so many boys transformed from innocent, empathically-attuned human hearts to become perpetrators of sexual harassment and assault in later years? In the same week the Gillette ad was released, the American Psychological Association received fresh attention for new Guidelines for the Psychological Practice with Men and Boys. In explaining why boys and men are now a focus, the authors wrote that men and boys "demonstrate disproportionate rates of receiving harsh discipline (e.g. suspension and expulsion), academic challenges (e.g. dropping out of school, particularly African American and Latino boys), mental health issues (e.g. completed suicide), physical health problems (e.g. cardiovascular problems), public health concerns (e.g. violence, substance abuse, incarceration, and early mortality), and a wide variety of other quality-of-life issues (e.g. relational problems, family well-being)." As to why a disproportionate number of males show up on the wrong end of these outcomes, the authors call out "socialization in traditional masculinity ideology." In other words, each boy is fitted to a boyhood that is dominated by myths, values and experiences damaging to his humanity.

*Psychology Today, January 19, 2019*

### **[Millennials Stare Into the Void, and Gillette Stares Back](#)**

*Can marketers rebrand capitalism for young Americans?*

On Monday, the men's shaving brand Gillette released a new commercial and social-responsibility initiative, and the internet had some feedback. The ad, which shifts Gillette's longtime tagline from "The Best a Man Can Get" to "The Best Men Can Be," is intended to



mark the slogan's 30th anniversary and reflect on the masculine ideals the razor purveyor has endorsed in the past and will demonstrate going forward.\* It also promises million-dollar donations to nonprofits with related goals over the next three years, starting with the Boys & Girls Club of America. The debut of the ad sparked outrage among many conservatives online, who characterized the criticisms of masculine socialization as another round in what they see as a prolonged cultural attack on American men. One Twitter user threw his Gillette razor in the toilet, later clarifying that he did not flush. Gillette may not have anticipated exactly this magnitude of reaction, but in stepping into what many Millennials see as a leadership void left by ineffective government and cultural leaders, it's become the latest example of exactly what many marketers think brands have to do to communicate with the next generation of shoppers. "The intention was not to be political at all," according to Pankaj Bhalla, the North American brand director for Gillette. While it's unclear whether it's even possible to take on a social issue without being political in the current American cultural climate, Bhalla thinks brands feel pressure from Millennial and Gen Z shoppers to step beyond the bounds of straightforward consumer-product marketing. "I think it is important to stand for more than the product's benefit that you provide, and I think that's the expectation of our younger audiences," he says.

*Atlantic, January 16, 2019*

### **New Study Identifies Positive Masculine Norms in Boys and Men**

*Being a good man is complicated, but scientists are finally starting to identify positive masculine traits.*

Many aspects of traditional masculinity are harmful for boys, men, and everyone around them, according to a [massive new report](#) from the American Psychological Association. The recommendations have been met with backlash from conservative pundits, men's rights activists, and men concerned about masculinity being policed. Now, [a new study](#) in the journal of Psychology of Men & Masculinities, attempts to define the most harmful masculinity norms, and replace them with positive traits that are still celebrated as manly. It's a sort of middle ground-one that researchers hope will satisfy the general public. "Researchers have yet to systematically test whether aspects of positive masculinity represent socialized messages about what is typically expected of men in the broader culture," authors wrote. "Accordingly, the present exploratory study sought to determine which attributes of positive masculinity were perceived as positive and socially expected of men."

*Fatherly, January 18, 2019*

### **Toxic masculinity is terrible shorthand for a real problem plaguing men**

The idea, which has taken root in popular culture, originally started as a concept along the lines of what Olivia Petter once wrote in "The Independent": That toxic masculinity "dictates that men should be stoic and strong, both emotionally and physically," and recognizing



that as a problem provides men an opportunity to rethink "what it means to be a man today, and what is generally expected of them by society." But outside of academic circles, it's seemingly taken on a meaning - that all conceptions of masculinity are bad - that may be as toxic to men as the negative ideas it was initially meant to tease out. Psychologist Gad Saad, for example, has written that the term "toxic masculinity" itself pathologizes masculinity "in ways that are harmful to the existential sense of self of young men."

NBC, January 14, 2019

### "Toxic" masculinity is harming boys by encouraging them not to cry, say top psychologists



Traditional masculinity is toxic and encouraging boys not to cry is dangerous to their health, according to the world's leading psychology group. In its [first official guidelines on the treatment of men and boys](#), the influential American Psychological Association says

many male traits including stoicism, competitiveness, dominance and aggression are harmful and can lead to violence, depression and suicide. It argues that this 'traditional masculinity ideology' pushes boys toward 'anti-femininity' and forces them to mask the appearance of weakness while encouraging risk-taking, aggression and violence as a means of solving problems. As a result, it limits men's psychological development, constrains their behaviour, causes 'gender role strain' and has a negative impact on their mental and physical health. But critics have accused the report of taking an anti-male stance, which depicts traditional male values as 'nearly monstrous'.

Daily Mail, January 12, 2019

### Why progressives should stop avoiding men's issues

Millions of American men are disconnected from work, children and family; are in poor physical and mental health; suffer from addiction and isolation; and struggle with what it means to be a man. Yet most progressives - who claim to care about all of society's underdogs - seem to assiduously avoid these issues. Instead, their main concern when it comes to men is that too many men remain wedded to "traditional" notions and norms of masculinity. Problems facing men of color are largely seen through the lens of race, not gender. The very phrase "men's issues" conjures up images of bitter, angry white guys who stupidly don't realize that they are oppressors and on top of

the world. In the era of #MeToo, men don't have problems; they are the problem. To some, even talking about men's problems can brand one as tone-deaf and sexist. The fact that women remain victims in many ways does not negate the reality that many men are struggling and are victims of economic and cultural changes - ones that often also hurt women, children and society. Men are not a monolithic group, and it is not a zero-sum game in which men win and women lose (or vice versa).

*Washington Post, January 18, 2019*

**I've Talked With Teenage Boys About Sexual Assault for 20 Years. This Is What They Still Don't Know**

Boys who want to talk to me alone wait until the last student leaves the auditorium or track me down in the library office, where I'm eating lunch. A few have been victims of sexual violence themselves. Many more have been targeted by bullies at school. Others come for advice about situations they don't know how to deal with. We sit in a quiet corner. The boy, sweating, fidgeting, eyes downcast, tells me his story. Sometimes he tells of a girl, a friend who has been raped. He wants to know the best way to help her because since it happened, she has been cutting herself, skipping school and getting high to avoid the pain. He wants to kill the boy who hurt his friend. He wants to help and doesn't know how. And then there are the half-confessions. No boy has ever come out and admitted to me that he raped someone, but a few have said, "I might have pushed things too far," or "Well, we were drunk," or "Things got out of hand and... she refused to talk to me after that night." They don't look me in the eye as they say this. They are not proud of themselves. Their confused shame is heart-breaking and infuriating.

*Time, January 15, 2019*



**Asian-American students don't develop gender gap until adolescence, study says**

*The research provides evidence that the gender gap is not innate and is possibly based on perceptions of masculinity*



The research, published online in December by the journal Sociological Science, found that unlike non-Latino white students, there is no educational gap between male and female students until adolescence begins. It isn't until high school when Asian-

American female students begin to outperform male students (roughly about one-third of a grade point, similar to the gap found among other students). Amy Hsin, an associate professor of sociology at Queens College

of the City University of New York and the author of the paper, said the research provides evidence that the gender gap is not innate and is possibly based on perceptions of masculinity. "I think what this is suggesting is that the gender gap is - in the sense of boy's underperformance - is not necessarily a fact of biology," Hsin told NBC News. "School environments and how we teach boys to think about what masculinity means - all of those things matter and can shape how boys think about themselves and how they can think about themselves in schools and the workplace."

NBC, January 16, 2019

### Male Students in 'MAGA' hats mock indigenous elder, demonstrators in Washington

A diocese in Kentucky said students could face expulsion after videos surfaced showing a crowd of teenage boys sporting "Make America Great Again" hats as they mock a group of Native Americans at the Indigenous Peoples March in Washington on Friday. The students were in town for the anti-abortion March for Life. [In several videos circulated on social media](#), one teen stands directly in front of and stares at Nathan Phillips, an elder in Omaha, as he sang an intertribal song, Native American media reported. At one point, the group of boys chanted, "Build that wall! Build that wall!" Video posted to Instagram captured Phillips' response to that phrase after the confrontation. "This is indigenous lands. We're not supposed to have walls. We never did," he said.

ABC News, January 20, 2019



### Traditional Masculinity Can Hurt Boys, Say New A.P.A. Guidelines



The American Psychological Association has released several guides for psychologists who work with people belonging to certain groups - members of ethnic and linguistic

minorities, for example, or women and girls. It did not have a guide for working with males, in part because they were historically considered the norm. But in August, the A.P.A. approved its first set of official guidelines for working with boys and men. The guidelines, 10 in all, posit that males who are socialized to conform to "traditional masculinity ideology" are often negatively affected in terms of mental and physical health. The document was written in academic language - not built to

go viral. But last week, an A.P.A. article about the guidelines, which was featured in the January issue of Monitor on Psychology magazine, and then a tweet about that article, captured widespread attention. Negative comments flooded in on Twitter, as well as from conservative news outlets. "If men are struggling more the farther we move from those traditional norms, is the answer to continue denying and suppressing a boy's essential nature?" David French, a senior writer for National Review, wrote in an article about the guidelines on Monday. Judy Y. Chu, who teaches about boys' psychosocial development at Stanford University and is the author of "When Boys Become Boys," was not involved in drafting the document but said it contained good insights into the needs of boys, who are often taught to avoid showing emotion.

*New York Times, January 10, 2019*

**Cannabis doesn't just lower men's sperm counts - it may also alter their sperm's genetic makeup**



According to the World Health Organization, 147 million people use cannabis all over the world, making it the most widely used drug. However, in addition to

psychoactive effects experienced by many users, cannabis use also has a number of health consequences, including lowered sperm count. A new study suggests this may not be the only effect the drug has on men's fertility; results indicate cannabis can alter the genetic makeup of sperm in regular users too.

*Business Insider, January 9, 2019*

**FDA calls AR male teens using smokeless tobacco an epidemic**

The number of teenage boys using smokeless tobacco in Arkansas nearly doubles the national number. The director of the Food and Drug Administration's Center for Tobacco Products is calling



this phenomenon an epidemic. The FDA on Tuesday broadened the campaign -- "The Real Cost" -- to educated male teens on the dangers

of smokeless tobacco use. "They see dads, uncles, older brothers, everyone's dippin' or chewin', and when you couple that with no understanding the health risks, we have a 17. 9 percent teenage boy smokeless tobacco use rate in your state, and that's a problem."

*East Texas Matters, January 10, 2019*

### **Young patients have trouble getting private talks with doctors**

Only half of young people in the U.S. ever get private time with their doctors, according to a new study. Patients between ages 13 and 26 who report talking confidentially during appointments should have more positive attitudes about their healthcare provider and clinical preventive services, like screening, counseling and vaccinations, according to a study published Wednesday in the Journal of Adolescent Health.

"Discussing confidentiality and having private time with a provider are critical components of comprehensive clinical preventive services for young people, however about half of young people report never having had these with their provider," Stephanie Grilo, a doctoral researcher at the Columbia University Mailman School of Public Health and study lead author, said in a press release. "Regular providers need to begin discussion of private time and confidentiality at earlier ages." Only 14 percent of male patients between ages 13 and 14 and 22 percent of female patients between ages 13 and 14 had ever spoken without their parents present to a healthcare provider.

*UPI, January 9, 2019*

### **For black and Latino fathers, talking to sons about sex is awkward but might prevent STIs**



Teenagers are increasingly turning to the internet for information about sex, allowing them to bypass potentially awkward conversations with their parents. While many fathers may feel uncomfortable about

having "the birds and the bees" talk with their sons, they may be surprised to learn that their children actually want fathers to give them specific guidance on condom use, according to a new study. "Most of the work in sexual and reproductive health has focused on mothers, not fathers," Guilamo-Ramos told NBC News. "There's a lot of work about dads being financial providers, and to me, that didn't make sense.

Young people want to hear from their fathers [about sex]. Many sexual and reproductive health campaigns have also focused on young women. These campaigns have certainly been effective: According to the Center for Disease Control, teen birth rates declined for nearly all races in 2017. But while teen birth rates have been falling, condom use among teenagers has been steadily declining. Nearly 60 percent of high

school seniors have had sex, yet only 54 percent of sexually active teenagers report using a condom during their most recent sexual encounter—an 8 percent decrease from 2005. As a result, rates of STDs are noticeably rising, affecting a higher number of boys than girls.

*NBC News, December 27, 2018*

### Why are more boys than girls born every single year?

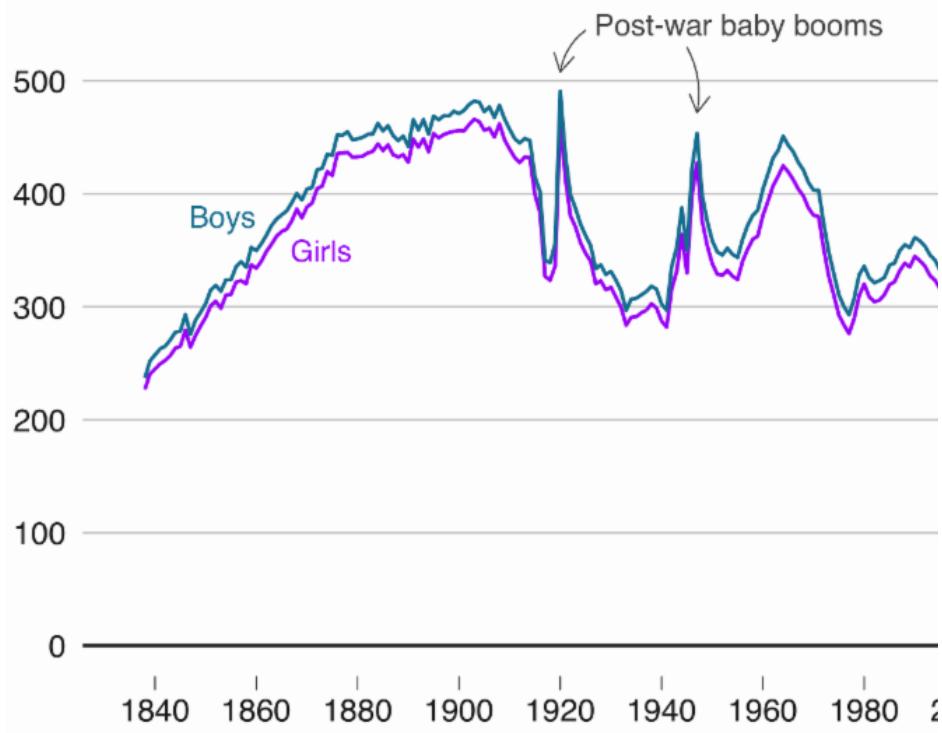
Since records began in 1838, the cries of babies born every year have been predominately male. In not one year, stretching back to the start of Queen Victoria's reign, have girls outnumbered boys at birth. In 2017,

in England and Wales, for example, there were 348,071 live male births and 331,035 live female births - a difference of roughly 17,000. And that higher tally of males compared to females born each year is a pattern that has repeated itself for nearly 180 years. In fact, a ratio of roughly 105 male births for every 100 female ones is generally seen as natural and normal. It is fairly consistent around the world, although in some countries like China and India the gap is wider because male offspring are more desirable. More surprisingly, it is a ratio that has been known about since the 17th Century. But why this ratio exists is not yet completely understood - although there are several theories.



## More boys than girls have been born every year in England & Wales since 1838

'000s



Source: ONS

BBC, December 25, 2018

### Boys' weight in puberty tied to adult diabetes risk

When young boys gain a lot of weight at puberty, they may be increasing their risk of developing diabetes decades later, a Swedish study suggests. Researchers examined body mass index (BMI) measurements for 36,176 men when they were 8 years old and when they were 20, then followed the men through health records from age 30 for an average of almost three decades. During this time, 1,777 men developed diabetes. Men who were overweight as kids but not during puberty were no more likely to develop diabetes in adulthood than those who maintained a healthy weight throughout childhood, the study found. But men who became overweight during puberty were more than four times as likely to develop diabetes before age 55 and more than twice as likely to develop diabetes after 55 than men who were never overweight as kids.

Reuters, December 27, 2018

### Enlarged breasts in males can occur at any age

Gynecomastia, or enlarged breasts, can do more than affect men's appearance - it can also damage their self-esteem. Why does this

condition develop, and what can be done about it? Gynecomastia can occur at any age - about half of infant boys are born with enlarged breasts, and an even higher percentage of teenage boys develop them, according to the National Institutes of Health; for both groups, breast enlargement is usually temporary. In adult men, gynecomastia is more common after age 50. Here are five things you need to know about this condition.

*South Carolina Now, January 6, 2019*

**The making of men: It's all about belonging**

Specialists in boys' development have long known that even in families with dads, mid-teen boys need to receive mentoring from other caring adults, and to participate in rites of passage that define and honour their adulthood, while also teaching its disciplines. Many of our best schools now offer special manhood (and womanhood) programs, usually in year 9, where being a good person is taught, and rites of passage are created jointly with parents to make this memorable and profound. sh ortliRites of passage help us to transition to a new level of life. They are so essential to human beings that if not provided, the young create their own. Our rites of passage today are dismal and without any sacred dimension - get drunk, get laid, get a driver's licence, the aimless emptiness of "schoolies". These lack the key messages of adulthood - learning to care for others, and how to be good, and valued. Missing also is any sense of true belonging, of an adult world saying welcome. A US survey of a million high school students found that only 19 per cent felt valued by their communities. Is it any wonder this turns into a reciprocated lack of caring in the kids?

*Sydney Morning Herald, January 6, 2018*

**QuickStats: Age-Adjusted Percentage of Adults Aged = to or Over 18 Years Who Were Ever Tested for Human Immunodeficiency Virus (HIV) Infection, by U.S. Census Region - National Health Interview Survey, 2017.**

*MMWR, CDC, January 4, 2019*

**From Birth On, One Sex Is Hardier**



Women are known to outlive men. And that advantage may start early, according to researchers who've found baby girls more likely to survive famines, epidemics and other misfortunes. The fact that females have this advantage in infancy -- when

there are few behavioral differences between the sexes -- suggests biology may be at least partly responsible, the researchers said. They examined about 250 years of data on people who died at age 20 or younger due to severe circumstances. These included slavery in Trinidad and the United States in the early 1800s; famine in Sweden, Ireland and the Ukraine in the 18th, 19th and 20th centuries; and measles epidemics in Iceland in the 1800s. Even when overall death rates were very high, females still lived longer than males by an average of six months to four years, according to the study. Breaking down the results by age group, the researchers found that most of the female survival advantage came in infancy, with newborn girls harder than newborn boys. The results were published online recently in the Proceedings of the National Academy of Sciences.

*US News & World Report, January 16, 2018*

#### **Men Who Have Sex with Men Receive Less HIV Education**

According to a recent study led by Boston University School of Public Health (BUSPH), young men who have sex with men (MSM) are less likely to receive school-based HIV education than young men who have sex with women, leading to a higher risk of HIV infection. Researchers aimed to evaluate HIV education and sexual risk behaviors among young men who have sex with men (YMSM) relative to men having sex with women (MSW) in order to identify the relationships between HIV education and YMSM sexual risk behaviors. The study, published in *LGBT Health*, found that 84% of MSM reported learning about HIV in school compared to 90% of MSW. "It's striking that the young people who are at most risk of HIV are least likely to report HIV education in school," Julia Raifman, ScD, SM, lead author, assistant professor, health law, policy and management, Boston University School of Public Health, said in the study.

*MD Mag, January 30, 2018*

#### **Data Point: Gun violence is the most common cause of death for young men**

In the United States, 30 percent of deaths in 2016 among young men ages 15 to 19 can be attributed to gun violence. This is significantly higher than the percentage of young men who died in motor vehicle



accidents (23 percent), or of illness or disease (21 percent). All other causes of death (including non-motor vehicle accidents like drowning and poisoning) made up 26 percent of deaths in 2016.

*Child Trends, February 22, 2018*

### Why boys are more likely to be violent - and six ways we can stop it

*Boys don't know how to express their emotions, and we may be too permissive with the few we expect them to feel: anger and frustration.*

What makes boys more inclined toward violence and what can we do to stop it? It's a vast and complicated issue, but in part it comes down to an enduring stereotype that boys can't or shouldn't feel emotions as expansively or openly as girls. As Black points out in his essay, "It's no longer enough to "be a man" - we no longer even know what that means." But there is a way to help. "The bottom line is that we need to turn the light on to the fact that we parent, educate and generally treat our boys and girls differently. This is a global issue, not just an American one," says psychologist Teodora Pavkovic. "Boys are seen as incapable of experiencing a full range of emotions (or alternatively, certain cultures simply prefer it if they didn't), and so we tend to not speak to them about emotions nearly as much, and we tend to only be permissive with the couple of emotions we expect them to display, primarily anger and frustration. This has led to the creation of not just misconceptions such as 'emotions are girly' and 'boys don't cry,' but to many generations of men with devastatingly poor emotional diversity, awareness and literacy."

*NBC News, February 28, 2018*

### A New Deal for poor African-American and Native-American boys

The U.S. is facing a national crisis. It is virtually guaranteed that if you are poor, male, African-American or Native-American, you have a disproportionately high likelihood of ending up in prison, unemployed, or both. In a new paper by my colleague, Adam Looney, and his co-author, Nicholas Turner, intended to analyze post-incarceration employment, the authors find that: "Almost one-third of all 30-year-old men who aren't working are either in prison, in jail, or are former prisoners...Boys who grew up in families in the bottom 10 percent of the income distribution were 20 times more likely to be in prison on a given day in their early 30s than children born in top ten percent of families...Prisoners are also disproportionately likely to have grown up

in socially isolated and segregated neighborhoods with high rates of child poverty and in predominantly African-American or American Indian neighborhoods."

*Brookings, March 14, 2018*

### **Male Childhood Friendships May Have Some Health Benefits in Adulthood**

Time spent with friends in childhood is associated with physical health in adulthood, according to data from a multi-decade study of men. The findings, published in *Psychological Science*, a journal of the Association for Psychological Science, show that boys who spent more time with friends as children tended to have lower blood pressure and lower BMI as men in their early 30s. "These findings suggest that our early social lives may have a small protective influence on our physical health in adulthood, and it's not just our caregivers or financial circumstances, but also our friends who may be health protective," says psychological scientist Jenny Cundiff of Texas Tech University. The fact that the association was evident over a 16-year span and was not explained by several other potential factors gives Cundiff confidence in the results. "Although this wasn't an experiment, it was a well-controlled longitudinal study in a racially diverse sample - so it provides a strong clue that being socially integrated early in life is good for our health independent of a number of other factors such as personality, weight in childhood, and the family's social status in childhood," she explains.

*Psychological Science, March 29, 2018*

### **FDA Approves PrEP for Gay and Bi Teens**

The Food and Drug Administration has approved the drug Truvada for usage as pre-exposure prophylaxis, or PrEP, for adolescents.

In a Tuesday

announcement, the government health agency recommended that the daily treatment be used by young men who have sex with men (YMSM) in combination with other safe-sex practices, like condom use, in order to prevent HIV infection. Youth are an at-risk group for HIV. People ages 13 to 24 accounted for 21 percent of new infections in 2016, reports the Centers for Disease Control. YMSM - especially black and Hispanic youth - comprised 81 percent of those infections.

*Advocate, May 17, 2018*



### **Boys as young as five facing body image issues, researchers find**

"Historically, women and girls have faced this pressure disproportionately, but rather than this reducing, boys and men are now feeling the same way," he said. A study by Dr Griffiths of 1666 schoolchildren published in the Journal of Adolescent Health found just over half of boys report some body dissatisfaction. Merissa Forsyth, founder of Pretty Foundation, a non-profit organisation focused on building body resilience in girls, is now expanding its focus to include boys. "We soon realised that to truly see change in our society with regards to body image, we had to get men and boys involved too," she said. Dr Griffiths said stoicism, which is a part of traditional masculinity, can make it harder for males of any age to speak out. "For those affected it can have a major impact on quality of life and how it makes them feel," he said. "You don't find boys saying they want to be skinny and have a thigh gap. Boys are more likely to want to have broad shoulders, a six-pack or biceps. "But people aren't as aware there might be a problem with boys working out in the gym six days a week or drinking protein shakes."

*University of Melbourne, August 2018*

#### [More teen boys report experiencing dating violence than girls, new study claims](#)

Turns out when it comes to teen dating violence, boys are victimised more than girls, a new study reveals. However, according to the researchers, 5.8 per cent of boys and 4.2 per cent of girls said they had experienced dating violence in the past year. According to study author Catherine Shaffer, more research is needed to understand why boys are reporting more dating violence. "It could be that it's still socially acceptable for girls to hit or slap boys in dating relationships. This has been found in studies of adolescents in other countries as well," said Catherine Shaffer. She added that there is an overall decline in dating violence. "Young people who experience dating violence are more likely to act out and take unnecessary risks, and they're also more likely to experience depression or think about or attempt suicide. That's why it's good to see that decline in dating violence over a 10-year span. It suggests that healthy relationship programs are making an impact among youth," added Shaffer. This is the first study in Canada to look at dating violence trends among adolescents over time and the first in North America to compare trends for boys and girls. The study appeared in the *Journal of Interpersonal Violence*.

*Deccan Chronicle, August 31, 2018*

#### [Raising Boys](#)

In light of the past year's news of rampant sexual misconduct by some powerful and famous men, Washington Post journalists asked the question: How do we raise boys? To find out, we searched the country, talking to boys, parents and experts about what it's like to be a boy today. In this series:

Age 8 Ages 11 and 12 Age 17

Girls are doing better in school from the earliest grades onward; they are graduating from college at higher rates than male counterparts. They have, with generations of effort, broken through the stereotypes that define girls.

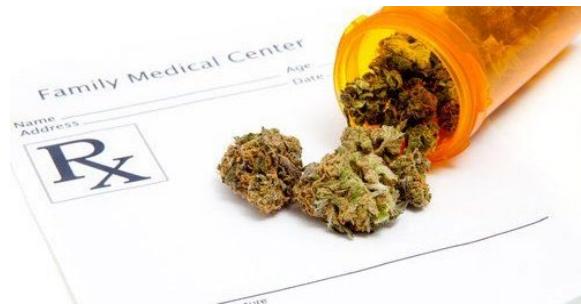
Statistics show that girls have pulled ahead in the race for gaining societal encouragement and recognition, for self-esteem. Over recent decades, doors have opened for them: Girls can play sports, create art, win at science competitions, try to be anything they want to be. "The future is female," their shirts declare.

What's not really changed over time is the image of boys. They're expected to be strong and stoic. They're labeled as goof-offs in school. They can't show interest in pink, nail polish or dance class. They're told to man up, be the financial provider, not walk away from a fight. When the country summons its citizenry to war, it's still mainly the men who march off.

Boys have been raised in a culture that puts them into a very distinct box, based on stereotypes that have persisted for hundreds of years, says Michael Reichert, a psychologist at the all-boys Haverford school in Philadelphia. "The boys are not the problem," he says. "It's the model." Society ignores the fact that boys have complex emotions and a desire to live their own way, just as girls do.

*Washington Post, December 17, 2018*

### Could Pot Harm Men's Sperm?



New research shows that marijuana causes genetic changes in sperm, though it's not clear what effect those changes have, or if they're passed on to a man's children. But the scientists said their

findings suggest that men trying to have children should consider avoiding marijuana for at least six months.

*US News, December 19, 2018*

### Chats With Dad Can Persuade Sons to Use Condoms

For the study in [Pediatrics](#), researchers interviewed 25 fathers and sons. Their comments show that father-son communication about using condoms consistently and correctly is "feasible and acceptable." The findings suggest that supporting fathers in



communicating with their adolescent sons about sexual and reproductive health represents a powerful new mechanism for the prevention of teen pregnancies and STIs, including HIV, resulting from unprotected sex.

*Futurity, December 18, 2018*

### I Had Testicular Cancer Twice. Here's What Other Men Need to Know.

*Surviving testicular cancer twice was hard. But talking about having testicular cancer can be even harder.*



Testicular cancer is extremely common. In fact, it is the most common type of cancer in men ages 15-39, as prevalent in young men as breast cancer is in young women, with nearly

half of all cases occurring in men ages 20 to 34. If caught early, survival rates are high. If not, it can quickly spread to other areas of the body such as the spine or lungs. As it occurs in the testicles, signs are often ignored or undiscussed. While conversations about testicular cancer are starting to become more and more common, the volume on those conversations needs to be raised considerably. When I think of my own cancer, and my story, I just want men to know that they shouldn't think they're invincible. I know a lot of men that would feel that lump and say it's nothing and then move on with their lives and go ahead and continue school, do work, and remain the young ignorant man you are that you are in your early twenties. If you feel something down there, do not think twice. Go call your doctor.

*Fatherly, November 27, 2018*

### More teen boys in Arizona are dying of suicide

The suicide rate for teen boys in Arizona is alarmingly high and growing, according to an educational consultant and child advocate who speaks at schools about mental health issues. Katey McPherson said most Arizona school districts are reporting an increase of 85 percent in the rate of suicide among teen boys since 2009.

*AZ Family, December 18, 2018*

### DISABILITY, THOUGHTS OF SUICIDE AND AUSTRALIAN MEN

*It's a difficult subject, but men in Australia are much more at risk of having suicidal thoughts than women; now, new research looks at what this means for Australian men with a disability*

Our awareness around male suicide has increased in Australia over recent years with a growing number of organisations and campaigns devoted to its prevention. But by focusing so much



attention on the gender gap in suicide, are other social factors that predict a risk of suicide being overshadowed? One of those is disability. Our team sought to fill the gap in research on disability and suicide. And based on our findings, men who reported a disability were more likely to think about suicide than other men.

*University of Melbourne, December 19, 2018*

### Exploring men's perceptions about male depression.

#### **Abstract**

This study examined perceptions about depression among a sample of men from a midwestern university in the United States (N = 366).

Specifically, a randomized analogue design with a series of vignettes about men with depression was used to identify: (a) what constellations of symptoms men identify as depression (i.e., conventional diagnostic criteria, gender-specific diagnostic criteria, or a combination of traditional and gender-specific diagnostic criteria) and how these constellations influence perceptions of severity and (b) men's beliefs about the masculinity and femininity of men experiencing depression. Results of this study indicate that men identified symptoms of male-type depression as "depression" at lower rates than symptoms of major depressive disorder or a combination of male-type depression and major depressive disorder. Symptoms of male-type depression are also perceived as less severe than other symptom constellations.

Furthermore, participants in the study perceived men with traditional symptoms of depression as less masculine and more feminine than men reporting no symptoms of depression, symptoms of male-type depression, or traditional symptoms coinciding with externalizing behaviors. The current study begins to fill gaps in our understanding of men's perceptions of what symptoms constitute depression, the degree to which these symptom constellations reflect severity of depression, and perceptions of the masculinity and femininity of other men with depression.

American Psychological Association, August 20, 2018

### Boys need better access to mental health care. Why aren't they getting it?

*"If you can't turn to someone in your life and say how you are really feeling, then you're only going to end up hurting yourself somehow down the road."*



Barbour said few guidelines exist in the U.S. to help parents, educators and clinicians understand young men's needs, so the Partnership for Male Youth is working to fill the void. The organization created

a [guide](#) for health providers that details boys' unique needs around health, including how they may express mental health issues. "The fact is that very little work has been done to develop practical solutions for young men and mental health issues, including depression," Barbour said.

*NBC News, December 15, 2018*

#### [\*\*H&M slammed for mocking mental health with "sarcastic" new jumper\*\*](#)

*One shopper said the grey jumper, which reads 'I AM OK', makes an 'inappropriate play' on the male mental health awareness campaign 'It's OK not to be OK'.*

Ethan, who has lost a number of male friends to suicide, believes the jumper 'appears to brag that the wearer is OK', as opposed to being mentally ill. He said: 'Some people may see it as mocking. It may come across as very sarcastic. EU migrants will have to earn £30,000 before they can work in UK 'I've lost friends to suicide, all being male. Men do struggle to speak about their feelings. 'The old stigma is that boys are meant to be tough, we are told from a young age that "boys don't cry." 'We need to break that mould.'

*Metro UK, December 11, 2018*



#### [\*\*Are the youngest boys in a classroom wrongly labeled with ADHD?\*\*](#)

Are our sons being diagnosed with a serious learning disorder just because they are young for their school grade? Are they then being treated with medications, sometimes for many years, because of a mistaken diagnosis? A new report published recently in the New England Journal of Medicine by the health care policy department at Harvard Medical School suggests this may be true. Rates of diagnosis of attention deficit disorders (ADD or ADHD) in children 5 and younger increased more than 50 percent from 2007 to 2012. In 2016, 5.2 percent - more than one in 20 - of children between ages 2 and 17 were taking medication to treat this diagnosis. The researchers from Harvard

are concerned that this wide use of medication was occurring because the diagnosis of ADD was being applied to children who were just younger and naturally more immature than their classmates, and not because they really had a learning problem.

*Philly.com, December 11, 2018*

### Understanding men's health: Men's health matters



The facts are stark - life expectancy in the UK for males is 78.2 years and for females 82.3 years - in other words, men live two hours fewer per day (Reference: BMJ). According to statistics on mortality compiled

by Men's Health Forum, men are more likely than women to die prematurely. In England and Wales, 19% of all male deaths were aged under 65 (compared to 12% for women) and 38% of all male deaths were aged under 75 (compared to 26% for women). Males are more likely than females to die in all age groups under 85 years. With statistics like these, surely it's time for men to face the fact that things need to change. But how?

*Pharmafield UK, December 10, 2018*

### HIV-negative MSM on PrEP acquire sexually transmitted HCV

Researchers documented a small number of cases of sexually acquired hepatitis C virus infection among men who have sex with men, or MSM, taking pre-exposure prophylaxis, or PrEP, for HIV prevention. The cases underscore a need for HCV prevention efforts and enhanced HCV surveillance among MSM who use PrEP, they said. "In the decade before the FDA approval of emtricitabine/tenofovir for PrEP in 2012, sexual acquisition of HCV infection was rare in HIV-uninfected MSM compared to HIV-infected men," the researchers, from institutions in San Francisco and New York, wrote in the Journal of Infectious Diseases. "However, since the FDA approval and the increasing prescription of PrEP in our regions, we have now documented 15 sexually acquired HCV infections among 14 HIV-uninfected MSM after their initiation of PrEP."

*Helio, December 10, 2018*

### ARE WHITE MALES A MINORITY GROUP? TWO UNIVERSITIES SAY YES, LAUNCH RECRUITMENT DRIVE

Two British universities are aiming to recruit more white males, after the numbers of such students dropped low enough for them to be classed as a minority group. Aston and Essex Universities have

announced their plans to target more white men, the Telegraph reported. The newspaper cited Britain's Higher Education Statistics Agency, which said white men are a minority at approximately 10 percent of all higher education institutions in the U.K. They are especially poorly represented on courses including pharmacy, business and some science degrees, where more than 70 percent of students are from an ethnic minority.

*Newsweek, December 11, 2018*



**The Lancet Child & Adolescent Health: Adolescents who identify as non-heterosexual may be more vulnerable to depressive symptoms from 10 years old**

Depressive symptoms more common among sexual minority youth than heterosexual youth at age 10, develop faster during adolescence, and continue into young adulthood, but start to decline from age 18. Young people who identify as sexual minorities--including those who identify as lesbian, gay, bisexual, not exclusively heterosexual, or not sure of their sexual orientation--consistently experience more symptoms of depression and report more self-harm than heterosexual youths throughout their school years and into early adulthood, according to an observational study which followed almost 5,000 young people from 10 to 21 years of age in the UK, published in The Lancet Child & Adolescent Health journal.

*AAAS, December 11, 2018*

**Missed Opportunities for HIV Screening Among a Cohort of Adolescents With Recently Diagnosed HIV Infection in a Large Pediatric Hospital Care Network**

**Abstract**

**Purpose**

Routine human immunodeficiency virus (HIV) screening reduces HIV progression and transmission. Our aims were to determine prevalence and factors associated with prior HIV screening among a cohort of youth living with HIV.

**Methods**

Retrospective chart review of youth living with HIV aged 14-26 at an HIV clinic comparing characteristics between those with and without HIV screening within the year prior to diagnosis

## Results

Subjects (301) were male (85%), African-American (87%), and men who have sex with men (84%). Subjects seen 1 year prior to diagnosis (58) contributed 179 visits for missed opportunities with 59% having a documented sexual history in the electronic health record and 48% tested for HIV. Subjects with symptoms suggesting acute HIV infection (51%) were more likely to be tested ( $p < .04$ ). In the adjusted model, documentation of sexual history and demographic factors was not associated with prior testing.

## Conclusion

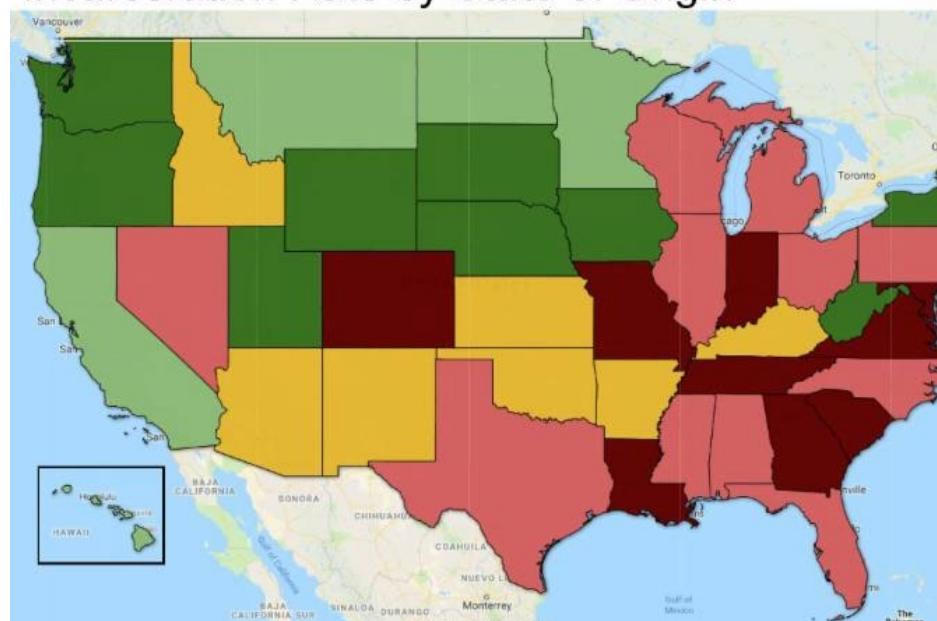
We identified high rates of missed opportunities for HIV testing and sexual history documentation in the year prior to diagnosis, underscoring the need for routine HIV screening in adolescents.

*Journal of Adolescent Health, December 2018*

## INCARCERATION RATES VARY WIDELY BASED ON WHERE YOUNG MEN GREW UP

*The chances of winding up in prison are much greater for young men who grew up in states like Virginia and Delaware than they are for young men from Maine or Rhode Island.*

### Incarceration Rate by State of Origin



Delaware and Virginia have high incarceration rates for all young men. Maine and Rhode Island have much lower rates. The incarceration rate for young Hispanic males growing up in North Dakota is five times larger than that for Hispanic men growing up in New York. Black incarceration rates are generally higher, but some states have rates twice those of others. The researchers say they have not studied the differences in state rates of incarceration. They know some factors that

decrease the chances a person in this cohort would wind up in jail. Those places that were good for children had lots of two-parent families, low poverty rates and low levels of racial bias. But those traits were more rooted in a community than a state. The large differences in state incarceration rates for men await more study by the Harvard economists.

*Daily Yonder, December 4, 2018*

### **Study: Black males twice as likely to die, mainly from gun violence**



Black men are twice as likely as white males to die before age 20, and likely due to gun violence, while white males are more likely to die of suicide. Researchers at Boston University found that, compared to other

countries, all men in the United States had life expectancy loss of 21 percent due to firearms. The findings were published Tuesday in the Journal of the American Medical Association after an analysis of death data pulled from Centers for Disease Control and Prevention.

Researchers looked at life expectancy loss statistics from homicides and suicides, which broke down by race, from 2000 to 2016. "We already knew that there is a loss in life expectancy. However, we did not know how much of it was due to firearm injury," Bindu Kalesan, a clinical epidemiologist at Boston University and study co-author, told UPI. "We already knew that there is a racial disparity in firearm death rates. However, we did not know whether white and black Americans died young or old and by what intent resulted in what amount of loss of life."

*UPI, December 5, 2018*

### **Social difficulties may lead to early substance use in boys**

Young adults, especially boys, who enter sixth-grade with co-occurring social skills, anxiety, learning and conduct problems, are at the greatest risk of developing aggressive behaviour and consuming alcohol and marijuana by the end of eighth grade.

Researchers at the University of Illinois found that four distinct patterns of co-occurring social-emotional learning and behavioural problems among more than 2,600 middle-school boys in their study. The boys were students at 37 schools located. The findings of the study are published in the Journal of Early Adolescence. "While substance use among all boys in the study population increased over time, it increased the fastest among boys who had the greatest social skills



needs," said Kevin Tan, the principal investigator of the study.  
*Times Now, December 5, 2018*

### [\*\*Gay men who use crystal meth need integrated care\*\*](#)



The use of cheap and potent crystal methamphetamine (meth) is reaching a "crisis point in Canada" and globally, replacing opioids as the drug of choice in some areas. In media and policy conversations about this

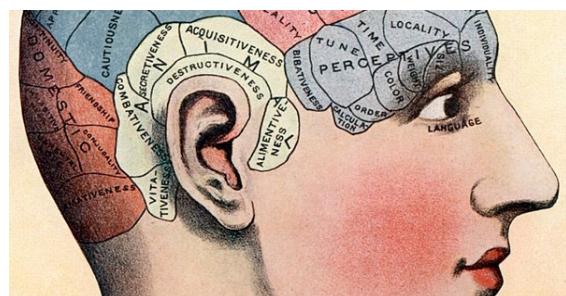
drug, one important population is often missed out: Gay, bisexual and other men who have sex with men (herein, referred to as gay and queer men). Used alone or in combination with other substances, the sexualized use of meth is a practice often referred to as "chemsex" or "party n' play." It is one of the key drivers of high and rising HIV rates and other sexually transmitted infections. And meth use can lead to many other negative health outcomes, including depression, anxiety and suicide. Unfortunately, there are limited options available for gay and queer men who want to quit or reduce their meth consumption. Most sexual health-care services do not offer specialized substance use services. Similarly, conventional substance use services do not consider how a patient's sexuality or sexual behaviour may relate to their drug use patterns. My research team at the British Columbia Centre on Substance Use recently published a systematic review offering compelling evidence that integrating sexual health services and substance use care for gay and queer men who use meth can work.

*The Conversation, December 6, 2018*

### [\*\*Can We Finally Stop Talking About "Male" and "Female" Brains?\*\*](#)

*Recent research is making it clearer than ever that the notion that sex determines the fundamentals of brain structure and behavior is a misconception.*

In 2015, one of us, Daphna Joel, led an analysis of four large data sets of brain scans, and found that the sex differences you see overall between men's and women's brains aren't neatly and consistently



seen in individual brains. In other words, humans generally don't have brains with mostly or exclusively "female-typical" features or "male-typical" features. Instead, what's most common in both females and males are brains with "mosaics" of features, some of them more common in males and some more common in females. Daphna Joel

and colleagues then applied the same kind of analysis to large data sets of psychological variables, to ask: Do sex differences in personality characteristics, attitudes, preferences, and behaviors add up in a consistent way to create two types of humans, each with its own set of psychological features? The answer, again, was no: As for brain structure, the differences created mosaics of feminine and masculine personality traits, attitudes, interests, and behaviors.

*New York Times, December 3, 2018*

### **WHY MALE INCLUSION IN FEMALE ADVANCEMENT MATTERS FOR INTERNATIONAL DEVELOPMENT**

Historically, the discussion around women's issues often leaves out the roles of men and boys. But, in the past few years, patriarchal cultural norms have become increasingly acknowledged as a relevant barrier to girls' education. Non-governmental organizations have attributed "changing attitudes amongst men and boys" as one of the primary targets of women's empowerment projects. Male inclusion, through school-based trainings, community-level programming, and public information campaigns promoting gender equality, could strengthen the impacts of most, if not all, areas of girls' advancement programming. In order to empower girls around the world, long-term and wide-scale societal change efforts must include both boys and girls from a young age. Without addressing the core "power hierarchies" and systemic stereotypes that pervade patriarchal institutions, skill-based programs might not have a profound effect on gender equity. Educating young people on gender equality is time-sensitive and requires high-return solutions quickly. Pressure to engage and educate men and boys on gender equality issues has mounted after a recent United Nations male-female relations survey in the Middle East found a resurgence in anti-feminist views. Experts believe that this pressure will only intensify as physical and financial security threats continue to threaten stability in these communities.

*Georgetown Public Policy Review, December 3, 2018*

### **Check Out Funding Opportunities To Increase Men's Engagement in HIV Prevention and Care**

NIAID recently released two funding opportunity announcements (FOAs) to support research activities aimed at increasing engagement of men in HIV prevention and care both at a national and international level. These FOAs-Engaging Men in HIV Testing, Prevention, and Care (R01, Clinical Trial Optional)(link is external) and Engaging Men in HIV Testing, Prevention, and Care (R21, Clinical Trial Optional)(link is external)-will fund projects that develop and test strategies to engage and retain men along the HIV prevention and care continuum.

*NIH NIAID Funding News, December 6, 2018*

### **Testicular Health: What Men Need to Know About Their Balls**

*This is what every man needs to know. And, yes, there will be a teste.*



Men's main non-erotic interaction with their testes comes in the form of self-examinations, which can be awkward or unwieldy because this is a part of the male anatomy that never quite feels totally normal. Still, a testicular

understanding helps men monitor their health, react appropriately to nutshots and consider fertility issues. There's no need for the scrotum to be a black box. Fatherly is here to help. To save you time, we asked leading urologists all the critical and awkward questions about testicle we could brainstorm. Here's what every man needs to know about his balls.

*Fatherly, December 3, 2018*

**Men's penises are half-an-inch SMALLER if they are exposed to high levels of chemicals in non-stick frying pans and fast food packaging while in the womb, study finds**

- o Chemicals known as PFCs are believed to interfere with male hormones*
- o Men may develop smaller penises if they're exposed to high levels of PFCs*
- o A study found those growing up in polluted areas were 1.25cm (12%) shorter*

Men could end up with penises half-an-inch shorter than usual if their parents were exposed to high levels of a chemical used in non-stick frying pans. Scientists have found the chemicals, called PFCs, can interfere



with male hormones and lead to sexual organs being 'significantly' shorter and thinner. And this effect is not only seen in the womb, the researchers said. PFCs could have toxic effects in teenagers, too. The chemicals, also found in waterproof clothing and greaseproof packaging for food, get into the bloodstream and reduce testosterone levels. Scientists found young men who grew up in an area polluted with PFCs have penises 12.5 per cent shorter and 6.3 per cent thinner than healthy men.

*Daily Mail, December 5, 2018*

**Millennial Men Ditching Traditional "Masculine" Values, More Likely To Embrace "Emotional Strength"**



A new study finds that male millennials are drifting away from stereotypical masculine values. The research, led by the University of British Columbia, showed that younger men tend to value selflessness, social engagement, and health over traditional male ideals like physical strength and autonomy. Of course, physique and independence were still prominent values for the 630 Canadian men aged 15 to 29 who took part in the survey, just not as

important to participants as selflessness. In fact, selflessness was by far the top-rated male value. Nine in 10 respondents said that men should help others, and 88 percent of the respondents agreed that men should be open to new ideas, new people, and new experiences. Eight in 10 felt it imperative that a man gives back to his community.

*Study Finds, December 1, 2018*

#### [Schick Hydro and Kevin Love Want to Reclaim the Phrase "Locker Room Talk" With a web series that hopes to challenge toxic masculinity](#)

Schick Hydro is on a mission to help men open up and challenge some outdated ideas out there about what it means to be a man.



To do that, the brand recently launched a web series with Cleveland Cavaliers power forward Kevin Love titled Locker Room Talk. With this series, the brand wanted to do a number of things. It wanted to reclaim the phrase "locker room talk" (after President Trump used the phrase to justify a series of lewd comments he made in an interview with Billy Bush) and challenge the "boys will be boys" narrative. The brand also wanted to get high-profile men, like Love, to discuss what healthy masculinity looks like today in the hope that other men can learn from that and be more open with their friends and family. "We hope that when individuals see these superstar athletes having candid conversations in a locker room setting, they feel inspired to have similar conversations with their peers," Scott Smith, associate brand manager at Schick, said. The series launched shortly after the brand debuted its "The Man I Am" campaign, created in partnership with MullenLowe, and

felt that a web series would be the perfect way to further explore these themes of masculinity.

*AdWeek, November 28, 2018*

### **Child Sexual Abuse Among Boys**

*Many boys, too, are sexually abused. Most don't feel comfortable speaking up about it.*



According to the U.S. Department of Health and Human Services, in 2016 more than 57,000 children reported being sexually abused, and that's on the low end since only about a third of cases are reported. What's more, males are even less likely to report sexual abuse than females. Research indicates that about 1 in 6 boys will be sexually abused by the age of 18, and most of them aren't saying a thing. The Crimes Against Children Research Center at the University

of New Hampshire reports that 90 percent of these boys will likely know the person who is sexually abusing them. According to RAINN, or the Rape, Abuse & Incest National Network, about a third of the sexual perpetrators are family members, and about 60 percent are acquaintances. Another potential reason males may not report being victims of sexual abuse is stereotypes that exist in our culture pertaining to how they are supposed to be strong and independent.

*US News, November 26, 2018*

### **Rates of Eating Disorders Similar for US Boys, Girls Aged 9-10**

There are no gender differences in rates of eating disorders (EDs) among 9- and 10-year-olds, according to a new U.S. study. "We were surprised to find no gender differences, even at this age," Kaitlin Rozzell, the study's first author and a graduate student at San Diego State University, told Reuters Health by phone. "Typically you may expect eating disorders to be more prevalent among girls."

Pediatricians should be aware that EDs can occur in boys as well as girls, she added, and become familiar with symptoms in males as well as females. Early-onset EDs are becoming increasingly common, with worse psychiatric comorbidity among children compared to adolescents, Rozzell and her team note in JAMA Pediatrics, online November 26.

*Psych Congress, November 28, 2018*

### **Online gaming addiction in men affects brain's impulse control**

Researchers using functional MRI (fMRI) have found differences in the brains of men and women who are addicted to online gaming, according to a new study presented today at the annual meeting of the

Radiological Society of North America (RSNA). "Internet use is an integral part of the daily lives of many young adults, and a loss of control over Internet use could lead to various negative effects," said the study's senior author, Yawen Sun, M.D., diagnostic radiologist at the Department of Radiology of Ren Ji Hospital, affiliated with the Shanghai Jiao Tong University School of Medicine in Shanghai, China. "Internet gaming disorder has become a major public health concern worldwide among both adolescents and young adults."

*November 28, 2018*

**New UC San Diego Campaign Promotes Sexual Health - and has a Quick Test to Prove It**

*"Good to Go" offers combined testing for HIV and five sexually transmitted diseases, providing some results in as little as 60 seconds and access to free treatment, if needed; updated clinic opens Dec. 10*

HIV still causes AIDS and AIDS still kills and, in a terrible irony, the people most at risk of becoming infected with the virus - young males ages 13 to 24 who have sex with other males - are also among those least likely to be tested for HIV. In a follow-up to its successful, 7-year "Lead the Way" campaign, a novel HIV awareness and testing campaign aimed at both high- and low-risk individuals, the AntiViral Research Center (AVRC) at UC San Diego School of Medicine has launched "Good to Go," a new awareness effort that incorporates four tests for six conditions: HIV, syphilis, chlamydia, gonorrhea, Hepatitis B and C. The HIV Rapid Test provides results in 60 seconds. "The Good to Go program is available to people 18 years and older who are available for a follow-up period of at least two weeks so we can provide results for all of their tests," said Susan Little, MD, professor of medicine and an infectious disease specialist at UC San Diego Health. "It's intended to encourage a younger, sexually active target population to get regular sexual health checkups for STDs and HIV, particularly gay and bisexual Latinx populations whose transmission rates have been rising."

*News Wise, November 30, 2018*

**The First Clinical Trial of a Male Birth Control Gel Is Under Way**



An elusive medical advance might finally be within grasp, one that could make some couples' sex lives a lot more convenient. This week, researchers officially kicked off

the first wide-scale clinical trial of a male contraceptive topical gel. The trial, funded by the National Institute of Child Health and Human Development (NICHD), is set to enroll 420 relatively healthy and young

couples. The couples will be recruited from nine different study sites in seven countries scattered across the globe, including Chile, England, and Sweden. But the first batch of volunteers will come from sites in the U.S. in Seattle, California, and Kansas. The gel itself is a combination of the brand name drug Nestorone, which is a progestin hormone, and testosterone. While still relying on other contraceptives, male volunteers will apply the NES/T gel daily (to their arms and shoulders) for about 20 weeks. Once their sperm counts have plummeted to a point identified as infertility, they and their female partners will then be asked to only use the gel for pregnancy prevention for the next year. After one year, they'll stop taking the gel and be tracked for another six months to ensure that the effects on sperm count are reversible.

*Gizmodo, November 30, 2018*

#### [About half of teenagers have never talked to doctor alone, study finds](#)

About half of American teenagers have never visited doctors without a parent or guardian present, despite recommendations that such visits begin about age 13, a study led by a Chicago researcher shows. Dr. Jon Klein wanted to find whether the American Medical Association's 1992 recommendation had any effect on teenagers taking an active role in their health care. The study showed that little has changed in 25 years. "When we launched, we really were going back to that question of has it gotten any better," said Klein, head of pediatrics at the University of Illinois at Chicago Medical Center. "It's still only about half who have had private one-on-ones with a clinician." The study-published in the Journal of Adolescent Health-surveyed adolescents and their parents, exploring at what age they think children and teenagers should begin to meet privately with doctors. He realized early on that key to a parent's understanding of why doctors want to speak with teenagers alone is explaining that it's so teenagers can take some ownership of their health. "They still need their family's involvement, but a good way of phrasing it might be, 'When do you think your son or daughter will be ready to have some responsibility surrounding his or her medical care?'" Klein said. "When you put it that way, most parents are less oppositional about it because you've identified an opportunity for their child to grow."

*Medical Express, November 26, 2018*

#### [Study suggests ADHD is genetic, may help lead to new treatments](#)

Millions of American kids with attention-deficit/hyperactivity disorder, or ADHD, may have a genetic vulnerability to the disease, a new study suggests. Researchers analyzed data from more than 55,000 individuals and identified 12 gene regions linked with ADHD. These regions probably affect the central nervous system, the study authors said. The discovery might help scientists develop new treatments for ADHD, which affects more than 9 percent of American children. "We all carry genetic risk variants for ADHD," explained researcher Anders Borglum, a professor of biomedicine at Aarhus University in Denmark. "The more we have, the greater our risk for developing ADHD."

*UPI, November 26, 2018*

### **Kindergartners Born in August More Likely to Be Diagnosed with ADHD**

*A new study published by The New England Journal of Medicine finds that the immaturity of younger students whose birthdays fall close to enrollment cut-offs may be mistaken for attention deficit disorder.*

A child born on August 31 or September 2, for example, could vary in age from his same-grade classmates by nearly one year - causing real developmental and maturity differences between students in the classroom, particularly in early grades. A new study<sup>1</sup>, published in The New England Journal of Medicine, examined the impact of this variance on ADHD diagnoses. The researchers analyzed insurance database statistics for 407,846 children born between 2007 and 2009, that followed the subjects through 2015. They compared the rate of ADHD diagnoses among children with birthdays close to their states' enrollment cutoff dates. The result was clear: In states with a September 1 birthday cutoff for kindergarten registration, the youngest children in the class - those born in August - were more likely to be diagnosed with and treated for attention deficit disorder (ADHD or ADD) than were their peers born in September. This finding is echoed in previous studies from around the world.

*ADDitude, November 30, 2018*

### **African-American mothers rate boys higher for ADHD**

*Maternal race may impact racial differences in ADHD diagnosis more than child race, researchers report*

African-American children often are reported by parents and teachers to display behaviors of ADHD at a higher rate than children from other racial and ethnic groups. For the first time, researchers have found that African-American mothers in a study rated boys as displaying more frequent ADHD symptoms than Caucasian mothers did, regardless of child race.

*Science Daily, November 30, 2018*

### **Number of boys with eating disorders doubles**



The number of boys receiving treatment for eating disorders has doubled in recent years, NHS figures reveal. Campaigners have expressed concern after data showed the total seeking help is now at a record high. While young girls still make up the majority of patients seen for eating disorders, prevalence of disorders among boys is growing quicker. In the last seven years, the amount of boys going into hospitals

in England, Scotland and Wales increased from 235 to 466. Experts blame the growing numbers on pressure from social media. But they also pointed out that increasing awareness of the condition may be prompting more young males to come forward who historically would not have sought help. Experts are also noticing a condition called "bigorexia", that is becoming increasingly common among boys and young men, influencing an obsession with muscle definition and body shape.

*Telegraph, November 23, 2018*

### **ADHD May Reduce Life Expectancy by As Much As 13 Years**

Childhood ADHD may more drastically shorten a patient's life expectancy than any other single health threat including high cholesterol, obesity, and alcohol or tobacco use. This is according to a new study by Russell Barkley, Ph.D., who determined that the risk factors associated with childhood ADHD may decrease longevity by up to 13 years.

*Additude, November 20, 2018*

### **Jewish Groups Take On Masculinity, Consent Education**

*New urgency for topic in wake of #MeToo movement.*

"It was a massive part of my personal and emotional development," said Santelli of the program, which took place at B'nai Jeshurun, his family's synagogue on the Upper West Side. Run by Moving



Traditions, a Philadelphia-based organization that creates Jewish educational material for teenagers, the program brings together teen boys once a month to learn about and discuss issues related to sexuality, consent and masculinity. "I think a lot of the lessons, the communication skills, my capacity to be honest and emotionally vulnerable [developed in the program] has helped me a lot in the classroom," he said.

*New York Jewish Weekly, November 21, 2018*

### **WHY ARE OPIOID ABUSE RATES HIGHER AMONG GAYS, LESBIANS, AND BISEXUALS?**

*New research suggests that sexual minorities are particularly vulnerable to dependency on these drugs.*



The reasons behind the ongoing opioid epidemic remain frustratingly murky. But new research points to one previously hidden psychological trigger for this often-deadly addiction: social isolation.

isolation due to sexual orientation. The new study finds that opioid abuse is higher among gays and lesbians than heterosexuals, and that it's particularly elevated among bisexual women. These discoveries suggest that the stress of sexual-minority status—which has previously been linked to various forms of substance abuse—may leave people more vulnerable to the addictive high that opioids provide. "Primary care providers, educators, and even parents should consider sexual orientation when assessing those at risk of opioid misuse," lead author Dustin Duncan of New York University's School of Medicine said in announcing the findings. They are published in the American Journal of Preventive Medicine.

*Pacific Standard, November 21, 2018*

### [College Entrance Rates for Recent High School Graduates 1959 to 2017](#)

This year's report shows notably disturbing data for boys.

- Boys high school dropout rates are the highest they have been in two decades (p. 9).
- Boys high school graduation rates have been dropping since 2011 (p. 6).
- The male share of college freshmen at (42.9%) is the lowest it has been (tied with 2000) in data reported since 1959 (p. 11).
- The gap between the male and female college continuation rates is as wide as it has ever been (p. 13).
- The college participation rate (high school graduation rate times college continuation rate for high school graduates) for males has been dropping for nearly a decade and is back to where it was around 2000 and 2001 (p. 17).

*Postsecondary Education OPPORTUNITY, The Pell Institute for the Study of Opportunity in Higher Education, 2018, #5*

### [Experts call for a 'take your son into university day'](#)

Experts seeking to address male academic underachievement among boys and young men are calling for the introduction of a 'take your son into university day' in an effort to increase male participation in higher education, writes Sally Weale for The Guardian. The proposal is based on 'take your daughter to work day', which began in 1993 as a way of exposing girls to as wide a range of careers as possible, and aims to

address the growing gender gap at British universities where female students outnumber males. It is one of a number of proposals put forward at a conference last week organised by the charity Men and Boys Coalition, to address what it described as the extensive and growing gap in educational attainment between boys and girls. Young women in England are 36% more likely to apply to degree courses than young men. Figures for 2018 show there were 29,100 more undergraduate applications from 18-year-old women compared with their male peers.

*University World News, November 23, 2018*

**US teenagers try marijuana before anything else: Weed has become the new first base drug amid falling rates of underage smoking and drinking**

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- In 1977, a full third of high school seniors smoked every day
- Now, only five percent are daily cigarette smokers
- Drinking is at an all-time low among teenagers
- A new Columbia University study found that marijuana has become the most popular first experimental subject among teenagers in the US
- Teen cannabis use hasn't climbed steeply, but has increased steadily as other substances have been used less and less by American youth

*Daily Mail, November 22, 2018*

**Parents, kids actually agree about confidential medical care**

Parents and their children even agree, roughly, on the age at which kids should start having private conversations with a doctor—around 16 years old, or even 18 years old, many said. Doctors, however, have a different opinion. Clinical care guidelines suggest adolescents should have access to confidential screening and counseling about a variety of potentially sensitive issues much earlier in life, around age 13.

*Medical Express, November 15, 2018*

**Does Netflix's '13 Reasons Why' influence teen suicide? Survey asks at-risk youths**

*Half of suicidal adolescent show viewers in a hospital sample say the*

*controversial television series contributed to their suicide risk, a new report finds*

The show has raised concerns among mental health experts about its potentially negative impact on vulnerable youths. Which is why Michigan Medicine researchers asked suicidal adolescents whether the show had contributed to suicide-related symptoms. The findings, published in the journal *Psychiatric Services*, add to the body of literature about how at-risk teens may be reacting to the program. "This show has been a real phenomenon, especially among teenagers," says lead author Victor Hong, M.D., medical director of psychiatric emergency services at Michigan Medicine. "Its depiction of teen suicide has raised great concern among parents, health providers and educators." Of the 87 youths who participated in the survey between 2017 and 2018, half had watched at least one episode of the show, mostly teens ages 13 to 17. Among the 43 who had watched it, about half (21) said it heightened their suicide risk.

AAAS, November 20, 2018

## JOURNALS

### Why We Should Worry About "13 Reasons Why"

#### OPINION

As media outlets continue to evolve, adolescent exposure to controversial content will likely continue to grow. Research is needed to understand strategies to use these opportunities to promote the health of young people while minimizing risks of unintended harm. As a community of health professionals who engage with adolescents on a regular basis, we are well-positioned to screen for risk factors, connect youth with necessary resources, and start conversations about healthy viewership with our young people and their families.

*Journal of Adolescent Health, December 2018*

### The Effect of Surgical Treatment for Gynecomastia on Quality of Life in Adolescents

#### ABSTRACT

##### Purpose

Despite the psychosocial deficits associated with gynecomastia, surgical treatment of adolescent gynecomastia remains controversial. This longitudinal cohort study measures changes in health-related quality of life following surgical treatment of gynecomastia in adolescents.

##### Methods

The following surveys were administered to adolescents with gynecomastia and male controls, aged 12-21 years: Short-Form 36v2 (SF-36), Rosenberg Self-Esteem Scale (RSES), and Eating-Attitudes Test-26. Subjects completed surveys at baseline and postoperatively/at

follow-up at 6 months, 1 year, 3 years, and 5 years.

### Results

From 2008 to 2017, 44 patients undergoing surgical treatment of gynecomastia and 64 unaffected male controls participated in our study. At baseline, gynecomastia patients scored significantly worse than controls on the RSES and in five SF-36 domains: general health, vitality, social functioning, role-emotional, and mental health. Scores significantly improved postoperatively on the RSES, and in four SF-36 domains: physical functioning, role-physical, bodily pain, and social functioning. Postoperatively, gynecomastia subjects scored similarly to controls in all SF-36 domains and the RSES. Young and overweight/obese patients and those with severe gynecomastia had the greatest postoperative improvement across survey measures.

### Conclusions

Surgical treatment of gynecomastia significantly improves the quality of life of adolescents, with measurable improvements in physical and psychosocial functioning. Postoperatively, gynecomastia patients performed comparably to unaffected controls. Surgical treatment of gynecomastia in adolescents and young men has the potential to significantly improve quality of life, particularly in younger and overweight/obese patients and those with moderate to severe gynecomastia. Concerns regarding patient age and body mass index alone should not contraindicate surgery.

*Journal of Adolescent Health, December 2018*

### Missed Opportunities for HIV Screening Among a Cohort of Adolescents With Recently Diagnosed HIV Infection in a Large Pediatric Hospital Care Network

#### ABSTRACT

##### Purpose

Routine human immunodeficiency virus (HIV) screening reduces HIV progression and transmission. Our aims were to determine prevalence and factors associated with prior HIV screening among a cohort of youth living with HIV.

##### Methods

Retrospective chart review of youth living with HIV aged 14-26 at an HIV clinic comparing characteristics between those with and without HIV screening within the year prior to diagnosis

### Results

Subjects were male (85%), African-American (87%), and men who have sex with men (84%). Subjects seen 1 year prior to diagnosis contributed 179 visits for missed opportunities with 59% having a documented sexual history in the electronic health record and 48% tested for HIV. Subjects with symptoms suggesting acute HIV infection (51%) were more likely to be tested. In the adjusted model, documentation of sexual history and demographic factors was not

associated with prior testing.

#### Conclusion

We identified high rates of missed opportunities for HIV testing and sexual history documentation in the year prior to diagnosis, underscoring the need for routine HIV screening in adolescents.

*Journal of Adolescent Health, December 2018*

#### **Targeted Reforms in Health Care Financing to Improve the Care of Adolescents and Young Adults**

#### ABSTRACT

Significant changes have occurred in the commercial and government insurance marketplace after the passage of 2 federal legislation acts, the Patient Protection and Affordable Care Act of 2010 and the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008. Despite the potential these 2 acts held to improve the health care of adolescents and young adults (AYAs), including the financing of care, there are barriers to achieving this goal. In the first quarter of 2016, 13.7% of individuals 18 to 24 years of age still lacked health insurance. Limitations in the scope of benefits coverage and inadequate provider payment can curtail access to health care for AYAs, particularly care related to sexual and reproductive health and mental and behavioral health. Some health plans impose financial barriers to access because they require families to absorb high cost-sharing expenses (eg, deductibles, copayments, and coinsurance). Finally, challenges of confidentiality inherent in the billing and insurance claim practices of some health insurance plans can discourage access to health care in the absence of other obstacles and interfere with provision of confidential care. This policy statement summarizes the current state of impediments that AYA, including those with special health care needs, face in accessing timely and appropriate health care and that providers face in serving these patients. These impediments include limited scope of benefits, high cost sharing, inadequate provider payment, and insufficient confidentiality protections. With this statement, we aim to improve both access to health care by AYAs and providers' delivery of developmentally appropriate health care for these patients through the presentation of an overview of the issues, specific recommendations for reform of health care financing for AYAs, and practical actions that pediatricians and other providers can take to advocate for appropriate payments for providing health care to AYAs.

*Pediatrics, November 2018*

#### **Gay Conversion Therapy Associated with Suicide Risk New study provides concrete evidence that gay conversion therapy is dangerous.**

A new study published this month in the Journal of Homosexuality finally provides some concrete evidence, however, that sexual orientation conversion therapy during adolescence is associated

with poor mental health outcomes. The study recruited 245 LGBT people between the ages of 21 and 25. Participants were asked two questions about sexual orientation conversion therapy: (1) Between ages 13 and 19, how often did any of your parents/caregivers try to change your sexual orientation (i.e., to make you straight)? (2) Between ages 13 and 19, how often did any of your parents/caregivers take you to a therapist or religious leader to cure, treat, or change your sexual orientation? They also had participants complete a number of mental health measures. Those whose parents tried to change their sexual orientation had three-fold higher odds of having ever attempted suicide (aOR 3.08, 95 percent CI 1.39-6.83). Those whose parents enlisted the help of a professional (therapist or religious leader) to change their sexual orientation had a five-fold higher odds of having ever attempted suicide (aOR 5.07, 95 percent CI 2.38-10.79).

*Psychology Today, November 14, 2018*

#### **Case reveals shame, trauma of male sex trafficking victims**

The case has illuminated what victims and advocates call the underreported scourge of male sex trafficking. While both male and female trafficking victims suffer trauma and other psychological scars, data suggests men and boys are less likely to come forward and when they do they are more likely to have difficulties finding counseling and other services, victims and advocates say. The suspects targeted teenage boys and young men who were developmentally disabled, mentally ill and addicted to drugs, police said. One of the defendants, Robert King, found some of his victims at drug rehab centers. He would allegedly give them drugs, including heroin and cocaine, and bring them to other men for sex acts so they could earn money to pay him back for the drugs, according to arrest warrants.

*Wdtn.com, November 15, 2018*

#### **New Study Examines Teen Sexual Violence**

*A groundbreaking U-M study examines sexual violence and aggression among middle school and high school students.*



Despite its prevalence, social scientists have historically limited their research on sexual violence to that affecting young adults ages 18 to 22. Seeking to broaden the scope, University of Michigan researchers examined data from a socioeconomically diverse sample of middle school and high school students in southeastern Michigan. The study found that more than half of female adolescents and more than 1 in 3 males reported sexual violence victimization. At the same time, nearly 1 in 4 males and more than 1 in 10 females reported committing acts of

sexual violence. "Sexual violence" included both nonphysical and physical acts among victims and perpetrators, such as being stared at or teased in a sexual way or staring at or teasing someone else in a sexual way that leads to unwanted sexual intercourse. Although the research found that sexual violence was primarily perpetrated by opposite-sex peers, 13.6 percent of respondents said they experienced same-sex peer sexual violence.

*UofMHealth.org, November 16, 2018*

### **HIV Positive Hispanics Face Greater Risk of HPV-Related Cancers**

Hispanic adults in the US who are infected with human immunodeficiency virus face a greater risk of cancers caused by human papillomavirus (HPV) than Hispanics in the general public, a new study has found. "We confirmed that consistent to what has been seen in other racial/ethnic groups, HIV-infected Hispanics in the United States also have higher rates of most HPV-related cancers than Hispanics from the general population," lead author Ana Patricia Ortiz, MPH, PhD, of the University of Puerto Rico's Comprehensive Cancer Center, told MD Magazine®. The highest excess risk was observed for anal cancer, Ortiz said, highlighting the increased burden of this malignancy among HIV-infected individuals. In general, the high incidence and strong persistence of HPV infections among HIV-infected patients are a result of immunosuppression. This, in turn, leads to carcinogenesis and tumor development.

*MD, November 15, 2018*

### **Population-level effectiveness of rapid, targeted, high-coverage roll-out of HIV pre-exposure prophylaxis in men who have sex with men: the EPIC-NSW prospective cohort study**

HIV pre-exposure prophylaxis (PrEP) is highly effective in men who have sex with men (MSM) at the individual level, but data on population-level impact are lacking. We examined whether rapid, targeted, and high-coverage roll-out of PrEP in an MSM epidemic would reduce HIV incidence in the cohort prescribed PrEP and state-wide in Australia's most populous state, New South Wales.

*The Lancet, November 18, 2018*

### **UK low cost fitness centres The Gym joins campaign to combat the alarming increase in male suicides**

*Around the world a man takes his own life every minute and shocking figures reveal that 78 per cent of suicides in the UK are men.*

Over 140 of their gyms across the country will be supporting the initiative. Each gym is planning to raise £1000 through various sponsored fitness and moustache-growing challenges throughout November. Research shows that as little as one hour of exercise a week could prevent depression while the NHS says that regular exercise can boost your mood if you already live with depression.

*Daily Mail, November 17, 2018*

## [Global health collaboration in action: the ARISE Adolescent Health Study](#)

Twenty interdisciplinary public health experts from 15 research and training institutions in 10 countries recently gathered in Bahir Dar, Ethiopia, for a three day workshop, "Advancing Adolescent Health and Nutrition through the AIRSE Network." Hosted by Addis Continental Institute of Public Health in collaboration with Harvard T.H. Chan School of Public Health (HSPH) and Heidelberg Institute of Global Health, the workshop focused on analysis and interpretation of preliminary findings from the Africa Research, Implementation Science and Education (ARISE) Network Adolescent Health Study as well as prioritization for the adolescent health research agenda. The ARISE Adolescent Health Study, led by Professor Wafaie Fawzi in the Department of Global Health and Population at HSPH, is a cross-sectional study of major health outcomes and risk factors among adolescents 10-19 years of age in nine sub-Saharan African sites including urban and rural areas.<sup>[1]</sup> Unlike most data on adolescent populations, the ARISE study was conducted at community levels, capturing individuals both in and out of school. The study covers domains of mental health, injury and violence, sexual and reproductive health (SRH), diet and nutrition, physical activity, alcohol and substance use, and access and utilization of health care services.

*PLOS Blogs, November 12, 2018*

## [Grant Supports NYU Center; "Fathers Raising Responsible Men" Research Project in the Bronx](#)

William T. Grant Foundation grant supports a novel father-son intervention whose objective is to reduce sexual risk behavior and improve future life chances for male adolescents residing in communities of concentrated inequality. Professor Vincent Guilamo-Ramos of the Center for Latino Adolescent Family Health (CLAFH) at New York University's Silver School of Social Work has received a three-year, \$600,000 grant from the William T. Grant Foundation to test the efficacy of an innovative family-based approach to reducing inequality among minority adolescents residing in the Bronx.

*NYU.edu, November 12, 2018*



## [Men focused on muscle building struggle with binge drinking and other problems](#)

Young men who are overly preoccupied with building muscle have a significantly higher risk of depression, weekend binge drinking, and dieting that is not connected to obesity. They also have four times the

probability of using legal and illegal supplements, and anabolic steroids, a new study from the Norwegian University of Science and Technology (NTNU) and Harvard University has shown. The study also shows that ten per cent of men have what is thought of as the more common type of body image disorder. That is, they think they are too fat and want to be thinner. According to the study, more than one in three young men have been on a diet in the past year. Their dieting was unrelated to obesity. The study brings to light many alarming findings. It is the first of its kind in Norway and internationally to investigate men and their relationship to their body and muscles. The study makes clear that boys and young men struggle much more with body image disorders than we have been aware of.

*AAS Eureka Alert, November 8, 2018*

**Why can't so many young, healthy men make love without a little blue pill?**

*Answer: The disturbing rise of porn culture is polluting modern relationships*

As this investigation uncovered, an unwholesome combination of a dating scene based on casual encounters, and expectations of impossible stamina got from pornography, have left these chaps convinced they need pharmaceutical help just to be 'good enough'. Until recently, it was only given by doctors to men with a genuine medical erectile problem - so Sébastien used to buy his supply from online pharmacies, which have come under fire for failing to perform the necessary checks before dishing out prescriptions. But this spring, Britain became the first country in the world to allow Viagra to be sold without a prescription, meaning he can buy it at Boots along with toothpaste and razors.

*Daily Mail, November 7, 2018*

**Women who give birth to boys more prone to postnatal depression - and this is why**



The mothers of baby boys are more prone to postnatal depression than those who give birth to girls, a study has found. University of Kent research into postnatal depression (PND) found the odds of developing

this condition increased by 71 to 79 per cent in the mothers of male babies. And women whose births had complications were 174 per cent more likely to experience PND compared with those women who had no complications. Dr Sarah Johns and Dr Sarah Myers in the University's School of Anthropology and Conservation hope their findings will help health professionals to identify and support women who may be more likely to develop this condition.

*Birmingham Live, November 8, 2018*

## **5 Facts About Sexual Assault That Boys - and Their Parents - Need to Know**

*Boys need more information to develop a mature understanding of sexual assault.*

Today's boys are coming of age in a culture that simultaneously glorifies and demonizes male dominance. Long-held notions of "what makes a man" are beginning to crumble, yet an enlightened understanding of men and masculinity has yet to take its place. Many of our boys care deeply about respect and consent and are upset that the predominant social narrative paints all males as potential sexual predators. Contrary to popular belief, teenage boys often experience physical or emotional abuse in romantic relationships. Among these facts, according to a recent Canadian study, is that boys are more likely to experience physical abuse than to dole it out. One in 14 boys said they were purposefully hit, slapped or physically hurt by a boyfriend or girlfriend in the last year, compared to 1 in 25 girls.

*US News, November 7, 2018*



## **Mean boys are a thing, too. Here's how to help your son manage toxic relationships.**



Though I wrote a book on little mean girls, these days relational aggression - a form of bullying that includes exclusion and manipulation rather than overt or physical attacks - affects boys, too. Research is

starting to catch up with this change in the way boys interact. One study in Norway found that boys are subjected to acts of relational aggression, but they don't realize that it's considered bullying. "If you think relational aggression is only a 'girl thing,' think again," says Michele Borba, author of "Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World." "A male group intentionally leaving one boy out is a common ploy. Whether it occurs on the soccer field, playground, field trip, or back of the bus, it hurts to know you're excluded. Boys standing together and saying mean, hurtful and often untrue comments about another is also a common tactic."

*Washington Post, November 8, 2018*

## **Australia's other deadly war. In a year it killed more soldiers than the whole Afghan conflict**

Across the entire duration of the conflict in Afghanistan, 41 members of the Australian Defence Force were tragically killed in action. Their names and faces are burned into our



collective memory, after their service and sacrifice was honoured through public memorials and extensive media coverage. Every single loss, made on the country's behalf, was deeply felt by the community with a mix of grief and gratitude. But in 2015 alone - in the course of a single year - that same number of current and ex-service personnel took their lives. These soldiers fought a war of a different kind and paid the ultimate price, but very few of their stories are known. Their sacrifices aren't often discussed.

*News.com.au, November 12, 2018*

### 'Dude, You're a Fag': Adolescent Masculinity and the Fag Discourse

#### **Abstract**

This article argues that American adolescent boys become masculine through the continual repudiation of a 'fag' identity. Using insights from sociologists of interaction and post-structural theorists of sexuality this article demonstrates that the fag insult has multiple meanings which are primarily gendered but also sexualized and raced. This article builds on prior analyses of adolescent homophobia by (1) pointing to the limits of an argument that focuses centrally on homophobia, (2) demonstrating that the fag is not only an identity linked to homosexual boys but an identity that can temporarily adhere to heterosexual boys as well and (3) highlighting the racialized nature of this fag discourse.

*Sexualities, July 1, 2018*

### Department of "Who Knew?": Why wearing your boyfriend's clothes is great for your mental health as new study reveals calming effects of your partner's scent

The smell of a loved one has been proved to have an excellent calming effect and, as a result, lowers stress levels. According to a study conducted by the University of British Columbia, which tested 96 women, those who smelled their partner's scent were proved to feel calmer. The women were randomly assigned to smell a top that was either unworn or had been worn by a partner or a stranger and were not told which one they had been given. Later on the female participants underwent a stress test that involved a mock job interview and a mental health task, while also answering questions about their stress levels and being tested for their cortisol levels. The researchers found that women who had smelled their partner's shirt felt less stressed both

before and after the stress test, with lower cortisol levels found in many of the women. However, women who had smelled a stranger's scent had higher levels of cortisol throughout the stress test. Authors of the study explained: "From a young age, humans fear strangers, especially strange males, so it is possible that a strange male scent triggers the 'fight or flight' response that leads to elevated cortisol. This could happen without us being fully aware of it."

*OK.uk, November 8, 2018*

**Advocating for Adolescent and Young Adult Male Sexual and Reproductive Health: A Position Statement From the Society for Adolescent Health and Medicine**

**Abstract**

"There is a critical need to improve the sexual and reproductive health (SRH) education and care of adolescent and young adult (AYA) males around the globe, as SRH is a basic human right for all AYAs. This special attention toward the SRH of AYA males is warranted given the fact that they often have difficulty accessing SRH services and education relative to their female counterparts and have higher rates of sexual risk behaviors than females. To promote AYA males' SRH and the health of their sexual partners and children, the Society for Adolescent Health and Medicine (SAHM) recommends that leaders in research, policy, public health, and clinical practice develop and implement evidence-based, comprehensive SRH education that supports AYA males at school, within communities and families, and through healthcare services that are developmentally appropriate, gender affirming, inclusive of, and informed by AYA males. Additionally, SAHM recommends that healthcare systems and healthcare professionals (HCPs) across disciplines establish and implement competencies for SRH education and skills preparation to meet the unique needs of AYA males across diverse healthcare and community settings. This statement examines multilevel barriers that AYA males face in accessing comprehensive SRH education and services and makes recommendations aligned with the World Health Organization's 2030 Sustainable Development Goals to address such barriers, improve AYA male SRH, and promote overall gender equity in SRH services."

*Journal of Adolescent Health, November 2018*

**Psst! You can check your own boys for cancer, boys**



"Men are twice as likely as women to delay making a doctor's appointment because they fear something is seriously wrong," said Dr. Lorne Bozinoff, president of Forum Research. "And generally, men have fewer

close friends on average than women, meaning they don't have as many confidants with whom to share these fears. One thing this survey made clear is that more testicular cancer awareness among men is needed, because only a third say they can check themselves ... which is true." The poll was done with men's health advocacy group the Movember Foundation, focusing on issues such as prostate cancer, testicular cancer, mental health and social connections.

*Toronto Sun, November 1, 2018*

### **In its 11th Year in the U.S., Movember Foundation Debuts 50 Million Men**

*Campaign Aimed to Improve the Health of 50 million American Men Over the Next Five Years Initiative Will Launch in Early 2019*

Set to debut in early 2019, Movember Foundation is tackling the challenge of men's health through an unprecedented set of digital health products and health promotion initiatives aimed at ensuring that 50 million American men live happier, healthier lives over the next five years. Cost-free, these digital resources, programs and campaigns prioritize prevention, early intervention and the empowerment of men to better self-manage their health with support from families, peers and communities. They will include online training programs, health trackers, and promotional tools in prostate cancer, testicular cancer, and mental health and suicide prevention.

*PR Newswire, October 29, 2018*

### **Why Movember's About So Much More Than Growing A Mustache**

"We stand for improving quality of life, preventing suicide in men, helping men take action, and working collaboratively to create change in the world," Susan Todd, director of U.S. Mental Health and Suicide Prevention at the

Movember Foundation, tells A Plus. "The Movember Foundation strategically invests in research, health services, and online resources that focus on both reducing the number of deaths related to prostate and testicular cancer, and improving the quality of life of men and those who support them."



*a plus*, November 2, 2018

### **Millennial men leave perplexing hole in hot U.S. job market**

Ten years after the Great Recession, 25- to 34-year-old men are lagging in the workforce more than any other age and gender demographic. About 500,000 more would be punching the clock today had their employment rate returned to pre-downturn levels. Many, like Butcher, say they're in training. Others report disability. All are missing out on a hot labor market and crucial years on the job, ones traditionally filled with the promotions and raises that build the foundation for a career.

*Chicago Tribune*, November 2, 2018

### **Young men more likely to die in summer, older people in winter despite local climate**

Over the 37 years covered by the study, the per-cent differences in seasonal death rates changed little for people aged 45 and older. But there was a marked decline in the per-cent difference between summer and winter deaths in younger people of both sexes, especially in boys: more than a 25% decline between summer and winter deaths in males in the five-to-14 and 15-to-24-year-old age groups, mainly due to injury death rates throughout the year becoming more similar. Surprisingly, these seasonal trends were independent of geography, which is noteworthy considering the differences in temperature across the regions studied.

*Science Daily*, October 30, 2018

### **Countries that ban spanking have kids who are less likely to be violent**



A large study from BMJ

Open found spanking, slapping and smacking has far-reaching consequences in countries around the world. The potential impact on banning spanking and child safety is the most striking find of the study, which looked at 400,000 youths in 88 countries. The 30 countries with full bans on corporal punishment (which apply to schools and homes) experienced 69 percent lower rates of physical fighting among adolescent males and 42 percent less for females. Germany, Spain, Brazil, Ukraine and New Zealand are among the countries with full bans.

*USA Today*, October 29, 2018

### **Mental health diagnoses rising among U.S. college students**

A range of common mental health conditions are being diagnosed more often in U.S. university students, according to a study that also finds students are more willing to seek help than in the past. Based on surveys of more than 450,000 college students at 452 institutions, researchers found that from 2009 to 2015, the proportion who report having a diagnosis or being treated has gone up for anxiety, attention deficit hyperactivity disorder (ADHD), depression, insomnia, obsessive-compulsive disorder (OCD) and panic attacks. Anxiety and depression continue to be the most common self-reported conditions. Diagnosis or treatment of anxiety increased from about 9 percent of survey participants in 2009 to 15 percent in 2015, and depression diagnosis or treatment rose from 9 percent to 12 percent. Anorexia, bipolar disorder, bulimia, phobia and schizophrenia have remained about the same while substance abuse diagnoses dropped slightly.

*WSAU, November 1, 2018*

### **Recent incarceration drives HIV and hepatitis C epidemics in people who inject drugs**

People who inject drugs who've recently been incarcerated have an 81% increased risk of acquiring HIV and 62% increased risk of hepatitis C (HCV) compared to those with no recent incarceration history. For those who have ever been incarcerated, the risk of HIV and HCV acquisition among people who inject drugs is much less significant, at 25% and 21% respectively.

Ed Note: A much higher percentage of male youth are in prison or jail than are female youth. Among youth ages 18 to 19 in 2010, men were almost 16 times more likely than women to be in jail or prison (1.5 percent of men, and 0.1 percent of women). Among youth ages 20 to 24 in 2010, men were 11 times more likely than women to be in jail or prison (2.8 percent of men, and 0.3 percent of women). This gap had been growing steadily smaller until 2010, when it increased.

*Avert, November 1, 2018*

### **'Masculinity crisis' in China leads parents to enroll kids in boot camp**

*A Beijing club has set out to save young boys from being 'effeminate, petty, weak-minded and emotionally fragile', and to turn them into 'real men' in seven days, as the series Cram Course Asia discovers.*



Mr Tang, who set up his boot camp in 2012, said "One big contributing factor in the current masculinity crisis is that boys are growing up in

an environment with very few male role models. These days, boys are brought up by their mothers. In primary school, 90 per cent of the teachers are female. Mothers and female teachers don't know how to teach boys to be boys. They only know how to impart knowledge."

*Channel News Asia, October 27, 2018*

**ALEXA OR ALEX? UNDER-35s FIND DIGITISED FEMALE VOICES MORE COMPELLING - THOSE OLDER PREFER MALES, STUDY SAYS**

*'Although in the past male voices may have had more authority, as evidenced by older people's reactions, it's apparent that this is no longer the case for the younger generation,' says Neuro-Insight head.*

A major study of consumers' subconscious reactions to digitised voices has revealed there is a substantial bias towards female voices among people under the age of 35. The research, which used brain imaging technology to explore the neurological response to male and female voice assistants, discovered respondents of both genders within a younger age group found a female voice both more approachable and more compelling than its male equivalent. In contrast, while those over 35 also found the female voice more approachable, they found the male voice to be more compelling.

*Independent, November 2, 2018*

**Violence Victimization, Substance Use, and Suicide Risk Among Sexual Minority High School Students - United States, 2015-2017**

Youths identifying as lesbian, gay, bisexual, or another nonheterosexual identity (sexual minority youths) report more violence victimization, substance use, and suicide risk than do heterosexual youths. These disparities are generally attributed to minority stress (the process through which stigma directed toward sexual minorities influences health outcomes) (2,3). Sexual minority youths might experience negative outcomes associated with minority



stress differently across sexual identities, but to date, no nationally representative study has examined differences in victimization, substance use, and suicide risk within sexual minority youth.

*MMWR, November 2, 2018*

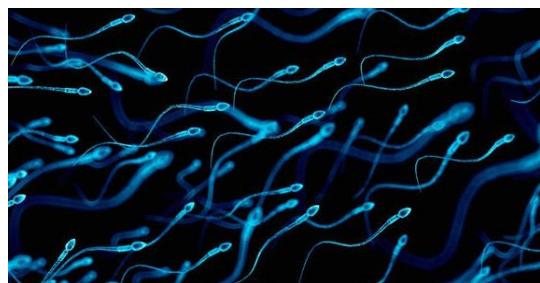
**For some young adults, the 2016 US election was a 'traumatic experience'**

*A new study shows that for 25 percent of young adults given a psychological assessment, the 2016 US presidential election race between Donald Trump and Hillary Clinton caused symptoms often seen in those with post-traumatic stress disorder.*

Twenty-five percent of students surveyed showed "clinically significant" levels of stress. The average stress score of students was comparable to the scores of witnesses to a mass shooting seven months after the event. Hagan and her colleagues also found an especially strong impact on certain groups. Black and nonwhite Hispanic students scored higher on the assessment than their white classmates, for instance. Gender, political affiliation and religion all played even larger roles. Females scored about 45 percent higher than males on the assessment, and Democrats scored more than two and a half times higher than Republicans. Students who identified as non-Christian were also strongly affected. The team published their results on Oct. 22 in the Journal of American College Health.

*Science Daily, October 22, 2018*

**New Stem Cell Research Aims To Stop Boys Losing Fertility After Childhood Cancer Treatment**



Researchers have found a way to make sperm from sperm stem cells in mice, giving hope that young boys treated for childhood cancer who are frequently left infertile, may be able to have children as adults. Previously, only

males who had reached puberty by the time of treatment were able to donate sperm for freezing and future use, but the new research suggests that preservation of fertility for even young boys may be possible. "We have never had any fertility preservation options for prepubescent boys. The findings in this work are a great first step forward for our youngest patients," said study co-author Jill Ginsberg, MD, a pediatric oncologist and director of the Cancer Survivorship Program at Children's Hospital of Philadelphia. One in 530 young adults in the U.S. is a survivor of childhood cancer and survivors can experience a variety of long-term effects. Fertility issues are reasonably common and three-times more male survivors experience them than female survivors. Both certain chemotherapies and radiation therapy can kill the cells that produce sperm and render males infertile.

*Forbes, October 22, 2018*

### **Male body image: Australia's silent mental health scourge**

We often talk about the dangerous effect popular culture can have on women's body image and self-esteem. Quietly, boys and men are suffering from the same problem.

Confronted with an ideal which is borderline unattainable, they are left feeling inadequate. News.com.au is highlighting men's mental health issues as part of our campaign The silent killer: Let's make some noise in support of Gotcha4Life and Movember. Body image is one of the most prevalent and insidious causes of those issues. "If you are a young boy growing up and you have the thought to yourself: 'Am I attractive?' This is not something you know implicitly. You look to the world around you for a frame of reference," Dr Scott Griffiths from the Melbourne School of Psychological Sciences tells news.com.au. "Plenty of research has shown that the bodies that are depicted in media fitness magazines or TV have become both more muscular and lower in body fat over a period of decades. "These bodies are further and further away from the average."

*news.au, October 26, 2018*



### **Preventing HPV in Patients With HIV: New Guidance (may require sign-in)**

The Medical Care Criteria Committee of the New York State Department of Health (NYSDOH) AIDS Institute recently released a new guideline, "Human Papillomavirus in Patients with HIV." These guidelines inform providers about HPV-related anogenital disease, focusing on evidence-based approaches to HPV prevention and vaccination, screening methods for HPV-associated precancerous lesions, and treatment of HPV-related lesions. HIV-infected individuals experience substantially higher rates of cervical and anal squamous intraepithelial lesions (SIL) and cervical and anal cancer compared with the general population.

*Medscape, October 26, 2018*

### **Male Gorillas That Babysit End Up With Larger Brood of Their Own**

*Male gorillas that participated in child-rearing were also more successful breeders*



It turns out that humans and gorillas are the only great apes in which males form strong social bonds with their young. In fact, male gorillas are often quite snuggly, letting infant and juvenile gorillas cuddle, play and just hang out in their nests.

In a new study published in the journal *Scientific Reports* that built on her previous work, Rosenbaum and her team analyzed hundreds of hours of gorilla footage in Rwanda collected by the Diane Fossey Gorilla Fund in the early 2000s. The team looked at the genetic paternity data for 23 adult males and 109 offspring. The data showed that males that hung out with juveniles the most had 5.5 times more babies than those who showed minimal interest in the little ones.

*Smithsonian Magazine, October 16, 2018*

### [Trump Administration Eyes Defining Transgender Out of Existence](#)



The Trump administration is considering narrowly defining gender as a biological, immutable condition determined by genitalia at birth, the most drastic move yet in a government wide effort to roll back

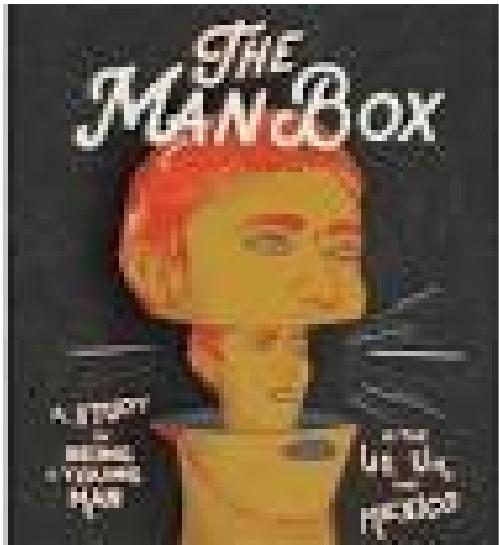
recognition and protections of transgender people under federal civil rights law. A series of decisions by the Obama administration loosened the legal concept of gender in federal programs, including in education and health care, recognizing gender largely as an individual's choice and not determined by the sex assigned at birth. The policy prompted fights over bathrooms, dormitories, single-sex programs and other arenas where gender was once seen as a simple concept.

Conservatives, especially evangelical Christians, were incensed. Now the Department of Health and Human Services is spearheading an effort to establish a legal definition of sex under Title IX, the federal civil rights law that bans gender discrimination in education programs that receive government financial assistance, according to a memo obtained by The New York Times.

*New York Times, October 21, 2018*

### [Men who conform to 'the man box' more likely to consider suicide and violence](#)

An Australian first study, The Man Box: A study on being a young man in Australia, involving 1000 men aged 18 to 30 has found those who conform to traditional definitions of manhood - dubbed 'the man box' - are twice as likely to consider suicide and seven times more likely to be violent towards others. The study defines "The Man Box" as a set of societal beliefs that place pressure on men to be a certain way - like being tough, not showing emotions, being the breadwinner, using violence to solve problems, and having many sexual partners. Some men are boxed into the stereotypes of being "a real man" (about 30 percent of those surveyed endorsed most of the Man Box 'rules'), and others are outside the box. And there are remarkable health differences between the two groups. According to the survey, young men in the "Man Box" were more likely than other men to have poor mental health (including feeling depressed, hopeless or suicidal), to seek help from only a narrow range of sources, and to be involved in binge drinking and traffic accidents.



*Medical Life Sciences News, October 16, 2018*

#### [Welch's launches rugged, manly ads to appeal to male Gen Xers](#)



You're a red-blooded American man. You're tough, you work hard, and you don't have time for Millennial health trends. Your enemy? Oxidizing agents that hurt your health. Your drink? Grape juice.

That's the narrative set

out by Welch's new ad campaign, which is aimed at Gen X men. "We've been targeting women forever," said Lesya Lysyj, the company's US president. The new campaign is "definitely a different approach." Welch's found that 73% of Gen X men drink juice with breakfast and that Welch's Gen X male customers buy 17 bottles of juice a year, well above the average 10 bottles per year. Plus, the company discovered that 59% of Gen X men buy most of the groceries for their household. About three-quarters of those men write their own grocery list, according to Welch's. Welch's also learned that more men than women say they like how grapes taste.

*CNN, October 17, 2018*

## [Masculinity is not a 'mental health issue', University of Texas clarifies after right-wing fury](#)

Colleges and universities are walking a tightrope as they accept the burden of molding student values, sometimes finding themselves in conflict with Americans committed to a more traditional worldview. The friction is especially pronounced in Texas, as illuminated by the story of how the state's flagship university got caught in the maw of the culture wars. A campus effort to question assumptions about masculinity has become a flash point revealing how much influence right-wing media wields in debates over gender and sexual violence. In 2015, the University of Texas at Austin rolled out a program, MasculinUT, that aimed to teach men how to reduce sexual and other forms of interpersonal violence, the rates of which are striking. On the Austin campus, 42 percent of students said they had experienced sexual harassment from their peers since enrollment, a university survey revealed last year. Conservative media had a field day with MasculinUT, protesting that the university was treating masculinity as a "mental health crisis" because the program was housed in the UT Counseling and Mental Health Center. Rather than dismissing the criticism, as some schools have done, the University of Texas backpedaled. In a statement soon after the conservative drumbeat began in the spring, the school said that it stood by the goals of the program but that "it has become clear that some of the communication and discussion surrounding MasculinUT did not convey this fully or clearly and was not effective at reaching the broad audiences the program envisioned." It is now kicking back into gear, according to a [Sunday article](#) in the Daily Texan.

*Daily Texan, October 18, 2018*

## [Toxic masculinity: Life as a man isn't always easy either](#)

A searingly honest conversation unfolded online this week as men shared the negative impact of "toxic masculinity" on their lives. It was a rare chance for many to express how societal expectations of toughness, sexual virility and emotional reserve lead to isolation, loneliness or just feeling uncomfortable around mates. It all started when British columnist and feminist Caitlin Moran put out a call for men on Twitter to talk about the drawbacks of being a guy today.

*BBC News, October 19, 2018*



## [Prediabetes May Pose Threat to Male Fertility](#)

*Infertile men with prediabetes showed lower testosterone, sex hormone-binding globulin levels*

Prediabetes among men might be related to infertility, a new study suggested.

In a cohort of 744 men with primary infertility, around 15% fit the criteria for having undiagnosed prediabetes, reported Andrea Salonia, MD, PhD, of the University Vita-Salute San Raffaele in Milan, Italy, and colleagues.

"We decided to conduct this study because while previous reports have shown that diabetes mellitus is associated with impaired semen parameters, nuclear DNA fragmentation rates, and chromatin quality, very little is known about the same association with prediabetes," the study's first author, Luca Boeri, MD, of the University of Milan, told MedPage Today. "Moreover prediabetes is a common and underdiagnosed clinical condition that can be considered a red flag for further metabolic and cardiovascular diseases. Infertility per se is nowadays considered as a proxy of the overall male health," he said.

*Medpage Today, October 19, 2018*

### **Royal couple focus on men's mental health**

Prince Harry has again ushered men's mental health into the spotlight during his visit to Australia. Alongside wife Meghan at Melbourne's Government House on Thursday, Harry met Hunter Johnson, co-founder of The Man Cave, a preventative mental health program for teenage boys. Mr Johnson has been recognised by the Queen's Young Leaders program for his efforts in the sector. The Man Cave works with schools, teachers, parents and community groups to deliver workshops, camps and presentations that explore healthy masculinity, positive mental health and gender equity. The royal couple were given wristbands from a participant in program, which Meghan said was "fantastic" as they heard about its benefits for the mental health of young men.

*Daily Mail, October 18, 2018*

### **Teens Actually Have Safer Sex After HPV Vaccine, Study Finds**

"Giving kids information does not encourage poorer sexual health choices, but in fact empowers youth."

One of the biggest concerns around introducing the HPV vaccine was that it would embolden teenagers to be more promiscuous, or to have riskier sex. But new Canadian research backs up findings from other countries proving that isn't that case. In fact, the UBC study found that teenage girls who received the vaccine were also less likely to have sex, and those who did have sex were more likely to use condoms or hormonal birth control.

*Huffington Post, October 17, 2018*

### **Dose-Dependent Link Between Sleep and Unsafe Teen Behavior**



Results of a large study suggest a dose-dependent relationship between getting less than 8 hours of sleep and increased risky behaviors among teens, including risk-taking while driving, use of alcohol and drugs, risky sexual activity, aggressive behavior, feelings of hopelessness, and self-harm. "Insufficient sleep may be a driver of several significant public health concerns among youth, and this would include mental

health and substance abuse," author Matthew D. Weaver, PhD, an epidemiologist, sleep researcher, and instructor in medicine at Harvard Medical School, Boston Massachusetts, told Medscape Medical News.  
*Medscape, October 16, 2018*

### **Meet The Woman Tackling Mental Health Among Black Men**

TOO MANY black adolescent males are ending up in the mental health system - and Natasha Cohen has had enough of it. Hence the psychiatric social worker's recent launch of the Genuration Next Project; a hands-on intervention programme targeted at reaching the young black males before they become "embroiled in the system". After more than 20 years of working in mental health, Cohen, below, strongly believes that once they have been through "the revolving doors" of jail and/or institutionalisation, are suffering from depression, anxiety or schizophrenia and are on strong medication, then it's too late. "All you can do at that stage is try to maintain them," she says. But Genuration Next is all about getting young boys back on track and preventing those who have not yet turned to anti-social behaviour, from doing so.

*Voice Online, October 19, 2018*

### **African American men's health disparities: Research, practice, and policy implications**

The burden of risk factors for chronic disease is substantially higher in black men compared with their white counterparts, including a higher prevalence of obesity and hypertension. The Center for Healthy African American Men through Partnerships (CHAAMPS) presents results from several studies that pinpoint some of the issues and propose strategies to solve these in a special supplement to the American Journal of Preventive Medicine.

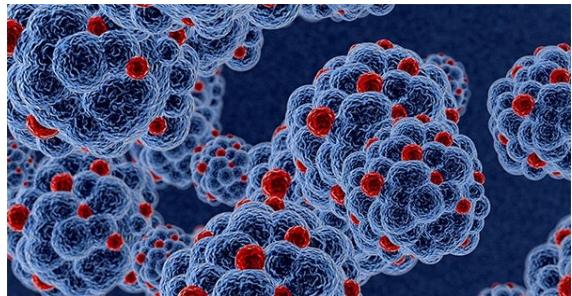
*Medical Express, October 17, 2018*

### **HIV Preexposure Prophylaxis, by Race and Ethnicity - United States, 2014-2016**

Preexposure prophylaxis (PrEP) with a daily, oral pill containing antiretroviral drugs is highly effective in preventing acquisition of human immunodeficiency virus (HIV) infection (1-4).

The combination of tenofovir disoproxil fumarate (TDF) and emtricitabine (FTC) is the only medication approved by the Food and Drug Administration (FDA) for PrEP. PrEP is indicated for men and women with sexual or injection drug use behaviors that increase their risk for acquiring HIV (5). CDC analyzed 2014-2016 data from the IQVIA Real World Data - Longitudinal Prescriptions (IQVIA database) to estimate the number of persons prescribed PrEP (users) in the United States and to describe their demographic characteristics, including sex and race/ethnicity.

MMWR, October 19, 2018



## **Many Adolescent Boys Who Commit Sexual Assault Stop In Adulthood, Research Shows**



When we think about sexual predators, the image that most often comes to mind is a small minority of men who rack up countless victims over the course of

decades. This has held true in investigations into Catholic priests who get transferred from parish to parish and molest hundreds of children over the course of their lifetime, and the series of Me Too investigations inspired by the New York Times' unmasking of Harvey Weinstein, who used his power and influence to rape women and then silence them by threatening their livelihoods. But Swartout's research reveals that most men who commit sexual assault in their teen and early adult years report only doing so within a limited time frame, and that the likelihood of committing rape changes as time goes on and the men transition from high school to college.

Huffington Post, October 5, 2018

## Lethality of first suicide attempt in youth higher than previously thought

The current study focused on the subsample of 813 youth aged 10 to 24 years, of whom 555 were female, with index attempts from January 1, 1986, through December 31, 2007, and followed until December 31, 2010. Of 813 youth, 29 (3.6%) completed suicide during the study.

period - 28 died before their 25th birthday and 20 of these 28 died (71.4%) at first attempt, according to the data. Although only 31.7% of the cohort were men, males accounted for 23 of the 29 completed suicides (79.3% of suicides; 8.9% of males). The investigators also found that 85% of all youth first-attempt suicide deaths involved firearms and that 41.2% of youth had no reported psychiatric history before their index attempt.

*Helio, October 11, 2018*

### **Mental Health Problems in Adolescents With HIV: Overview & Expert Interview**

Noting that the burden of illness may be particularly pronounced in children and adolescents living with HIV, the authors of a recent review examined the available literature



regarding mental health care access, treatment outcomes, and the role of mental health problems in the transition from pediatric to adult care in this patient population. In general, there are few mental health treatment facilities devoted to children and adolescents. In the Adolescent Impact Study conducted in 3 US cities (n=164), 31% of HIV-infected adolescents demonstrated psychopathology.<sup>5</sup> However, nearly one-third of the patients reporting clinical symptoms did not receive care despite the availability of psychiatric medications, hospitalizations, counselling, or psychotherapy. Treatment access may be even lower for marginalized populations, with one study showing that black HIV-infected youth were less likely to receive mental health care than non-black youth. "Our review emphasizes the need for mental health issues to be addressed proactively for all HIV-infected youth and integrated into their overall HIV care," the authors concluded.

*Infectious Disease Advisor, October 12, 2018*

### **What Fuels Suicidality Among Trans Men?**

According to the [2015 U.S. Transgender Survey](#), 40 percent of trans people have attempted suicide at some point during their lives, and 48 percent have seriously considered it. A more [recent report](#) from the American Academy of Pediatrics confirms this high risk even among transgender adolescents. Nearly half of adolescent trans guys reported having at least one suicide attempt in their lives, with more than 40 percent of non-binary adolescents and about 30 percent of trans girls reporting the same thing. What's interesting to note is how much trans boys are at a great risk of suicide - higher than trans girls and non-binary adolescents - but the study doesn't explain why. Are there unique obstacles young trans men face that other trans-identified people don't?

*Into More, October 11, 2018*

### The men's mental health crisis Australia can no longer ignore - six male suicides a day



TODAY in Australia, six men will take their own lives. They're from both the bush and the city, young and old, and span various industries, socio-economic statuses and backgrounds. That's because men who die by

sueicide are significantly less likely to have sought help, [SANE Australia](#) chief executive Jack Heath said. "In terms of people engaging with our support services, the ratio is three women for every man," Mr Heath said. Despite campaigns aimed at men's mental health and enormous efforts to reduce the stigma attached to suicide, there's still something holding Aussie blokes back from reaching out. And the outcomes of that are alarming. In 2017, the number of deaths from intentional self harm was 3128. Of those lives lost, 75 per cent - or 2349 - were men, according to the Bureau of Statistics. Today is World Mental Health Day and news.com.au is launching its campaign The silent killer: Let's make some noise to highlight men's mental health issues in support of Gotcha4Life and Movember. Gotcha4Life is dedicated to an in-school program helping educate young men about resilience and the importance of friendships, and runs a scholarship program with Lifeline to train more males counsellors.

*News.com.au, October 10, 2018*

### Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents

#### **Abstract**

As a traditionally underserved population that faces numerous health disparities, youth who identify as transgender and gender diverse (TGD) and their families are increasingly presenting to pediatric providers for education, care, and referrals. The need for more formal training, standardized treatment, and research on safety and medical outcomes often leaves providers feeling ill equipped to support and care for patients that identify as TGD and families. In this policy statement, we review relevant concepts and challenges and provide suggestions for pediatric providers that are focused on promoting the health and positive development of youth that identify as TGD while eliminating discrimination and stigma.

*Pediatrics, September 2018*

### Trump says it's a 'scary time' for men. Here are the stats on false sexual assault claims

Trump isn't alone in his concern. Many women, including mothers of boys, are using the hashtag #ProtectOurBoys to denounce what they consider false claims. We've seen some high-profile cases in which men were wrongfully accused of sexual assault: for example, the Duke lacrosse players and the former football player whose alleged victim later admitted she wasn't raped. But those appear to be anomalies. Studies suggest the prevalence of false reporting on sexual assault is between 2% and 10%, according to the National Sexual Violence Resource Center. And there's a big caveat to those numbers: "Research shows that rates of false reporting are frequently inflated, in part because of inconsistent definitions and protocols," the resource center said.

CNN, October 3, 2018

### Why AI is the new frontier in the battle to treat the male mental health



Today, the first "listening bot" specifically designed for to learn about men's mental wellbeing has been launched in the UK. Called HARR-e, it was born off the

back of groundbreaking research that revealed that British men are 300pc more likely to confide in AI than humans about life, love and their mental wellbeing. In this research, carried out by Us Ai, a British firm that is interested in the idea of chat bots as "life support for men," 73pc of participants stated they were attracted to the concept of talking to a "chat bot" because they would not feel judged or ashamed about admitting to weakness. HARR-e was commissioned by men's care company Harry's and follows on from the masculinity report they released last year, co-written by myself and Dr. John Barry of University College London, which concluded that British men value their mental health even more than their physical health.

Telegraph, October 5, 2018

### HIV Diagnoses Rising Fastest Among Young Gay, Bisexual Men

New data from the Centers for Disease Control and Prevention (CDC) show that HIV diagnoses are rising faster for young men who have sex with men (MSM) than for their older MSM peers. However, the extent to which the rates are being driven by increased testing or by an increase in transmission is unclear. The CDC reported that between 2008 and 2016, the annual number of new HIV diagnoses among young MSM (those aged 13-29) increased by 3% per year, while decreasing 4% per year among MSM aged 30 to 49, and remaining virtually unchanged for MSM over the age of 50. Overall, the number of new infections among

the youngest cohort of MSM was 4 times higher than among the 50-plus age group.

*MD, October 1, 2018*

#### **FDA approves HPV vaccine for people up to 45**

The Food and Drug Administration expanded its approval of the HPV vaccine to include men and women between 27 and 45, an effort to protect more people from several types of cancer caused by the human papillomavirus. The vaccine, called Gardasil 9, previously was approved for people ages 9 through 26. The vaccine is typically given in two doses several months apart for those who are 9 through 14, and in three doses for individuals 15 through 26. For those older than 26, the recommended regimen will be three doses.

*Washington Post, October 5, 2018*

#### **In Australia, Cervical Cancer Could Soon Be Eliminated**

Cervical cancer could be eliminated in Australia within the next two decades because of a government program to vaccinate children against the cancer-causing human papillomavirus, according to a new report. The study, published this week in *The Lancet Public Health*, found that by 2028, fewer than four women in every 100,000 could be diagnosed with cervical cancer annually in Australia - effectively eliminating the disease as a public health problem. And by 2066, the researchers say, less than one woman per year could receive that diagnosis. "Australia is on track to become the first country to eliminate cervical cancer," said Karen Canfell, a cancer epidemiologist and the director of Cancer Research at Cancer Council NSW, the organization which led the study. "I think this shows the way forward for other countries." Australia's national health care system first introduced the vaccination program in 2007 as a cost-free three-dose course for teenage girls. In 2013, the program was expanded to school-age boys, who can carry and transmit the virus, and develop other forms of cancer. According to the Cancer Council Australia, the vaccination has led to a 77 percent reduction in the types of HPV most responsible for cervical cancer. Australia now has one of the lowest cervical cancer incidence and mortality rates in the world.

*New York Times, October 3, 2018*

#### **Nearly 14 Million Additional Adolescents Need HPV Vaccination to Reach Public Health Goal**

Nearly 14 million additional adolescents (11-12 years of age) beyond those who will be vaccinated based on current rates will need to receive the human



papillomavirus (HPV) vaccine between now and 2026 to reach the American Cancer Society's goal of an 80 percent vaccination rate by that year. The figure comes from a new report from American Cancer Society investigators looking to guide HPV cancer control efforts in the wake of recent goal-setting. The report appears early online in *Cancer*. HPV accounts for nearly all cervical cancers as well as 91 percent of anal cancers, 70 percent of oropharyngeal (throat) cancers, and 60 percent to 75 percent of other genital cancers (penile, vaginal, and vulvar cancers). A previous analysis by ACS investigators estimated that HPV caused about 30,000 cancers and about 6,500 cancer deaths in 2014. The majority (90 percent) of these cancers can be prevented through HPV vaccination. However, the uptake of the HPV vaccine is suboptimal and lags behind other recommended vaccines for this age group.

*Infection Control Today, October 2, 2018*

#### [Education on HPV vaccine doesn't influence teens' sexual behaviors](#)

States that have passed legislation regarding access to and education about human papillomavirus (HPV) vaccination have not seen an uptick in teenaged sexual activity, according to a new report, which aims to put to rest concerns that education campaigns on the vaccine will influence adolescents' attitudes on sex. The report, published in *Pediatrics*, reviewed data on more than 800,000 teenagers from 2001 to 2015. Sexual behaviors before and after legislation in the 24 states regarding access and education for adolescents about the vaccine were reviewed, with the research team finding no significant association between legislation related to HPV and sexual behaviors.

*Contemporary Pediatrics, October 3, 2018*

#### [Our Sons, Nephews and Other Young Males Also Harm Themselves in Private](#)

The figures about young males who self-harm themselves are shocking, because quite frankly, who really knew? We're talking young males who are cutting, burning, binge drinking, and are physically hurting themselves, often to alleviate the emotional pain or personal trauma they are going through. In the U.S., about 1 in 4 teen girls deliberately harm themselves without suicidal intentions,

reports Psychology Today about a recent study published in the American Journal of Public Health. But, the startling figure is this - about 1 in 10 teen boys harm themselves. If we're parents that's our sons or nephews, or male children of our family, friends and associates. And, to make it worse, males undoubtedly keep instances of self-harm, even more to themselves.

*BBN Times, September 29, 2018*

**'It's still socially acceptable for girls to slap boys': New study finds more male teens report violence in relationships as researchers warn not to 'assume the girl is always the victim'**



University of British Columbia (UBC) and Simon Fraser University (SFU) found more male high school students in Canada experience violence while dating. Researchers found 5.8 percent of boys had suffered between 2003 and 2013 compared to 4.2 percent of girls. Study author said violence in teen relationships can lead people to take 'unnecessary risks, experience depression or think about or attempt suicide'.

*Daily Mail, September 28, 2018*

**Parents Teach Firstborns About Sex, But Not Their Later Kids, Especially Boys**

Younger siblings are less likely than firstborns to hear about the birds and the bees from their parents, a new study suggests. Instead, they may learn what's what from their older brothers and sisters, British researchers report. "Although there has been much research into how the order in which children are born into a family may impact psychological or social outcomes, studies on the relationship between birth order and sexual health outcomes are limited," said Dr. Lotte Elton, who led the research. The study also found that parents are less likely to teach their sons about sex than their daughters, according to Elton and colleagues at the London School of Hygiene and Tropical Medicine. "Across all birth order categories, men consistently reported lower parental involvement in sex education than women," Elton said. It's not known if learning the facts of life from Mom and Dad delays sex. But middle-born boys -- those less likely to have parental instruction -- had increased odds of sexual activity before 16, the researchers also found.

*US News, September 28, 2018*

**Experts say 'the talk' for boys needs to change in the #MeToo era**

"The talk" can no longer just be about the birds and the bees, said Rachel Giese, Toronto-based author of "Boys: What It Means To Become a Man." Parents need to do away with such euphemisms and

bring the public discourse about gender-based power dynamics into their homes, she said, because failing to address the thorny issues surrounding sex would be doing a disservice to their children - particularly, their sons. "Barely a year into (the #MeToo movement), there has been this backlash emerging, and we're hearing it in the people who say things like, 'Boys will be boys.' Or, 'This is what all young men do,'" said Giese. "The message that that's putting out in the world to current young men and to current young women about what should be normal is pretty devastating." These dinner-table discussions look to be no less difficult as parents work to make sense of a sexual landscape that seems to be shifting beneath their feet, Giese and other advocates said, forcing some fathers to reconsider their own youthful indiscretions within modern conceptions of consent.

*Calgary Herald, September 28, 2018*

### **New CDC Report Says Number of Young Gay And Bisexual Men Diagnosed With HIV Keeps Increasing**



The Centers for Disease Control & Prevention released new data on the changes in HIV infections in the USA. The report, which was released on Thursday, focused on data from the 235,000 new gay and bisexual men diagnosed with HIV between 2008 and 2016. The study was

focused on the rate of new infections and categorized the data by age group and U.S. region.

The results found that 45 percent of the 235,000 gay and bisexual men diagnosed HIV within that time were aged 13-29. Meanwhile, 43 percent were 30-49 and 12 were 50 or over.

Other results from the data were:

- There was a 3 percent increase per year for new HIV diagnoses of men aged 12-29.
- Meanwhile, 30-49-year-olds decreased by 4 percent in diagnoses each year.
- Young men of color are still greatly affected by HIV. Black men make up half of the 13-29 age bracket of new HIV diagnoses in the recorded time span. Latinos account for another quarter.

*Instinct Magazine, September 23, 2018*

### **CDC Report Highlights Need for Meningococcal Vaccine Among HIV-Infected MSM**

A new paper published on September 28, 2018, in the CDC's Morbidity and Mortality Weekly Report details surveillance data on meningococcal disease among MSM in the United States from 2015 to 2016. The research was conducted to identify MSM among meningococcal disease patients and improve collection of data on HIV status for all cases to help investigators understand the epidemiology and risk factors for meningococcal disease among MSM. In the new study, the investigators found that from 2015 to 2016, 271 cases of meningococcal disease were reported in men ages 18 years or older in the United States, with sufficient information to identify MSM status available for 124 men. Of the total cases in adult men, 48 (17.7%) occurred in MSM and 17 of those MSM (37.8%) had HIV infection. In addition, 39 (84.8%) cases occurring among MSM were caused by *Neisseria meningitidis* serogroup C, which was responsible for only 16.4% of cases among men who were not known to be MSM.

*Contagion Live, September 28, 2018*

#### **Same sex causes 80% of HIV cases in Chinese uni students**

Chinese students in 82 percent of the newly reported HIV/AIDS cases involving students in 2017 had the virus through same-sex activities, continuing to increase since 2012, according to a senior health official on Wednesday. The number of new HIV cases in those between 15 and 24 years old in China increased from 12,819 in 2012 to 19,384 in 2017, Han Mengjie, a senior official of the Chinese Center for Disease Control and Prevention (CDC), said on Wednesday at a satellite forum. Chinese students in 82 percent of the newly reported HIV/AIDS cases involving students in 2017 had the virus through same-sex activities, continuing to increase since 2012, according to a senior health official on Wednesday. Han said most newly reported cases involved male college students aged between 18 and 22.

*Global Times, September 26, 2018*

#### **Gender Nonconformity Strongly Associated With Substance Abuse Among Male Students**

Gender nonconformity is an under-researched area of adolescent health that is often linked to negative health outcomes. To address this gap, we analyzed Youth Risk Behavior Survey data to describe the associations between gender nonconformity and risk behaviors, including mental distress, and substance use. Gender nonconformity was associated with feeling sad and hopeless, as well as suicidal thoughts and/or behaviors among female and male students. In addition, gender nonconformity was strongly associated with substance use among male students.

*Medical Research, September 24, 2018*

#### **When a Better Neighborhood Is Bad for Boys**

*Research shows that when poor families move into more expensive housing, girls' lives improve while boys' get worse. What explains the difference?*



Between four and seven years later, the researchers found, adolescent girls who had moved into more expensive neighborhoods were far less likely to drink to excess than girls who remained in public housing. But boys whose families had moved binged more. This surprising finding challenges the assumption that behavioral risks increase with economic hardship and that poverty affects women and men the same way. "The households were mainly led by moms, who saw mental health benefits, and their girls did, too. But the boys saw no mental health effects, or negative effects," said Prof. Osypuk. The key factor was how vulnerable people were before the move. Boys are developmentally more fragile than girls, with higher rates of learning and behavior problems. That's one reason why the well-being of the boys in the voucher groups tanked, according to Prof. Osypuk. Boys who moved out of public housing not only drank more but also showed higher rates of distress, depression and behavior problems, according to a 2012 paper that she and her team published in the journal *Pediatrics*.

*Wall Street Journal, September 26, 2018*

#### [\*\*AUSTRALIA: 'It ain't weak to speak': Meet the young men tackling mental health\*\*](#)

Mr Crawford is among a growing number of young Australian men wanting and willing to share their stories. Experts in the field say a social shift in society in general is prompting more young men to speak out about their personal



battles and help their fellow young males with their mental health. In an effort to achieve this, Mr Crawford has given speeches at several sporting clubs where he shares his personal story. He recently drove 10 hours to a charity cricket game to give one such speech. He's also launched his own Facebook page where he shares mental health tips and strategies. "The main message I want to get out there is I don't want anyone to go through what myself and family have had to deal," he said. Perth mates Cheyne Hughes and Liam Bamber are also

embarking on a similar crusade. The pair - who met through work five years ago - recently launched their own group and website called Grounded Mental Health. One of their slogans is: "It ain't weak to speak."

*The Sydney Morning Herald, September 25, 2018*

**HPV to blame for 60% of penis cancer cases**

The human papilloma virus (HPV) was the culprit in six out of 10 cases of penis cancer in Ireland in the past three years, according to new research. The first Irish data on the link between the virus and the rare but aggressive form of cancer was presented by clinicians from University Hospital Waterford (UHW) at the Irish Society of Urology's annual meeting yesterday in Roscommon. Ivor Cullen, a UHW urological surgeon who is the national lead for penis cancer, said the preliminary study would further support the extension of the HPV vaccination to the young Irish male population.

*The Sunday Times, September 23, 2018*

**Immunotherapy combination at MD Anderson Cancer Center shows promise for HPV-related cancers**

The combination of two therapies that enlist the patient's immune system showed promise against incurable cancers caused by the sexually transmitted HPV virus, according to a small Houston study that provides the latest hopeful news about the new frontier of cancer treatment. MD Anderson Cancer Center researchers reported Thursday that a vaccine that revs up the immune system and a drug that releases a brake on it shrank tumors in a third of patients whose human papilloma virus-related cancers recurred after standard treatment. Such cancers historically haven't responded to follow-up treatment.

*Houston Chronicle, September 28, 2018*

**PEPFAR funded 15 million medical male circumcisions between 2007 and 2017**

PEPFAR (the US President's Emergency Fund for AIDS Relief) has supported the voluntary medical male circumcisions (VMMC) of 15,269,720 men and boys in 14 countries in sub-Saharan Africa, in the eleven years to 2017, according to a paper recently published in BMJ Open. The World Health Organization estimates that PEPFAR supported 84% of all VMMCs in the 14 countries. Research conducted over ten years ago showed that circumcising men reduces their lifetime HIV risk by between 60 and 70%. According to mathematical modelling, the 14.5 million circumcisions performed up to the end of 2016 will result in 500,000 fewer HIV infections by 2030.

*AIDSmap, September 26, 2018*

**Prescriptions for stimulants such as Ritalin, Adderall rising in Ontario, particularly for teen boys: report**

Use of prescription stimulants has risen nearly 30 per cent in the past five years, a new study says, but girls are less likely to be taking the drugs than boys, meaning some cases of attention-deficit hyperactivity disorder may be going undiagnosed. The study, published on Wednesday by the Ontario Drug Policy Research Network, shows prescriptions for stimulants such as Ritalin, Concerta and Adderall are up in all age groups across Ontario. In 2013, 4.7 out of 1,000 people were taking prescription stimulants in Ontario. By 2017, that had risen to six for every 1,000 Ontario residents. Stimulants such as Ritalin and Adderall are approved to treat ADHD and narcolepsy in Canada. The study found that males are much more likely to receive a prescription for stimulants than females, but the differences are most pronounced among children and teens. For instance, about 5 per cent of boys aged 13 to 18 received a prescription for a stimulant in 2017, the study found, compared with just 2.4 per cent for girls in the same age group.



*The Globe and Mail, September 25, 2018*

### Men Behaving Badly: A Lesson from Duck Sex?



Sexual violence against females does seem to be rooted in biology. "Rape in non-human animals: An evolutionary perspective" discusses "forced mating in orangutans, mallard ducks, and scorpionflies." That

diversity of primates, birds, and insects suggests an ancient biological legacy, perhaps shared DNA affecting behavior. Another paper from the ethology literature describes how female scorpions eat their mates after sex, as do praying mantises and spiders. Laboratory simulations confirm field observations. A study in rats from 1942 is telling: "Analysis of the stimuli adequate to elicit mating behavior in the sexually inexperienced rat," in the Journal of Comparative Psychology. "Sexually inexperienced male rats" were rendered unable to see, smell, and touch with their snouts and lips, the deficits introduced "either singly or in combination." Then the males were teased by "incentive animals" including a "sexually receptive female, a female in heat but immobilized by an anesthetic, a castrated female, a small young male, a female guinea pig, and a female rabbit." Although the male rats didn't need all 3 senses bombarding their snouts to seek sex, having only two dampened their "excitability" a bit, and relying on only one stimulatory sense stopped mating behavior - but only if the rats were sexually inexperienced. However, "if the rat possesses a low copulatory threshold, he will mate despite reduced excitation" and "sexually experienced males continue to copulate" with only one such sense.

*Plos One Blog, September 27, 2018*

**What the rise of men's makeup means for masculinity**

*As cosmetics for men become more mainstream, they could give men more opportunities for self-expression - and more pressure to live up to unrealistic beauty standards.*

Men's makeup is far from a new phenomenon. Male courtiers in 18th-century Europe wore it, and as Yi points out, cosmetics are already popular among men in South Korea. But in the US, men have traditionally shunned makeup. If that's changing, makeup could help men break down restrictive gender norms and express themselves more fully. But it could also force them to face something that has, until now, been mostly the province of women: the pressure to live up to unrealistic beauty standards by spending ever more of their income on lipsticks, powders, and creams.

*Vox, September 24, 2018*



**Attention-Deficit/Hyperactivity Disorder Increasing Among US Children and Adolescents**

Over the past 20 years, the prevalence of attention-deficit/hyperactivity disorder (ADHD) has increased significantly in the United States. A study published in JAMA Network Open noted that from 1997 to 1998 through 2015 to 2016, the prevalence among children and adolescents increased from 6.1% to 10.2%. The authors found significant differences in the prevalence of ADHD by age, sex, race/ethnicity, family income, and geographic area. Among children age 4 to 11 years, the prevalence was 7.7%. This rose to 13.5% for adolescents age 12 to 17 years. Among boys, the prevalence was 14.0% compared with 6.3% in girls. Hispanics had an overall prevalence of 6.1%, whereas in non-Hispanic whites, that figure was 12.6%, and for non-Hispanic blacks it was 12.8%. Regional differences were evident as well - in the Northeast, the prevalence was 10.3%, in the Midwest 12.2%, in the South 11.1%, and in the West 7.0%. All subgroups demonstrated a significant increase in prevalence over the 20-year period. Studies conducted in the United Kingdom have also shown a significant increase over this period; however, increases in the United States have been substantially greater.

*Psychiatry Advisor, September 20, 2018*

**Fewer Teens Having Sex, Most Use Birth Control**

New research shows that fewer American teens are having sex and

most of those who do are using some form of birth control. But scientists also found that sexual violence has become more common among high school students and condom use has declined. The study showed that 40 percent of U.S. high school students reported that they ever had sex in 2017. That's the lowest level of sexual behavior among teens since scientists began to keep track in 1991. Of the teens who said they were sexually active, nearly 90 percent used some form of birth control the last time they had sex. In 54 percent of these encounters, the teens used condoms. Only 16 percent of the sexually active girls and 10 percent of the sexually active boys surveyed admitted they had not used any contraceptive the last time they had sex.

*WebMD, September 21, 2018*

### **Boys Lag Behind Girls in Reading by 4th Grade**

By fourth grade, girls in the United States read and write better than boys, a new study reveals. Australian researchers found this gender achievement gap appears in standardized tests and worsens over time. "The common thinking is that boys and girls in grade school start with the same cognitive ability, but this research suggests otherwise," said the study's lead author, David Reilly. He's a doctoral student at Griffith University in South East Queensland. "Our research found that girls generally exhibit better reading and writing ability than boys as early as the fourth grade," he added.

*US News & World Report, September 20, 2018*

### **In Kavanaugh debate, "boys will be boys" is an unscientific excuse for assault**

While it is tempting to write off sexual aggression as an unfortunate consequence of adolescent impulsivity, in reality, risky behaviors like sexual assault involve brain capabilities that are established before and after our teenage years. Moreover, the company we keep plays as big a role in sexual assault as impulses. And traumatic memories tend to last for the survivors, no matter the age they are when an incident occurs.

*PBS, September 20, 2018*

### **Suicide Attempts Among Transgender Teenage Boys Happen At An Alarming Rate, A New Study Says**



A

new [study](#) conducted by the University of Arizona shows an alarming rate of suicide attempts among transgender teenage boys. Titled "Transgender Adolescent Suicide Behavior," the study, published by the American Academy of Pediatrics, found that teenage transgender boys show the "highest rate of attempted suicide" at 50.8 percent. Authors of the study, Russ Toomey, Amy Syvertsen, and Maura Shramko said that their aim was to understand the link between "key socio-demographic characteristics and suicide behavior" and different gender groups among youths. The researchers concluded that suicide attempts were the highest among transgender boys aged between 11 and 19. The findings come as the Academy prepares to publish new guidance on caring for transgender children.

*Bustle, September 14, 2018*

#### **ADHD may increase risk of Parkinson's disease and similar disorders**

While about 11 percent of children (4-17 years old) nationwide have been diagnosed with attention-deficit hyperactivity disorder (ADHD), the long-term health effects of having ADHD and of common ADHD medications remains understudied. Researchers at University of Utah Health found that ADHD patients had an increased risk of developing Parkinson's and Parkinson-like diseases than individuals with no ADHD history. The results are available online on September 12 in the journal [Neuropsychopharmacology](#). "Parkinson's disease is commonly thought of as a neurodegenerative disease associated with aging," said Glen Hanson, D.D.S., Ph.D., professor of Pharmacology and Toxicology and School of Dentistry at U of U Health and senior author on the paper. "This may be the first time where a childhood disease and its treatment may be linked to a geriatric expression of neurodegenerative disorder."

*American Association for the Advancement of Science, September 12, 2018*

#### **US housing subsidy may improve adolescent girls' binge drinking but worsen boys'**

A housing subsidy treatment that enables low-income families in US cities to move from public to private housing appears to reduce adolescent girls' binge drinking but increase adolescent boys' binge drinking. The reasons for these differential gender effects are not yet clear. Lead author Dr Theresa Osypuk, Associate Professor at the University of Minnesota School of Public Health, says "Our research addresses a key policy question in the popular US-based HCV programme: whether or not to incorporate elements from non-housing sectors to improve outcomes for low-income children. Our findings suggest that although girls benefit from the HCV programme with respect to reducing underaged drinking, boys may need additional support to be successful.

*American Association for the Advancement of Science, September 6, 2018*

### Intervention improves mother-son communication about sex

Black adolescent boys are at an increased risk for HIV, according to researchers, but a "culturally grounded" intervention geared toward educating mothers and sons about condom use and other protective measures promoted open communication between them about sex, which in turn could reduce the teens' risk for STIs. "Mother-son communication about sexual risks and behaviors can be an important protective factor for reducing STIs among African-American adolescent males," Jingwen Zhang, PhD, an assistant professor in the department of communication at the University of California, Davis, told Infectious Diseases in Children. "Although research has long established the benefit of mother-son communication, mothers may avoid talking with their sons about sex owing to the fear of not knowing what to say or concerns that the conversation might go poorly."

*Helio, September 5, 2018*

### Teen boys report more violence than girls when dating: new study



Teenage boys are more likely to report being victims of violence while dating - being hit, slapped, pushed or hurt on purpose - than girls in British Columbia, according to a new study. Yet

understanding "why" more men and boys report physical abuse requires further research, said Catherine S. Shaffer, first author and Simon Fraser University PhD student. Researchers found 5.8 per cent of boys said they had experienced dating violence in the past year in comparison to 4.2 per cent of girls. The study is the first in Canada to look at dating violence trends among adolescents over time and the first in North America to compare trends for boys and girls, according to a news release. Researchers analyzed data from three B.C. Adolescent Health Surveys, which are taken every five years, involving 35,900 youth from Grade 7 to 12 who were dating.

*The Star Vancouver, September 3, 2018*

### What are the effects of alcohol access on risky behaviors in young adults?

*Results from a recent analysis reveal that the availability of alcohol associated with turning 21 years old may have relatively large effects on risky behaviors, especially in men.*

The findings are published in Contemporary Economic Policy. The analysis of national survey data from the Add Health (a school-based study of the health-related behaviors of adolescents and their outcomes in young adulthood) found evidence that Minimum Legal Drinking Age (MLDA) laws produce sharp differences in alcohol consumption and a

variety of risky behaviors related to alcohol use for youths on either side of the age 21 cutoff. The MLDA reduces binge drinking by approximately 5 percentage points as well as a variety of other consumption measures. For males, there are marked increases in reports of drunk driving, risky sexual activities, violence, and interpersonal problems with friends. American Association for the Advancement of Science, September 6, 2018

### **Why Young Men of Color Are Joining White-Supremacist Groups**

*Patriot Prayer's leader is half-Japanese. Black and brown faces march with the Proud Boys. Is the future of hate multicultural?*

They are among nearly a dozen black, Latino, and Asian participants at far-right rallies on the West Coast interviewed by The Daily Beast recently. They represent the new face of the far right that some scholars term "multiracial white supremacy." The Proud Boys and Patriot Prayer, which overlap, embrace an America-first nationalism that is less pro-white than it is anti-Muslim, anti-illegal immigrant, and anti-Black Lives Matter.

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*"A lot of these young guys, especially from the software world, who are being sucked into white nationalism, start out being worked up about Ayn Rand in high school."*

*- David Neiwert*

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"Proud Boys is multi-racial fraternity with thousands of members worldwide," a lawyer for the group's leader, Gavin McInnis, said in a statement. "The only requirements for membership are that a person must be biologically male and believe that the West is the best."

*The Daily Beast, September 4, 2018*

### **More teen boys report experiencing dating violence than girls, new study claims**

Turns out when it comes to teen dating violence, boys are victimised more than girls, a new study reveals. However, according to the researchers, 5.8 per cent of boys and 4.2 per cent of girls said they had experienced dating violence in the past year. According to study author Catherine Shaffer, more research is needed to understand why boys are reporting more dating violence. "It could be that it's still socially acceptable for girls to hit or slap boys in dating relationships. This has been found in studies of adolescents in other countries as well," said Catherine Shaffer. She added that there is an overall decline in dating violence. "Young people who experience dating violence are more likely to act out and take unnecessary risks, and they're also more likely to experience depression or think about or attempt suicide. That's why it's good to see that decline in dating violence over a 10-year span. It suggests that healthy relationship programs are making an impact among youth," added Shaffer. This is the first study in Canada to look at

dating violence trends among adolescents over time and the first in North America to compare trends for boys and girls. The study appeared in the Journal of Interpersonal Violence.

*Deccan Chronicle, August 31, 2018*

### **ADHD rates in the US almost doubled in the last two decades**

From 1998 to 2016, the rate of attention deficit hyperactivity disorder in US children has gone up from about 6% to over 10%, according to a study published Friday (Aug. 31) in JAMA Pediatrics. Researchers from the University of Iowa and the Shenzhen Children's Hospital in China tracked survey results from the National Health Interview Survey, which is administered by the US Centers for Disease Control. The survey is given annually and includes about 35,000 households across the US. Among other questions, it looked for diagnoses of ADHD in children aged 4 to 17 over two year periods. Although the data appear to suggest ADHD is becoming more prevalent, that likely isn't the case. More likely, doctors are diagnosing children with the condition more often than before. As with most other mental-health conditions, there's no definitive test to say whether a child has ADHD or not; it's diagnosed instead by observing and analyzing symptoms.

*Quartz, September 1, 2018*

### **Undescended testes tied to higher cancer risk, infertility**



Young boys with undescended testes are at increased risk for testicular cancer and infertility in adulthood, new research suggests. Undescended testes are the most common birth defect in infant boys,

affecting one in 100. Corrective surgery is required. For the new study, researchers examined data on nearly 351,000 boys who were born in Australia between 1970 and 1999, and followed until 2016. Boys born with undescended testes had 2.4 times the risk of adult testicular cancer compared with other boys, the University of Sydney researchers reported. And that risk rose 6 percent with each six-month delay of corrective surgery. The operation, called an orchidopexy, moves an undescended testicle into the scrotum and permanently fixes it there. Guidelines recommend the surgery before 18 months of age.

*UPI, September 2, 2018*

### **Mouth and Throat Cancer Rate Displaces Cervical Cancer**

*Oropharyngeal squamous cell carcinoma is now the most common HPV-associated cancer*

There is good and bad news regarding cancer trends associated with the human papillomavirus (HPV) infection. According to new data from the Centers for Disease Control and Prevention (CDC), cancer rates

increased for oropharyngeal, anal and vulvar Squamous Cell Carcinomas (SCC). But, cancer rates decreased for cervical SCC by 1.6 percent per year during this study. This means the mouth and throat replaced the cervix as the most common site of cancer associated with HPV infection. Men were found to have far more oropharyngeal cancer cases than women, according to the CDC. Oropharyngeal cancer rate increased 2.7 percent per year among men and 0.6% per year increase among women studied in this research.

*Precision Vaccinations, August 27, 2018*

#### **CDC Report: HPV Vaccination Rate Rises 5.1 Points**

How many unvaccinated persons will end up with cancer they might have avoided? The answer is too many, but the CDC reported encouraging progress toward reducing that number in a Morbidity and Mortality Weekly Report (MMWR) issued Aug. 24:([www.cdc.gov](http://www.cdc.gov)) 48.6 percent of adolescents were up to date on HPV vaccination in 2017, an increase of 5.1 percentage points over the previous year.

*American Academy of Family Physicians, August 29, 2018*

#### **Adolescents with low grip strength at risk for poor health**

Teenagers with low grip strength are significantly more likely to have negative health outcomes compared with strong teenagers at a 2-year follow-up, according to findings published in The Journal of Pediatrics. "Low strength as measured by grip strength has been linked to premature mortality and multiple morbidities across the life span," Paul M. Gordon, PhD, professor and chair of health, human performance and recreation at the Baylor University Robbins College of Health and Human Sciences, told Infectious Diseases in Children. "Unfortunately, no one really knows what the underlying mechanisms are, and these mechanisms may be different at various stages of life." To better understand how grip strength is related to teenagers' health, Gordon and colleagues examined grip strength among adolescent boys and girls and then re-evaluated their grip strength 2 years later. Additionally, they tracked teenagers' health over the study period. The researchers observed that female participants were more physically active on average than boys at both baseline and at the 2-year follow-up, but boys had higher levels of estimated maximal oxygen consumption and normalized grip strength at follow-up. Although the average absolute grip strength for both boys and girls improved throughout the study period, a significant decrease in normalized grip strength was observed among boys.

*Helio, August 27, 2018*



## High suicide risk for 'men in construction' (VIDEO)



The suicide rate among low-skilled male labourers is three times higher than the national average for men, according to figures by the ONS.  
*BBC, August 30, 2018*

## A "Google Maps" for condoms in the Philippines

*With a 174% rise in new HIV infections from 2010 to 2017 - condom promotion is the first piece of the prevention puzzle for the Philippines.*

A new app for gay and other men who have sex with men is connecting users with free condoms in 'safe spaces' across Manila, the country's capital. The 'Safe Spaces' app by LoveYourself, a community-based



organisation providing health and empowerment services to men who have sex with men and transgender people, was inspired by Pokémon Go and lets users know where their closest condom dispenser is. The app is featured in this month's Lancet HIV and aims to reduce new HIV infections among gay men and transgender women, only one-third of whom reported using a condom in the last year. The main reason for not using a condom was that it was 'not available'.

*Avert, August 29, 2018*

## Lynx refocuses on 'humour with heart' to challenge male stereotypes

*Lynx's shift to focus on its brand purpose has helped Lynx return to growth, and it is now looking to evolve that message by bringing back some humour while also looking at the experience online.*

Four years ago, if you asked anyone what Lynx stood for the answers would have ranged from lad culture to sex to misogyny. However, in January 2016 this changed when the brand launched its 'Find your magic' campaign encouraging young men to embrace their differences. Ever since this brand purpose campaign, Lynx has made an effort to tackle toxic ideals of masculinity and highlight issues around male mental health. The brand's purpose wasn't solely altruistic it was a strategy built from declining sales. Speaking to Marketing Week, Rik Strubel, global vice president of Lynx explains: "We had some tough patches with some issues in our personal wash and body spray business but now it is growing well in the UK. This strategy is having a

positive business effect." Lynx isn't alone ITV, Topman and others have tackled similar issues around male mental health, with their moves fuelled by a growing realisation that men were struggling, especially with suicide the biggest cause of death in men aged under 40. And while their efforts are having an impact, Strubel says there is still a long way to go. He adds: "There is still that old school 'man up' advertising out there which is damaging but we are seeing brands changing the casting and the stories more positively."

*Marketing Week, August 31, 2018*

### **Young male drinkers may face increased risk of aggressive prostate cancer**

*Study showed young drinkers more than three times more likely than non-drinkers to face 'high grade' form of disease*



Research, supported by the Irish Cancer Society, found that compared with non-drinkers, men who had at least seven drinks per week during the ages of 15 and 19 were three times more likely to be being diagnosed

with a "high-grade" and more difficult to treat form of the disease. The results have been published in *Cancer Prevention Research*, a journal of the American Association for Cancer Research. "The prostate is an organ that grows rapidly during puberty, so it's potentially more susceptible to carcinogenic exposure during the adolescent years," Dr Allott said. "For this reason, we wanted to investigate if heavy alcohol consumption in early life was associated with the aggressiveness of prostate cancer later." Researchers looked at data from 650 men undergoing a prostate biopsy in North Carolina between 2007 and 2018. The subjects had no prior history of prostate cancer, were aged between 49 and 89, and racially diverse. Heavy alcohol intake from the ages of 15 from 19 was not associated with overall prostate cancer in later life although having at least seven drinks per week during this age period was associated with 3.2 times the odds of high-grade prostate cancer compared with non-drinkers.

*Irish Times, August 23, 2018*

### **Here's why anxiety in boys can look like anger, and how some famous role models can help them get through it**

By one estimate, a quarter of adolescent boys will develop anxiety disorders. In response, a growing contingent of male role models, from Michael Phelps to Steve Young, encourage anxious boys to ignore outdated notions about masculinity and seek help. The Child Mind Institute, a national nonprofit based in New York, says girls and boys feel pressure to perform in school, in relationships and in society,

though the images they're supposed to emulate are different. Anxiety in boys can look like angry, disruptive behavior, ADHD or even a learning disorder. Mary Alvord, a Washington, D.C.-area psychologist and author of "Conquer Negative Thinking for Teens," said that though more boys than girls are referred for treatment, boys tend to be referred for behavioral problems, not specific disorders, and there's little research about anxiety in boys. "There is a difference, culturally, for a boy," Alvord said. "Especially a high school boy who's trying to be macho. For him to say, 'Yeah, I'm afraid of being home by myself,' or 'I worry all the time about getting things perfect,' it's just not cool." Boys are expected to be strong and "tough it out" - whether they feel that way or not. And while both boys and girls may try to mask their anxiety, boys often give up, or withdraw, avoiding school or social interactions.

*Deseret News, August 22, 2018*

**HPV-related cancer rates are rising. So are vaccine rates - just not fast enough.**

Cancers linked to the human papillomavirus have increased significantly over the last 15 years in the United States, with throat cancer now the most common HPV-related malignancy, the Centers for Disease Control and Prevention reported Thursday. More than 43,000 people developed HPV-associated cancer in 2015, compared with about 30,000 in 1999, the CDC said. At the same time, the CDC said, HPV vaccination rates are rising - a trend that could eventually curb the increase in cancer cases. But the vaccine rate is not rising fast enough, experts say. Nearly half of adolescents ages 13 to 17 in 2017 had received all the recommended doses for HPV vaccination, while two-thirds had received the first dose. For both groups, that was a five-percentage-point increase from the previous year.

*Chicago Tribune, August 24, 2018*

## Boys and video games



**27%** Teen boys who say video games are their “favorite” activity

**56 minutes**  
The average teen boy's daily video game use

**7 minutes**  
The average for a teen girl

SOURCE: Pew Research Center, Common Sense Media  
DESERET NEWS GRAPHIC

### This Week in Sex: More Evidence the HPV Vaccine Isn't Causing Teen Sexapalooza

*In case you needed more proof ... though we've been through this how many times before?*

For the study, Harvard researchers examined data from the Youth Risk Behavior Surveillance study, which has been conducted by the Centers for Disease



Control and Prevention (CDC) every two years since 1991; it surveys high school students about myriad risk behaviors including drug use,

having unprotected sex, or not wearing a seatbelt. The CDC recommends that all young people be vaccinated for HPV beginning at age 11, but vaccine rates lag behind those for other preventable illnesses such as measles due to the stigma attached to STIs. The researchers compared students in states with laws promoting the HPV vaccine to their peers in other states and, in those states that had laws, they compared the behavior of students who were in high school before the law took effect to those who came after. The findings: The proportion of students having sex in states with HPV legislation was similar to those in states without it. Teens in places with these laws are no more likely to take sexual risks (such as sex without a condom) than their peers in other states. As for the trends over time, the rate of teen sex has been going down in all states since 2007 when the HPV vaccine became widely available. The authors conclude that HPV legislation does not appear to have a detrimental effect on teens' sexual behavior and believe that these results should be used in conjunction with other existing research to support the introduction of these laws.

*Rewire News, August 24, 2018*

#### [Cell Phone Support Helps Lower Stress, Depression, Substance Use in Young Adults With HIV](#)

The use of cell phone support has led to significantly reduced reports of depression, stress, and the use of illicit substances among adolescents and young adults living with HIV, according to a study published in AIDS and Behavior. Cell phone support was also linked with greater self-efficacy compared with usual care. The study researchers concluded that, "[participants] receiving [cell phone support] reported significant decreases in perceived stress, depression, and illicit substance use, and increases in self-efficacy during at least one study assessment period, in comparison to participants receiving usual care. Future research using a larger sample should test for mediators of treatment efficacy to further characterize how cell phone interventions impact adherence."

*Infectious Disease Advisor, August 23, 2018*

#### [Young black males feel less safe in whiter neighborhoods](#)



A new study from Ohio State University has found that young black males do not feel as safe in neighborhoods that are predominantly white. The research revealed that black youths felt fearful in areas with a larger population of white people compared to places where they normally spent the most time. The research team equipped 506 young black males and females with smartphones to track their locations

for a week in Columbus, Ohio. The participants reported on relevant topics, such as how safe they felt, five times per day. Sociology Professor Christopher Browning is the lead author of the research, and also heads the Adolescent Health and Development in Context (AHDC) study. "It doesn't have to be a majority white neighborhood for African American boys to feel more threatened," said Professor Browning. "It just has to be more white than what they typically encounter."

*Earth, August 13, 2018*

### **Boys as young as five facing body image issues, researchers find**

"Historically, women and girls have faced this pressure disproportionately, but rather than this reducing, boys and men are now feeling the same way," he said. A study by Dr Griffiths of 1666 schoolchildren published in



the Journal of Adolescent Health found just over half of boys report some body dissatisfaction. Merissa Forsyth, founder of Pretty Foundation, a non-profit organisation focused on building body resilience in girls, is now expanding its focus to include boys. "We soon realised that to truly see change in our society with regards to body image, we had to get men and boys involved too," she said. Dr Griffiths said stoicism, which is a part of traditional masculinity, can make it harder for males of any age to speak out. "For those affected it can have a major impact on quality of life and how it makes them feel," he said. "You don't find boys saying they want to be skinny and have a thigh gap. Boys are more likely to want to have broad shoulders, a six-pack or biceps. "But people aren't as aware there might be a problem with boys working out in the gym six days a week or drinking protein shakes."

*Herald Sun, August 12, 2018*

### **Online forum may provide specialized suicide prevention support for males**

New research illuminates how some men and boys who are contemplating suicide are finding emotional support in an unexpected place: Reddit. Sometimes referred to as the "front page of the Internet," Reddit is a social news aggregation and discussion website that's especially popular among young adult males. The website includes several topic-specific subreddit discussion forums, one of which is SuicideWatch. The regulated space allows people who are experiencing suicidal thoughts to post anonymously about what they are going through and receive emotional support from other users. As of this month, SuicideWatch has more than 96,000 subscribers. University of Arizona sociology doctoral student Darla Still has been analyzing the content of anonymous posts made to SuicideWatch to learn more about what individuals go through when contemplating suicide and how they express those thoughts and feelings to others.

Among her early findings, which she presented today at the American Sociological Association Annual Meeting in Philadelphia, is that the SuicideWatch subreddit may provide a unique source of gender-specific support for men and boys.

*American Association for the Advancement of Science, August 13, 2018*

### **Medical male circumcision: is the HIV prevention claim wrong?**

*A study has found that medically circumcised older men in Mpumalanga have a higher rate of HIV than uncircumcised men*

Circumcision is a proven intervention that reduces the chance of contracting HIV by 60%, but to scientists' surprise, a study has found that medically circumcised older men in Mpumalanga had a higher rate of HIV than uncircumcised men. The findings appear to suggest that it needs to be communicated to both men and women that circumcision does not offer 100% protection against HIV. The study, published in the PLOS ONE journal on August 1, surveyed about 2,345 Mpumalanga men, who were 40 years and older. Men who reported being circumcised in hospital through voluntary medical male circumcision when older had an HIV prevalence rate of 31%, meaning that almost one in three men were positive. Rosenberg and Barnighausen say it is important to note that circumcision still works to reduce the risk of contracting HIV, with more than 27 studies showing this.

*Business Day, August 14, 2018*

### **Legislation to Increase Uptake of HPV Vaccination and Adolescent Sexual Behaviors**

#### **Abstract**

##### **BACKGROUND:**

Despite preventive health benefits of the human papillomavirus (HPV) vaccination, uptake in the United States remains low. Twenty-four states have enacted legislation regarding HPV vaccination and education. One reason these policies have been controversial is because of concerns that they encourage risky adolescent sexual behaviors. Our aim in this study is to determine if state HPV legislation is associated with changes in adolescent sexual behaviors.

##### **METHODS:**

This is a difference-in-difference study in which we use data on adolescent sexual behaviors from the school-based state Youth Risk Behavior Surveillance System from 2001 to 2015. Sexual behaviors included ever having sexual intercourse in the last 3 months and condom use during last sexual intercourse. We compared changes in sexual behaviors among high school students before and after HPV legislation to changes among high school students in states without legislation.

##### **RESULTS:**

A total of 715,338 participants reported ever having sexual intercourse

in the last 3 months, and 217,077 sexually active participants reported recent condom use. We found no substantive or statistically significant associations between HPV legislation and adolescent sexual behaviors. Recent sexual intercourse decreased by 0.90 percentage points ( $P = .21$ ), and recent condom use increased by 0.96 percentage points ( $P = .32$ ) among adolescents in states that enacted legislation compared with states that did not. Results were robust to a number of sensitivity analyses.

#### CONCLUSIONS:

Implementation of HPV legislation was not associated with changes in adolescent sexual behaviors in the United States. Concern that legislation will increase risky adolescent sexual behaviors should not be used when deciding to pass HPV legislation.

*Pediatrics, August 2018*

### [Eating disorders in adolescent and young adult males: prevalence, diagnosis, and treatment strategies](#)

#### Abstract

Males have largely been underrepresented in the eating disorder (ED) peer-reviewed literature. The current review paper examines prevalence rates, ED symptom presentation, and assessment and treatment strategies relevant to adolescent and young adult males. Adolescent and young adult males often report a greater desire to be bigger and more muscular compared to their female counterparts. Due to concerns that contemporary ED assessment tools are over reliant on items that evaluate stereotypically feminine indicators of ED pathology, male-specific ED measures, such as the Eating Disorder Assessment for Men, have been developed. Further validation work is necessary to establish the psychometric properties of these male-specific measures, particularly in adolescent male populations. Attention to a heightened prevalence of comorbid substance abuse disorders and the role that competitive sports play in perpetuating ED pathology are two factors that have been identified as important in the treatment of adolescent and young adult males with EDs.

*Dove Medical, August 10, 2018*

### [Emory University & GeoVax Labs Developing Head and Neck HPV Vaccines](#)

*NOTE: Head and neck cancers are twice as common among men than women and are on the rise among younger men.*

Emory University has now teamed with a pharmaceutical manufacturer to develop a therapeutic vaccine for human papillomavirus (HPV) infection, with a specific focus on head and neck cancers. This is important since, In the USA, 44,430 new cases and 9,754 deaths of Oral Cavity and Pharynx cancers (which includes the tonsils, soft palate, and base of the tongue) were reported during 2015. About 70% of these cancers are linked to HPV.

*Precision Vaccinations, August 10, 2018*

### **Kids' Suicide Risk Tied Parents' Religious Beliefs**

Teens, especially girls, whose parents are religious may be less likely to die by suicide, no matter how they feel about religion themselves, new research suggests. The lower suicide risk among those raised in a religious home is independent of other common risk factors, including whether parents suffered from depression, showed suicidal behavior or divorced, the Columbia University researchers said. The study, however, does not prove that a religious upbringing prevents suicide, only that there is an association between the two.

*Web MD, August 8, 2018*

### **Male, female differences in 4 common sports injuries**

There are differences between men and women in the incidence and types of common sports injuries. For instance in one study, males had higher injury rates compared to females in 11 of 13 sports. Males are more likely to suffer acute traumatic injuries such as fractures.

Physiologically, males on average have greater bone mass, greater muscle mass and greater lean mass than females. Females are more likely to develop overuse injuries compared to males. Females are three times more likely than males to develop patellofemoral or knee cap pain in the knee. Females have a higher quadriceps to hamstring strength ratio than males and this muscle imbalance contributes to knee cap pain.

*Vail Daily, August 6, 2018*

### **Men And Women (But Especially Men) Are Confused About How Much Sex Everyone Is Having**

According to a survey by polling firm Ipsos, both men and women in the UK and US are wildly out of touch with reality in regards to the intimate activities of the opposite sex. But (some) men are particularly clueless. The research data - collected from online queries given to between 1,000 and 1,500 people, aged 16-64 or 18-64, in each country - reveals that the average guess among men for how often a typical young woman (18 to 29 years old) has sex is 23 times per month in the US and 22 times a month in the UK. However, the women of this age group who were polled reported having sex an average of five times per month - a more than four-fold difference in expectation vs reality.

*IFL Science, August 10, 2018*

### **Study predicts long-term outcome of boys with ADHD**

The goal was to examine whether boys' characteristics in childhood and adolescence predicted their subsequent school performance, their work, and social adjustment. Thus, the finding indicates that even mild conduct problems may predict relatively low educational, occupational, and overall achievement later in life. Interestingly, the authors found

that boys who had concrete educational goals for their future in adolescence had better overall functioning in adulthood. "These results suggest that we should not overlook even relatively mild problems of conduct among children with ADHD, and that early interventions might be considered for children with a normal, but low, IQ", said Dr. Ramos-Olazagasti.

*The Health Site, August 2, 2018*

**NEW ZEALAND: This PSA Tackles the "Mate Code" That Keeps Guys From Stopping Their Drunk Friends From Driving**  
**New Zealand campaign aims to reach the 20-something bro**

Since 1995, when drunk-driving campaigns started in earnest, attitudes have shifted to the positive, with 7 percent of women and 27 percent of men saying they would be comfortable driving after two drinks. Though there has been positive momentum, there is still room for improvement, especially in the country's rural areas and among young males from the ages of 20-29.

"Despite significant shifts in drink-driving behavior, there's still work to be done in provincial areas, particularly among young men," said NZ Transport Agency principal adviser Rachel Prince. "We know that getting these guys to intervene - when they likely aren't sober themselves - is a tough challenge."

To that end, the New Zealand Transport Agency and their long-standing agency, Clemenger BBDO released "Dilemmas," a long-form ad explicitly targeting that young audience, where driving after drinking is still considered acceptable. "There's a full mate code in place with these guys, and stopping someone from driving drunk is seen as a bit disrespectful to their manhood," said Brigid Alkema, Clemenger BBDO's ECD. "This work aims to reframe what intervention means, from protecting their mate to protecting their unique and irreplaceable mateship."

*Adweek, August 3, 2018*

**Sexual Minority, Justice-Involved Youth: A Hidden Population in Need of Integrated Mental Health, Substance Use, and Sexual Health Services**

**Abstract**

**Purpose**

We sought to compare the demographic characteristics, drug and alcohol use, sexual behaviors, delinquency, and mental health indicators of sexual minority and nonsexual minority first-time offending, court-involved, nonincarcerated adolescents.

**Methods**

Using adolescent- and caregiver-reported baseline data from the Epidemiologic Study Involving Children in the Court, a prospective cohort study of 423 adolescent-caregiver dyads recruited from a Northeastern family court system, we compared demographic and behavioral health characteristics of sexual minority and nonsexual minority first-time offending, court-involved, nonincarcerated adolescents.

## Results

Nearly one-third of the adolescents (133) were classified as a sexual minority; 81 self-identified with a nonheterosexual sexual orientation. Sexual minority adolescents were more likely than their nonsexual minority peers to identify as female, to have used psychiatric services or psychotropic medications, to have used an illicit drug or alcohol or to know peers who use these substances, to report alcohol/drug use during sex, to endorse more severe mental health problems, to have more recent post-traumatic symptoms, and to have engaged in self-harm behaviors. However, sexual minority adolescents did not differ from nonsexual minority adolescents in other demographic characteristics (including school performance) or delinquent behavior.

## Conclusions

One-third of court-involved, nonincarcerated adolescents may be sexual minorities. Specific screening methods are necessary to identify these adolescents and to address their unique risk characteristics, which include more severe mental health difficulties and higher rates of high-risk sexual behavior and drug/alcohol use compared with their nonsexual minority peers.

*Journal of Adolescent Health, August 1, 2018*

## Epidemiology of Any and Vaccine-Type Anogenital Human Papillomavirus Among 13-26-Year-Old Young Men After HPV Vaccine Introduction

### **Abstract**

#### Purpose

The aims of this study were to determine prevalence of and factors associated with any human papillomavirus (HPV) and vaccine-type HPV among young men after vaccine introduction, stratified by vaccination status.

#### Results

Mean age was 21.5 years and 26% had received at least one HPV vaccine dose. HPV prevalence was lower in vaccinated versus unvaccinated young men. HPV positivity was discordant by anogenital site. In multivariable logistic regression factors associated with HPV among all participants were frequency of oral sex, recent smoking, and sexually transmitted infection history. Factors associated with vaccine-type HPV among all participants were white versus black race and gonorrhea history; among vaccinated participants were private versus Medicaid insurance and private versus no insurance; and among unvaccinated participants was gonorrhea history.

#### Conclusions

Anogenital HPV prevalence was high and vaccination rates low among young men 2-4 years after vaccine introduction, underscoring the urgency of increasing vaccination rates and vaccinating according to national guidelines.

*Journal of Adolescent Health, July 2018*

### Truvada for PrEP Led to Significant Declines in New HIV Infections

Between 2012 and 2016, the United States saw a decrease in HIV diagnoses due to the use of emtricitabine-tenofovir disoproxil fumarate (FTC/TDF; Truvada, Gilead) for pre-exposure prophylaxis (PrEP), according to data presented at the 2018 International AIDS Conference in Amsterdam. In the analysis, states with the highest utilization of FTC/TDF for PrEP saw significant declines in the average number of HIV diagnoses, whereas there was an average increase for the states with the lowest use. The impact of FTC/TDF for PrEP occurred even after controlling for the effect of antiretroviral therapy use in those living with HIV, known as treatment as prevention (TasP), in a subset of 38 states and Washington, D.C., where virologic suppression data were available. "These data further validate the potential for significant public health impacts of FTC/TDF for PrEP to help reduce HIV transmission in the U.S.," said Patrick Sullivan, PhD, DVM, a professor of epidemiology at Rollins School of Public Health of Emory University, in Atlanta, and the lead study author.

*Infectious Disease Special Edition, July 24, 2018*

### HCV Eradication in HIV Patients Reduces Immune Activation, HIV DNA

In patients with HIV and a coinfection with hepatitis C virus (HCV), eradication of the HCV results in decreases in CD4+ and CD8+ T cell immune activation as well as significant reductions in proviral HIV DNA, plasma soluble CD14 (sCD14), D-dimers, and microbial translocation markers.

"Although there were not quantitative correlations between the decrease in proviral HIV DNA load and the expression of HLA-DR and CD38 on both CD4+ and CD8+ T cells, it might be hypothesized that both events might be related," the researchers, led by Luis F. López-Cortés, MD, of the Ibis-Biomedicine Institute of Sevilla in Sevilla, Spain, reported. "Almost certainly, a large proportion of this benefit is due to the reduction in the level of immune activation, given its key role in driving HIV-1 disease and non-AIDS-defining events in this population."

*Contagion Live, July 26, 2018*

### Now teenage boys will be vaccinated against HPV which causes the deaths of hundreds of men every year

- *Teenage boys will be vaccinated against a cancer-causing virus - papillomavirus*
- *Government advisers have recommended that boys be vaccinated against HPV*
- *This means around 400,000 British boys in the UK will be inoculated every year*

Teenage boys will be vaccinated against a cancer-causing virus responsible for the deaths of hundreds of men every year, the new Health Secretary Matt Hancock will announce this week. In a landmark

victory for The Mail on Sunday, the NHS will embark on a £20 million annual programme to inoculate all 12- and 13-year-olds against the sexually transmitted human papillomavirus. Government advisers finally recommended last week that boys be vaccinated against HPV - a decade after girls first got it on the NHS.

*Daily Mail, July 22, 2018*

### **Boys more 'cliquey' than girls**



Whether it's due to popular teen films such as Mean Girls or gender stereotypes most people imagine girls form more cliques than boys. Yet a new study contradicts this, suggesting that boys are more likely to form tight-knit friendship groups. Researchers say analysing social mixing patterns is important for infectious diseases and vaccination planning. They found that boys were more likely to mix with the same six friends over a period of six months. Girls' friendships, however, were more variable. The study, published on Wednesday in scientific journal Plos One, was led by the London School of Hygiene and Tropical Medicine (LSHTM) in partnership with the University of Cambridge. Scientists use complex mathematical models to look at how diseases spread through social groupings. And this research could help predict more accurately how they will spread - and might one day lead to changes in advice on how infectious diseases are controlled. Researchers asked 460 Year 7 pupils across four UK secondary schools representing a range of socioeconomic areas to name the six children they spent most time with daily, between January and June 2015. Lead author Dr Adam Kucharski said: "Showing boys are potentially more cliquey than girls, perhaps going against gender stereotypes, and that popular children remain popular over time, is an interesting social insight - but for mathematical modellers this type of information is also extremely valuable."

*BBC, July 26, 2018*

### **Boys Are Less Likely To Signal Poor Mental Health Than Girls: Study**

The longest study, in Ontario, on student's mental-health showed that anti-social behavior between 7th and 12th Grade has significantly decreased in the last two decades. However, there is still a fast growing number of students- especially girls- who accuse symptoms of anxiety or even



depression. The alarming problem remains bullying and cyberbullying, according to a survey. "This decline in risk behaviors over time parallels the declines seen in drug-using behaviors... suggesting a wider cultural shift to less externalizing or rebellious behaviors among young people today compared with previous generations," according to the Centre for Addiction and Mental Health said. "Ongoing monitoring will determine whether these trends reflect more enduring changes or temporary fluctuations."

*Health Thoroughfare, July 26, 2018*

### **Scientists Are Claiming That Plastic Is Shrinking Male Genitals**



According to two Melbourne-based scientists, plastics are causing genital defects in new born baby boys, and resulting in smaller penises. Their assertion is based on a metadata analysis of different

studies showing the effects of plastic and associated chemicals on animals and humans, and the duo have identified a corresponding increase in hypospadias (when the opening of the penis is on the underside rather than the tip). "Exposure to these chemicals, this is the No.1 reproductive issue for men," Associate Professor Andrew Pask told the Sydney Morning Herald. Along with his colleague Dr. Mark Green, Dr. Pask identifies several chemicals that are known to have negative effects on the health of humans, and are consumed every day either through food contamination or even in our water. And it seems that Green and Pask aren't the first to identify a link between plastic consumption and genital birth defects. A 2014 study by the Department of Health Sciences, Karlstad University, Sweden, identified the effects of Phthalates, a common component of many products, on young males. In the Swedish study, scientists identified a significant shortening of the distance between the anus and the penis.

*Men's Health, July 26, 2018*

### **This book is full of honest, beautiful portraits of boys just being**

"I've learned that there's a lot of hope for our generation", responds Rosie Matheson, when asked what she's taken from her time shooting her long-term project, Boys. In 2015, Matheson - then a burgeoning photographer - began taking portraits of young men. "I was photographing young males because it was a subject matter I felt comfortable with," she reveals. "I was still figuring out which style of photography I liked most, how to



interact well with people, how to use light. Shooting young men meant that I could turn up with two rolls of film, walk around for 20 minutes and that would be it - they almost took the pressure out of it being a portrait shoot." Three years on, Boys is now described by Matheson as "an exploration of boyhood and masculinity". The project has also evolved from a hobby into an ongoing series that the photographer sees as "challenging the relationship between males and the idea of masculinity pressured by society".

*Dazed, July 26, 2018*

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### **Health Disparities in Racial/Ethnic and Sexual Minority Boys and Men**

*A Report of the American Psychological Association*

The report's explanations for the disparities are especially instructive. More so than lifestyle causes of risk, the report shows how rigid gender norms make these men vulnerable to poor health. For example, ideas and perceptions of masculinity-control, toughness-drive behaviour such that minority boys and men may suppress emotions when traumatised or hide symptoms of depression. Expectations of machismo lead to increased risk taking. For sexual minority men, their vulnerability to violence could be due to perpetrators' affirmation of hegemonic masculinity. In turn, masculinity norms that expect invincibility limit men's seeking of help and health care. Recommendations include building awareness of the structural determinants of men's health risks and more accessible health care for mental health and trauma. Above all, it reminds us that being gender blind benefits neither men nor women

*American Psychological Association, June 18, 2018*

### **Gender and health are also about boys and men**

*Editorial*

Attention to the gendered dimensions of health has tended to focus on improving the disadvantages and vulnerability of girls and women. But to fully understand the ways that gender shapes how people live, work, and optimise health, more awareness is needed about the circumstances of men's lives that adversely affect their health. Men consistently experience shorter lifespans, greater threats to health and safety, and less access to health care than women. Needed insight into gender is revealed in a new report from the American Psychological Association, which highlights the particular vulnerabilities of racial and sexual minority males who do not experience the same power and privilege typically afforded men in the USA.

*The Lancet, June 21, 2018*



### [Early puberty boosts substance use risk for white boys](#)



The findings, which appear in *Child Development*, suggest that brain-related testosterone activity contributes to an increased risk of substance use more than an earlier appearance of maturity

and accompanying social pressures in early pubescent white boys. In some studies, an early start to puberty points to more "acting out" behavior, aggression, and substance use. Marceau wanted to identify the biological link between early puberty and behavioral problems and whether the problems arise from social pressures of appearing older sooner, or are underlying biological changes, or perhaps both.

*Futurity, July 17, 2018*

### ['Life-Changing' Surgery Gives Transgender Man a Penis Made from His Own Body](#)

*Gender affirmation surgeries have surged 20 percent in recent years.*

In 2016, Stephens underwent a mastectomy. In August 2017, he had a hysterectomy and a vaginectomy. And on February 5, he became the first-ever person to undergo a phalloplasty - the "bottom" surgery to affirm his genitalia from female to male - in New Jersey. He's part of a growing number of people undergoing gender affirmation surgery, which has increased nearly 20 percent from 2015 to 2016, according to the American Society of Plastic Surgeons.

*Healthline, July 19, 2018*

### **Teens Who Spend Too Much Time On The Internet Are At Risk Of Developing ADHD**

It's near impossible to stay focused when the internet is at our fingertips. There's always one more notification to read, one more deal to be had, one more like to chase. While some experts have suspected



that this kind of instant feedback and gratification might negatively affect young minds, a [new study](#) published in the Journal of the American Medical Association (JAMA) suggests such connectivity comes at a worrisome cost by increasing ADHD symptoms in teens who use digital media at a high rate. When researchers surveyed 2,587 high school students in a prospective, longitudinal study, they found that teens who engaged in 14 different digital media activities multiple times a day had increased odds of developing ADHD symptoms.

*Giving Compass, July 19, 2018*

### **Study: ADHD drugs do not improve cognition in healthy college students**

Contrary to popular belief across college campuses, attention deficit hyperactivity disorder (ADHD) medications may fail to improve cognition in healthy students and actually can impair functioning, according to a study by researchers at the University of Rhode Island and Brown University. Study co-investigators Lisa Weyandt, professor of psychology and a faculty member with URI's George and Anne Ryan Institute for Neuroscience, and Tara White, assistant professor of research in behavioral and social sciences at Brown University, had anticipated different findings. "We hypothesized that Adderall would enhance cognition in the healthy students, but instead, the medication did not improve reading comprehension or fluency, and it impaired working memory," she said. "Not only are they not benefitting from it academically, but it could be negatively affecting their performance."

*AAAS, July 19, 2018*

### **More U.S. teens shunning drugs, alcohol**

Over the last four decades, more American teenagers have decided to say no to drugs and alcohol, a new report shows. "There has been a steady increase in the proportion of students graduating high school who report never having tried alcohol, marijuana, tobacco or any other drugs," said study author Dr. Sharon Levy. She directs the adolescent substance use and addiction program at Boston Children's Hospital. For example, while about 5 percent of high school seniors had embraced abstinence in 1976, that figure had risen to 25 percent in

2014, according to the most recent poll of nearly 12,000 students. She explained that both drinking and smoking—the number one and number three most common substance use habits—have been sliding in popularity across the board for a while now, even though pot use has held steady.

*Medical Express, July 19, 2018*

### [Young overweight boys who lose weight by puberty could halve type 2 diabetes risk](#)



Overweight boys who lose weight by the time they reach puberty can halve their risk of developing type 2 diabetes in later life, Danish researchers have found.

Being overweight at the age of seven was shown to increase the risk of type 2 diabetes in adulthood, but only if they were still overweight during puberty. The research by the Bispebjerg and Frederiksberg Hospital, Denmark reviewed school health records of 62,565 men from

when they were aged seven, 13, and between 17-26.

*Diabetes.co.uk, July 12, 2018*

### [The science of why Australian country boys are so angry](#)

Why are country boys in Australia so angry? To find out, Australian researchers asked them. Eight themes emerged. The personal themes were racism, homophobia, family influences, and media influence. The others were more situational, including alcohol, territorialism, school context, and peer pressure. These factors all worked together to make aggressive behaviour seem normal in rural adolescent boys, according to the research. And these influences and factors all promoted a stereotyped aggressive masculinity that is accepted within their subculture but is not reflective of wider societal norms.

*Business Insider, July 11, 2018*



### [Athletes with ADHD may be at greater risk for anxiety and depression after concussion](#)



Athletes who have attention deficit hyperactivity disorder (ADHD) may be at greater risk for experiencing persistent anxiety and depression after a concussion than people who do not have ADHD, according to a preliminary

study released today that will be presented at the American Academy of Neurology's Sports Concussion Conference in Indianapolis, July 20 to 22, 2018. ADHD is a brain disorder that affects attention and behavior.

*Medical News, July 12, 2018*

#### **Peer activities may improve college student's mental health behaviors**

College students who became involved with a peer-run organization focusing on mental health were likely to improve their knowledge of mental health and reduce stigma, according to recently published study results in the Journal of the American Academy of Child & Adolescent Psychiatry. "In this longitudinal study that followed 1,129 college students over the course of a single academic year, we found that increased familiarity with Active Minds - a student-led organization aimed at teaching peers about mental health issues and decreasing stigma -was associated with increases in students' perceived knowledge and reduction in stigma surrounding mental health," Bradley D. Stein, MD, PhD, a senior physician scientist at RAND Corp, told Infectious Diseases in Children. "Moreover, students who actively engaged with Active Minds were more likely to provide emotional support to peers and connect others to professional help."

*Helio, July 9, 2018*

#### **Bad news for night owls: Sleeping less may damage your sperm health**

A study in the Medical Science Monitor, found a strong link between sperm count, health and sleep. The study concluded that short and long sleep durations and later bedtime can reduce sperm count, survival, and motility. This simply means that men who go to bed after midnight had the worst sperm motility while those who slept between 8pm and 10pm had the best motility.

*The Health Site, July 11, 2018*

#### **How to Cope With Male Infertility**

*It's easy for men with reproductive issues to see it as a blow to their ego. It happens and the healthiest way to cope is to stop thinking of it as a blow to manhood.*

But the fact of the matter is that male infertility is not uncommon. In fact, the National Survey of Family Growth found that 7.5 percent of men younger than age 45 have gone to a fertility doctor at some point and

roughly seven percent of men are unable to conceive children. According to the National Institute of Child Health and Human Development, one-third of infertility cases are caused by male reproductive issues, one-third by female reproductive issues, and one-third by both male and female reproductive issues or by unknown factors. Still, it can seem as though men with reproductive issues often feel as though they are 'lesser.' The general problem stems from a large part about the misconception that fertility is related to virility.

*Fatherly, July 12, 2018*

#### **LGBQ teens more likely than peers to use dangerous drugs**

Lesbian, gay, bisexual or questioning (LGBQ) teens are at substantially higher risk of substance use than their heterosexual peers, according to a new study led by San Diego State University researchers and published in the American Journal of Public Health. As part of the most recent National Youth Risk Behavior Survey—the largest national survey on adolescent health—15,624 high school students were asked about their use of 15 substances, including alcohol, drugs, and tobacco. The survey also included questions about sexual identity, including whether teens identify as lesbian, gay, bisexual, or questioning. The data showed LGBQ teens were more likely to have ever used 14 of the 15 substances studied, including alcohol, cigarettes, cigars, cocaine, ecstasy, electronic vapor ("vaping"), hallucinogens, heroin, inhalants, marijuana, methamphetamine, prescription drugs (without physician direction), steroids, and synthetic marijuana. LGBQ teens also were at greater risk for having used harder drugs.

*Medical Express, July 13, 2018*

#### **American Academy of Nursing releases HPV Vaccination policy brief**

The brief details that the vaccinations can help prevent a variety of cancers later in life, in particular high-risk HPVs, which are referred to as high-risk HPVs. These high-risk HPVs are responsible for around 40-50% of all vaginal and vulvar cancers in women, and cause 75% of all anal and perianal cancers in both men and women. According to the policy brief, early HPV-vaccinations in children and young adults has been shown to be effective in preventing these cancers later in life.

"The Academy has long supported vaccines as a means of reducing incidences of diseases," Academy President Karen Cox, PhD, RN, FAAN said. "HPV vaccinations are both safe and effective in preventing many cancers later in life, and are also a low-cost solution." The Academy recommends increased HPV vaccination coverage for 9 to 26 year olds throughout U.S. communities. They also support ongoing evaluations of the vaccination program approaches.

*Beauregard Daily News, July 12, 2018*

#### **Jail and opioids keep more men out of the workforce in the US than in other big economies: Goldman**



Men of prime age in the U.S. participate in the labor force at a lower rate than men in other advanced economies, a gap partly explained by higher incarceration rates and opioid abuse, according to research

from Goldman Sachs. The male participation rate is now more than 3 percentage points below the average of other developed markets, and nearly 7 percentage points behind Japan. One-third of the difference can be explained by the much higher number of men in jail and prison in the United States compared with other countries and the scourge of health problems associated with drug and painkiller abuse, the research said.

*CNBC, July 12, 2019*

#### Health Care Use and Health Behaviors Among Young Adults With History of Parental Incarceration

**OBJECTIVES:** To determine if longitudinal associations exist between parental incarceration (PI) and health care use or health behaviors among a national sample of young adults.

**METHODS:** We used the National Longitudinal Survey of Adolescent to Adult Health to examine associations between history of mother incarceration (MI) and father incarceration (FI), health care use, and 3 dimensions of health behaviors (eg, general health behaviors, substance use, and other risky behaviors) ( $N = 13,084$ ). Multivariable logistic regression models accounted for individual, family, and geographic factors and generated adjusted odds ratios (aORs).

**RESULTS:** Over 10% of the sample had a history of PI before the age of 18. History of MI and FI were both associated with forgone health care (MI aOR = 1.65 [95% confidence interval (CI), 1.20-2.27], FI aOR = 1.22 [95% CI, 1.02-1.47], respectively), prescription drug abuse (MI aOR = 1.61 [95% CI, 1.02-2.55], FI aOR = 1.46 [95% CI, 1.20-1.79]), and 10 or more lifetime sexual partners (MI aOR = 1.55 [95% CI, 1.08-2.22], FI aOR = 1.19 [95% CI, 1.01-1.41]). MI was associated with higher likelihood of emergency department use (aOR = 2.36 [95% CI, 1.51-3.68]), and FI was associated with illicit injection drug use (aOR = 2.54 [95% CI, 1.27-5.12]).

**CONCLUSIONS:** The effects of incarceration extend beyond incarcerated individuals. PI histories are associated with lower health care use and unhealthy behaviors in young adulthood. By addressing barriers to health care and health-harming behaviors, health care providers and policy makers may reduce health disparities among this population.

*Pediatrics, July 2018*

### **Responding to Parental Incarceration As a Priority Pediatric Health Issue**

Findings that reveal differential effects of maternal versus paternal incarceration are novel and intriguing. Some of the observed differences, as the authors postulate, may be related to a lack of statistical power in the maternal incarceration group. However, other differences, such as the observed strong association between maternal incarceration and higher rates of exchanging sex for money during adulthood, reveal that some effects may be unique to mothers. Although the mechanisms for these differences are unclear, they suggest that parental incarceration may impact youth differently depending on parent sex. Given the observed associations, what should be done next? First, pediatric clinicians should screen for parental incarceration either separately or as part of a typical adverse childhood experience screener. Moreover, simply asking about parental incarceration may signal that the clinician is open to questions and requests for referrals, such as for mental health therapy, for children or caregivers who are having difficulty coping. Second, several tools exist that may aid clinicians in caring for children of incarcerated parents. For example, the creators of Sesame Street developed the Muppet character Alex to help children understand why daddy or mommy go away for a long time; the Sesame StreetWeb site also contains a tool kit for clinicians.<sup>4</sup> Pediatricians can also refer families to social support services and resources such as the nonprofit Essie Justice Group, an organization that networks and supports women with incarcerated loved ones.<sup>5</sup>

*Pediatrics, July 2018*

### **A Viral Video Made Dollar Shave Club's Launch. Can Another Broaden Its Appeal?**

Dollar Shave Club, the blade-subscription startup whose 2012 launch video "Our Blades are F\*\*\*ing Great!" helped bring in more than 12,000 new customers, just added a new entry to its highly successful (and strange) advertisement canon. Released on YouTube on July 11, "Getting Ready," is a lengthy visual exploration of mens' grooming routines, showing how a diverse array of characters deal with their physical insecurities--including weird cologne-application and hair-removal techniques (spoiler alert: duct tape is involved). At more than three minutes, "Getting Ready" is a strange watch, one whose characters would fit nicely on, say, an episode of Orange Is the New Black.

*Inc.com, July 12, 2018*

### **Therapy Reduces Risk in Suicidal Youth**

*Clinical trial shows dialectical behavior therapy effectiveness*

To date, there have not been any research-validated treatments for preventing suicide among youth. And research has found that it's hard to get adolescents with suicidal thoughts to start and stay with existing

treatments. Researchers at the University of Washington, Seattle Children's Research Institute, and collaborators at the Los Angeles Biomedical Research Institute at Harbor- University of California, Los Angeles (UCLA) Medical Center, and the David Geffen School of Medicine at UCLA are addressing the treatment void for adolescents. A recent clinical trial of a psychotherapy called dialectical behavior therapy (DBT)-which has been shown to be effective in reducing suicide-related behavior in adults-showed that DBT can also reduce suicide attempts and suicidal behavior in adolescents.

*National Institute of Mental Health, June 27, 2018*

### **New York and Virginia Become the First States to Require Mental Health Education in Schools**

*The share of adolescent Americans contemplating or attempting suicide nearly tripled between 2008 and 2015.*

For the first time, two U.S. states will require schools to provide mental health education in a bid to combat a rising tide of depression and psychological hurdles facing American youth. New York and Virginia enacted their respective mental health education laws on Sunday. The states' statutes differ on the specifics, as CNN reports. In Virginia, the basic premise is that physical education or health education curricula for ninth and 10th graders have a mental health component. In New York, elementary, middle, and high school curriculum will include mental health. New York's law doesn't endorse a specific curriculum on the issue; Virginia's will require the state's Board of Education to update its "Standards of Learning" to spell out what should be taught.

*Fortune, July 3, 2018*

### **Most doctors would give HIV prevention drugs to teens**

Last month U.S. regulators said a pill that helps prevent infection with HIV is safe for use by adolescents, and a study suggests most physicians would be willing to prescribe this medicine to teens. So-called pre-exposure prophylaxis (PrEP) with Truvada, a daily pill combining the medicines tenofovir and emtricitabine, can lower the risk of getting HIV from sex by up to 90 percent, according to the U.S. Centers for Disease Control and Prevention. Truvada has long been used to treat HIV and as a prevention strategy for adults. The current study was conducted between October 2016 and January 2017, before the U.S. Food and Drug Administration approved PrEP for teens who weigh at least 35 kg (77 pounds).

*Reuters, June 26, 2018*

### **Eating nuts boosts sperm count and improves male fertility, study suggests**



New research recently presented at the annual European Society of Human Reproduction and Embryology meeting in Barcelona, Spain, suggests nuts may improve male fertility. For the study, scientists followed 119 healthy young men aged 18-35 for 14 weeks and assessed their diets and multiple fertility parameters, such as sperm count, sperm DNA fragmentation and blood samples. The men were

randomly divided into two groups, one of which added about 60 grams of nuts each day to their normal diet. According to the research, men in the nut group saw a 14 percent improvement in sperm count, 4 percent improvement in sperm vitality, 6 percent motility improvement and 1 percent boost in sperm morphology (shape and size), all of which are World Health Organization parameters linked to male fertility. But that doesn't mean men looking to conceive should immediately start adding nuts to their diets. "We can't yet say that based solely on the results of this study," study author Dr. Albert Salas-Huetos of Spain's Universitat Rovira i Virgil, said in a news release, noting that the men in the study were all healthy and apparently fertile. "But evidence is accumulating in the literature that healthy lifestyle changes such as following a healthy dietary pattern might help conception -- and of course, nuts are a key component of a Mediterranean healthy diet."

*Atlanta Journal-Constitution, July 5, 2018*

#### [Study: LGBT Teen Athletes 'Overwhelmingly Closeted'](#)

Despite the high profile of out athletes such as Michael Sam and Adam Rippon, adolescent LGBT athletes are "overwhelmingly closeted," according to a study the Human Rights Campaign



Foundation and the University of Connecticut. Play to Win: Improving the Lives of LGBTQ Youth in Sports analyzes the responses to sports-related questions in HRC's online 2017 LGBTQ Teen Survey, taken by more than 12,000 people ages 13 to 17 within the United States. The report revealed that many LGBT athletes were not out to their coaches, a smaller percentage of LGBT individuals play sports than their non-LGBT peers, and some LGBT young people do not play a sport at all for fear of an unaccepting environment.

*Advocate, July 3, 2018*

## [Gay, Straight, Or Bisexual - Which Group Of Men Are More At Risk Of Heart Failure?](#)



More than 30 percent of men in the US have some form of heart disease making it a leading cause of death for American men. Not many studies have been done to understand the impact of sexual orientation on heart disease risk for men. In this study, NYU researchers examined differences in modifiable risk factors for heart disease and heart disease diagnoses in men of different sexual orientations. Responses from 7,731 men ages 20 to 59

were part of the National Health and Nutrition Examination Survey (2001-2012). Differences were analyzed across four groups based on their sexual identities: gay men, bisexual men, heterosexual men who have sex with men, and heterosexual men. The researchers found no differences in heart disease diagnoses based on sexual orientation, but risk for heart disease was more complicated.

- Gay men, heterosexual men, and heterosexual men who have sex with men had similar heart disease risk.
- Gay men reported lower binge drinking compared with heterosexual men, but otherwise few differences in health behaviors were noted.
- Bisexual men, however, had higher rates of several risk factors for heart disease relative to heterosexual men: mental distress, obesity, elevated blood pressure, and three different measures of diabetes (medication use, medical history, and average glycosylated hemoglobin level).

"Poor mental health is a recognized risk factor for the development of heart disease," said Caceres. "Clinicians should be educated about sexual minority health and should routinely screen bisexual men for mental distress as a risk factor for heart disease. This is particularly important as healthcare organizations increasingly include sexual orientation as part of demographic questionnaires in electronic health records."

*Instinct Magazine, June 30, 2018*

## [Health Care Coverage and Access Among Children, Adolescents, and Young Adults, 2010-2016: Implications for Future Health Reforms](#)

### **Abstract**

#### **Purpose**

We examine changes to health insurance coverage and access to health care among children, adolescents, and young adults since the

implementation of the Affordable Care Act.

### Methods

Using the National Health Interview Survey, bivariate and logistic regression analyses were conducted to compare coverage and access among children, young adolescents, older adolescents, and young adults between 2010 and 2016.

### Results

We show significant improvements in coverage among children, adolescents, and young adults since 2010. We also find some gains in access during this time, particularly reductions in delayed care due to cost. While we observe few age-group differences in overall trends in coverage and access, our analysis reveals an age-gradient pattern, with incrementally worse coverage and access rates for young adolescents, older adolescents, and young adults.

### Conclusions

Prior analyses often group adolescents with younger children, masking important distinctions. Future reforms should consider the increased coverage and access risks of adolescents and young adults, recognizing that approximately 40% are low income, over a third live in the South, where many states have not expanded Medicaid, and over 15% have compromised health.

*Journal of Adolescent Health, June 2018*

### **The Seduction of Football And How It's Destroying Today's Boys**

*In pursuit of the cultural ideal as "the stronger sex" □ robust, tough and self-reliant □ boys adopt attitudes and behaviors that have a negative impact on their health.*



What might have been an easy problem for his parents to resolve -they agreed football did not make much sense for a boy so young, especially one who had already suffered one concussion - was

complicated by larger issues. The family was steeped in football culture. An uncle whom Jason closely identified with was an NFL trainer and his sons, older cousins Jason looked up to, both played on youth teams. In a nutshell, football had become Jason's identity. Since he was a young boy he had admired the team-oriented, rough-and-tumble nature of football culture. He hoped his parents would support his "dream." Even though participation rates in youth football have dropped since 2008 - 3.5 million (mostly) boys currently play youth football in the U.S - the number of diagnosed, sport-related concussions still doubled between 2005 and 2015. More troubling, concussions are probably underreported. In response to new scrutiny, many boys try to hide their

symptoms for fear of being sidelined. In a 2013 report by the Institute of Medicine, "Youth profess that the game and the team are more important than their individual health and that they may play through a concussion to avoid letting down their teammates, coaches, schools, and parents."

*Fatherly, June 20, 2018*

**Self-Reported Concussions from Playing a Sport or Being Physically Active Among High School Students - United States, 2017**

Increased susceptibility to concussions and longer recovery times among high school athletes compared with older athletes (1) make concussions among youths playing a sport or being physically active an area of concern. Short-term and long-term sequelae of concussions can include cognitive, affective, and behavioral changes (1). Surveillance methods used to monitor concussions among youths likely underestimate the prevalence. Estimates assessed from emergency departments miss concussions treated outside hospitals, those generated using high school athletic trainer reports miss concussions sustained outside of school-based sports (2), and both sources miss medically untreated concussions. To estimate the prevalence of concussions among U.S. high school students related to playing a sport or being physically active, CDC analyzed data from the 2017 national Youth Risk Behavior Survey (YRBS). Overall, 15.1% of students (approximately 2.5 million\*) reported having at least one of these concussions during the 12 months before the survey, and 6.0% reported two or more concussions. Concussion prevalence was significantly higher among male students than among female students and among students who played on a sports team than among students who did not. Among all sex, grade, and racial/ethnic subgroups, the odds of reporting a concussion increased significantly with the number of sports teams on which students played. These findings underscore the need to 1) foster a culture of safety in which concussion prevention and management is explicitly addressed; 2) expand efforts to educate students, parents, coaches, and health care providers regarding the risk for concussion; and 3) identify programs, policies, and practices that prevent concussions.

*MMWR, June 22, 2018*

**'Get shredded in six weeks!' The problem with extreme male body transformations**

*Men's Health magazine has transformed many men - and its own fortunes - by featuring extreme muscle makeovers. But does changing shape fast have a dark side?*

In difficult times for print publishing, Men's Health and its competitors hit upon a monetisable formula. Across the country, podgy dads and harried office workers dreamed of having the perfect physique.

#### Makeover

transformations promised the body they longed for - typically within eight to 12 weeks."The idealised body image is highly muscular right now," says Dr Stuart Murray, a psychologist who specialises in muscle dysmorphia in men. What distinguishes this ideal from that of the 80s is a preoccupation with maintaining a single-digit body-fat percentage to better display one's muscularity. The emergence of this physical ideal is linked to the death of lad culture. "Magazines are reflectors of society," says Simon Das, a lecturer in journalism at London College of Communication. "Magazines such as Nuts and Zoo were out of kilter with the new generation of men coming through." As the lads mags were counted out, health-focused publications absorbed their readerships, with Men's Health overtaking FHM's sales in 2009. Men's Health remains the biggest paid-for magazine in the men's lifestyle sector, with a circulation of 175,683 at the end of 2017.

*The Guardian, June 27, 2018*



#### Social media, athletic pressure drives surge in male eating disorders

According to the National Eating Disorder Association or NEDA, one in three people struggling with an eating disorder is male. NEDA also reports that black teenagers are 50 percent more likely than white teenagers to exhibit binging and purging behaviors. But due in part to cultural bias, they are much less likely to seek treatment for their eating disorder. "I think the biggest myth that still exists today is that this is an issue among women," Harvard University researcher Alvin Tran told Boston 25 News. Tran says social media is playing a role in the trend. "There are researchers who suspect that social media and other forms of the media are contributing a role. Young men, young boys are seeing images of males in the media. These body images tend to be muscular men with little body fat. Kids are seeing these images as the ideal male body at a very early age," Tran added. In particular, Tran's research found a significant spike in unhealthy eating habits among men of color on dating apps.

*WSB TV, June 20, 2018*

#### Male students in England and Wales more likely to kill themselves

*Suicide rates among university students show slight rise but a significant gender difference*

"The rate of suicide in 2016-17 in higher education students was 4.7 deaths per 100,000 students. Although higher than in earlier years, the

comparatively low numbers of suicides per year make it challenging to identify significant differences. Meanwhile, the rate for suicide in female students is significantly lower than the rate in males." Between 2001 and 2017, 1,330 students died from suicide, of which 878 (66%) were men and 452 (34%) women. More than four-fifths of the deaths (83%) were among undergraduates doing their first degree, which accounted for 1,109 deaths, while postgraduates accounted for 17% (221 deaths).  
*The Guardian, June 25, 2018*

### **Why Do So Many Men Die by Suicide?**

*New research on how trying to be a "real man" affects mental health.*



For obvious reasons, understanding why an individual takes his or her life is difficult to study. But if we hope to prevent suicide, we need to talk about why it is predominantly affecting men. In a survey my

organization, Promundo, carried out with support from Axe, of 1,500 young men aged 18-30, we found that nearly 1 in 5 thought about suicide in the past two weeks. Which young men were more likely to think about suicide? Those who believed in a version of manhood associated with being tough, not talking about their problems, and bottling up their emotions were twice as likely to have considered suicide. Studies in other countries have found the same, namely that men with more restrictive ideas about manhood are more likely to think about suicide than young men who aren't so stuck in the "man box."

*Slate, June 28, 2018*

### **College students are forming mental-health clubs - and they're making a difference**

Mental-health problems among college students have been climbing since the 1990s, according to the American Psychological Association. And with services increasingly stretched at campus health centers, students have been taking action themselves through peer-run mental-health clubs and organizations. The approach appears to be paying off, a new study finds.

In what they describe as the largest study of its kind, researchers found that across 12 California colleges, such student-run efforts were associated with increased awareness of mental-health issues, reduced stigma and a rise in "helping behaviors."

*Washington Post, June 28, 2018*

### **Binge Drinking Puts Young Men At Of High Blood Pressure, Cardiovascular Disease**

According to new research, young men must practice extra caution when drinking alcohol, as too much of it might be associated with elevated cardiovascular risk factors. As per the Journal of the



American Heart Association, young men who binge drink get elevated systolic blood pressure and a more unfavorable lipid profile compared with those who don't binge drink. In a new study, the systolic BP and cholesterol of binge-drinking males were about 10 points higher on average. Meanwhile, the blood sugar levels of binge-drinking females were about 10 points higher on average, according to AHA spokesperson Richard Becker. Interestingly, binge drinking showed no elevated BP or lipid levels among females.

*Tech Times, June 29, 2018*

#### ["Recovery Boys" Doc Candidly Explores Addiction, Trauma & Rehabilitation](#)



The documentary Recovery Boys, which is screening on Netflix as well as in select theaters, focuses on four young men seeking recovery from opioid dependency at a rehabilitation facility in West Virginia. Directed by Elaine McMillion Sheldon, whose Oscar-nominated short Heroin(e) looked at women on the front lines of the opioid epidemic in the Mountain State, Recovery Boys breaks from what The Guardian calls the established

narrative about dependency, with poor people locked in a cycle of use and despair in impoverished areas. Instead, Sheldon's camera follows young men who find support and relief through delving deep into their emotions in a rehabilitation setting.

*The Fix, June 29, 2018*

#### [Men's childhood environment may determine testosterone levels later, says study](#)

*The researchers suggest that any screening for risk profiles may need to take a man's childhood environment into account.*

Men who grew up in challenging conditions like prevalence of infectious diseases or poor nutrition may have lower levels of testosterone - male sex hormone - in later life, says a study. The findings suggest that the differences may be linked to energy investment. For instance, in environments where people are more exposed to disease or poor nutrition, developing males direct their energy towards survival at the

cost of testosterone. While high testosterone levels may up the risk of ageing, muscle mass, prostate enlargement and cancer, lower levels may cause lack of energy, erectile dysfunction etc. Thus, the researchers suggest that any screening for risk profiles may need to take a man's childhood environment into account.

*The Health Site, June 26, 2018*

**Loma Linda University study says ADHD severity is associated with video game addiction severity**

A study by Loma Linda University School of Behavioral Health researchers found that attention-deficit/hyperactivity disorder (ADHD) severity is associated with severity of video game



addiction. The study, "Video game addiction, ADHD symptomatology, and video game reinforcement," published June 6 in The American Journal of Drug and Alcohol Abuse, found that risk of addiction existed regardless of type of video game played or preferred most. "This result is consistent with our hypothesis and with prior research, which suggests that people with greater ADHD symptom severity may be at greater risk for developing problematic playing habits," said Holly E. R. Morrell, PhD, associate professor in at Loma Linda University School of Behavioral Health and the study's principal investigator. The study was released this month within days of obsessive video game playing being recognized as an international public health concern. The World Health Organization added "gaming disorder" in its International Classification of Diseases, 11th edition, released on June 18.

*Llu.edu, June 28, 2018*

**CHILDREN RAISED BY GAY AND LESBIAN PARENTS DEVELOP AS WELL AS KIDS OF HETEROSEXUAL COUPLES**

Psychologists based in Italy said their findings add to growing scientific evidence that indicates having same-sex parents does not disadvantage a child as those who disagree with such family arrangements might assume. The team at Sapienza University of Rome enlisted three groups of Italian parents for their study. The participants were comprised of 70 gay fathers who had their children through a surrogate; 125 lesbian mothers who were inseminated with donor sperm; and 195 heterosexual couples who had a child together without medical intervention. The children involved in the paper published in The Physiological Society were between 3 and 11 years old.

Newsweek, June 29, 2018

**CDC to research coverage gaps for gay people of color**

The Centers for Disease Control and Prevention wants to research

whether gay and transgender people of color could receive better access to care and experience reduced HIV infection rates if they discuss insurance coverage with their providers earlier. The agency is seeking approval from the White House's Office of Management and Budget to launch the study in Chicago, focusing on black and Hispanic males who have sex with men and transgender persons. The CDC will work with community partners to help people connect to coverage. Gay men accounted for 81% of new HIV infections among males and 65% of all new HIV infections, according to the CDC. The CDC wants to evaluate whether these individuals will experience better health outcomes if providers talk with them about coverage options during sexually transmitted disease testing. Currently, these conversations tend to take place after patients receive their test results.

*Modern Healthcare, June 28, 2018*

#### **Most teens with gynecomastia don't need hormone lab tests**

Routine assessment by an endocrinologist and laboratory tests to measure hormone levels aren't necessary in most adolescent boys with gynecomastia (male breast enlargement), concludes a study in the July issue of Plastic and Reconstructive Surgery, the official medical journal of the American Society of Plastic Surgeons (ASPS). The cause of adolescent gynecomastia can usually be identified without endocrine testing, according to the study by Jugpal S. Arneja, MD, MBA, and colleagues of University of British Columbia, Vancouver, Canada. They propose an "evidence-based rationale for evaluation and workup" for the distressing problem of breast enlargement in adolescent males—including referral for male breast reduction surgery if the problem persists beyond age 16.

*Medical Express, June 30, 2018*

#### **Racial, ethnic, and sexual minority males among unhealthiest people in U.S., report finds**



Despite having more privilege, wealth, and career success than women, men in the U.S. generally lead shorter, unhealthier lives than their female counterparts. But a report just released by the American

Psychological Association finds that for men of color and sexual minority men this reality is compounded, partly due to systemic oppression and discrimination. For example, African-American men consistently have life expectancies six years shorter than white men, according to the report. "Eliminating early deaths and negative health outcomes among boys and men of color and gay, bisexual, and transgender boys and men are essential for the well-

being of our country," says Wizdom Powell, director of the Health Disparities Institute and associate professor of psychiatry at UConn Health, and chair of the APA Working Group on Health Disparities in Boys and Men, which wrote the report. "The social justice movements occurring all over America show us there is a deepening national interest in disenfranchised groups," Powell adds. "They face unique social stressors that can compromise their health and safety, and we wanted to understand how marginalized identities, stress, and disadvantage affect health behaviors, coping strategies, and outcomes of these vulnerable boys and men."

*Medical Express, June 19, 2018*

### **Bisexual men have higher risk for heart disease**

*Study of sexual orientation and heart disease risk finds some disparities, opportunities for clinical intervention*

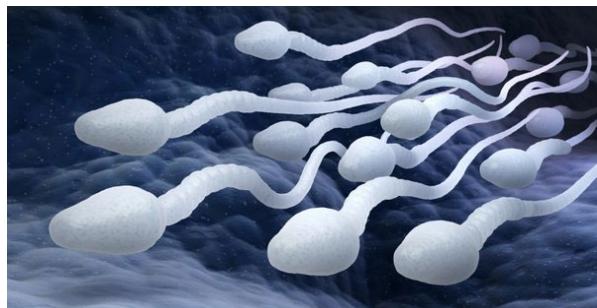
Bisexual men have a higher risk for heart disease compared with heterosexual men across several modifiable risk factors, finds a new study published online in the journal *LGBT Health*. "Our findings highlight the impact of sexual orientation, specifically sexual identity, on the cardiovascular health of men and suggest clinicians and public health practitioners should develop tailored screening and prevention to reduce heart disease risk in bisexual men," said Billy Caceres, PhD, RN, AGPCNP-BC, the study's lead author, an adjunct faculty member at NYU Rory Meyers College of Nursing, and a postdoctoral research fellow at Columbia University School of Nursing.

*AAAS, June 21, 2018*

### **New hope for male fertility in young cancer patients**

*Israeli researchers develop method that turns stem cells into sperm-like cells, making future fertility possible in boys undergoing chemotherapy.*

A cell culture system being developed in Israel could for the first time turn testicular stem cells into sperm-like cells, enabling the possibility of future fertility for prepubescent boys who must undergo



chemotherapy for cancer treatment. Aggressive chemotherapy in childhood often results in male testicular damage and consequently jeopardizes future fertility. While adult males can have their sperm frozen before undergoing chemo, boys at this age do not yet produce sperm and therefore it is impossible to save sperm for future fertilization. According to the findings published in the journal *Stem Cells and Development*, researchers at Ben-Gurion University of the Negev (BGU) and Soroka University Medical Center found that the presence of spermatogonial cells (SPGCs) in the testes of pre-pubertal cancer patient boys (PCPBs) can be used to develop future strategies

for male fertility preservation.  
*Isreal21c.org, June 21, 2018*

### Transgender kids get their own health-care guidelines



Today the first guidelines specific to the health-care needs of transgender and gender diverse children and adolescents have been released in the Medical Journal of Australia.

The

new guidelines were developed in consultation with not only clinicians who work in the area of child and adolescent transgender health across Australia, but also members of the transgender community, their families, and relevant support organisations. And they draw on findings and recommendations from previous studies.

*Medical Express, June 18, 2018*

### Students on sports teams at higher risk for concussion

Among U.S. high school students, 15.1% reported at least one concussion in the prior year, with a higher prevalence among students who played on a sports team, according to survey results released today by the CDC. "In 2017, an estimated 2.5 million high school students reported having at least one concussion related to sports or physical activity during the year preceding the [Youth Risk Behavior Survey (YRBS)], an estimated 1 million students reported having two or more concussions during the same time frame," Lara DePadilla, PhD, a behavioral scientist at the Traumatic Brain Injury Team in the CDC's Division of Unintentional Injury Prevention, and colleagues reported. "The findings suggest that students who played on a sports team had a significantly higher risk for one or more concussions than did students who did not play on a team."

*Helio, June 21, 2018*

### WHO recognizes excessive video gaming as new mental health disorder

The 11th version of the International Classification of Diseases (ICD-11) lists gaming disorder under other disorders due to addictive behavior. The organization describes the issue as "impaired control over gaming ... increasing priority given to gaming ... and continuation or



escalation of gaming despite the occurrence of negative consequences." WHO said the condition must be present for 12 months for the disorder to be diagnosed. The inclusion of the new disorder in ICD-11 has garnered mixed reviews among medical professionals. "The benefit of having gaming disorder as its own diagnosis is that it can be applied consistently in research and potential treatment approaches that are focused on this issue," said James Luebbert, director of the division of child and adolescent psychiatry at Sidney Kimmel Medical College at Thomas Jefferson University. But Luebbert also cautioned that it will be difficult for providers to determine if the disorder exists alone or is a symptom of a different condition.

*Philly.com, June*

### **Doctors Push HPV Vaccine, Merck asks FDA to Expand Gardasil 9 Age Range**

At the beginning of June, the FDA accepted Merck's application to expand the age range for Gardasil 9. The agency granted it priority review. The FDA originally approved Gardasil 9 for people ages 9 to 26. But Merck wants that age range expanded to include adults ages 27 to 45. "Women and men ages 27 to 45 continue to be at risk for acquiring HPV, which can lead to cervical cancer and certain other HPV-related cancers and diseases," Dr. Alain Luxembourg, Merck Laboratories' director of clinical research, said in a statement. HPV is a group of about 150 related viruses. Gardasil 9 protects against nine strains. The FDA hopes to reach a decision on the application by Oct. 2, 2018.

*Drug Watch, June 22, 2018*

### **Early Blood Lead Levels Linked to Risk of ADHD, Especially in Boys**

In an investigation seeking to determine any prospective associations between early lead exposure and ADHD, a research team at Johns Hopkins University's Bloomberg School of Public Health, and colleagues analyzed data from 1479 mother-infant pairs in the Boston Birth Cohort. In total, 299 pairs included a child with ADHD, and 1180 consisted of neurotypical children. "Even though lead exposure has decreased significantly over the past decades since the removal of lead from paints and gasoline and the adoption of other environmental safety measures, exposure to low lead levels continues to be widespread in urban low-income populations," said Xiaobin Wang, MD, MPH, ScD, the director of the Center on the Early Life Origins of Disease in the Department of Population, Family and Reproductive Health at Johns Hopkins University's Bloomberg School of Public Health. "We found that 8.9% of the children in the Boston Birth Cohort had elevated lead levels-5-10 ug/dL-in early childhood." "While this low level of lead was in the past, considered to be safe, there is growing evidence that there is no safe level for lead," Wang added. That rang true with the findings, as that 8.9% was associated with a 66% increased risk of ADHD (odds ratio [OR], 1.66; 95% CI, 1.08 to 2.56) in the overall sample. For boys, the association was stronger (OR, 2.49; 95% CI, 1.46 to 4.26) than with

girls (P value for sex-lead interaction = .017). "We found a striking gender difference: among boys, the lead-ADHD association was significantly stronger-a 149% increased risk," Wang said. "In girls, the association was largely attenuated, suggesting that boys are particularly vulnerable to the adverse effect of lead exposure."

*MD Magazine, June 5, 2018*

### [Sex and Drugs Decline Among Teens, but Depression and Suicidal Thoughts Grow](#)

One in seven high school students reported misusing prescription opioids, one of several disturbing results in a nationwide survey of teenagers that revealed a growing sense of fear and despair among youth in the United States. The numbers of teenagers reporting "feelings of sadness or hopelessness," suicidal thoughts, and days absent from school out of fear of violence or bullying have all risen since 2007. The increases were particularly pointed among lesbian, gay and bisexual high school students. Nationally, 1 in 5 students reported being bullied at school; 1 in 10 female students and 1 in 28 male students reported having been physically forced to have sex. An adolescent's world can be bleak," said Dr. Jonathan Mermin, an official with the Centers for Disease Control and Prevention, which conducted the survey and analyzed the data. "But having a high proportion of students report they had persistent feelings of hopelessness and 17 percent considering suicide is deeply disturbing."

*New York Times, June 14, 2018*

### [What Teens Really Say About Sex, Drugs And Sadness](#)



Want to know what the teenagers in your life really think about sex and drugs? Are you sure? Well, researchers at the Centers for Disease Control

and Prevention have a pretty good idea, thanks to the Youth Risk Behavior Survey. Every other year, thousands of teens in public and private high schools across the country take this nationally representative survey. The CDC just released results for 2017, and here are a few of the highlights.

*NPR, June 16, 2018*

### [MAJORITY OF MEN "UNAWARE OF THE HEALTH RISKS THEY FACE", STUDY CLAIMS](#)

Nearly a third of men admit they have developed an 'ostrich' attitude towards their health, a study has found. The study of 1,000 males

showed three quarters will put off going to the doctors when showing signs of illness and one quarter said it's because they don't have the time, with one in 10 forgetting to book appointments. Two fifths don't think it's important to get a check-up and nearly one in five reckoned they are healthy and therefore don't have to worry. The research was commissioned by Gillette, in partnership with the Movember Foundation, as part of Men's Health Week running from 11 June up until Father's Day on 17 June.

*Independent, June 16, 2018*

### **72 per cent of Canadian men have unhealthy lifestyles: survey**

According to a new study, a staggering 72 per cent of Canadian men have unhealthy lifestyles while only six per cent reported having no unhealthy



habits, such as smoking cigarettes and not getting enough sleep. The survey-based study was conducted for the Canadian Men's Health Foundation (CMHF): a national not-for-profit group that encourages healthier living for men and their families. "When we see these health studies in the past, it's usually disease-based," CMHF program manager Joe Rachert told CTVNews.ca. "This study is about behaviours versus diseases. So, it's about the path instead of the destination." The study, which polled 2,000 Canadian men aged 19 to 94, looked at five key behaviours that can contribute to chronic diseases: smoking, alcohol consumption, diet, sleep and exercise. "Seventy per cent of chronic health conditions in men are caused by behaviour," Rachert explained. "So if we can change our behaviours, we can reduce the chronic diseases and conditions that we're going to have later on in life."

The study found that:

- 61.8 per cent of Canadian men have unhealthy eating habits (i.e. too much salt, sugar and saturated fats plus not enough produce and healthy fats, such Omega-3).
- 53.9 per cent have unhealthy sleeping behaviours (i.e. less than seven or more than nine hours per night).
- 48.9 per cent do not exercise enough (i.e. less than 150 minutes per week).
- 38.7 per cent have unhealthy drinking habits (i.e. more than 15 drinks per week, less than two alcohol-free days per week and binge drinking, which is more than six drinks in a sitting).
- 19.6 per cent smoke cigarettes.

## Male Mental Health in the Spotlight

Charities across the UK have marked Men's Health Week by taking the opportunity to continue the conversation about men's mental health and the work needed to improve understanding, professional support and to reduce the stigma attached to mental health challenges. Mental Health Foundation has highlighted both the issues facing young fathers as well as the ongoing shortfall in funds for mental health and suicide prevention. The charity has found young fathers are "significantly more likely to experience depression, compared to older fathers." Additionally, dads aged 23 and younger are twice as likely to be unemployed at 30, than men who became parents aged older than 23. More than a third of young fathers are believed to want support for their mental health, and the foundation has also highlighted they are "struggling to cope in isolation" and experiencing "greater parenting stresses than older dads." Happiful Magazine, June 15, 2018

## Today's Masculinity Is Stifling

*As boys grow up, the process of becoming men encourages them to shed the sort of intimate connections and emotional intelligence that add meaning to life.*



While society is chipping away at giving girls broader access to life's possibilities, it isn't presenting boys with a full continuum of how they can be in the world. To carve out a masculine identity

requires whittling away everything that falls outside the norms of boyhood. At the earliest ages, it's about external signifiers like favorite colors, TV shows, and clothes. But later, the paring knife cuts away intimate friendships, emotional range, and open communication. There's research connecting this shedding process to the development, in some adolescent boys, of depression, anxiety, and feelings of isolation. According to the San Jose State University sociologist Elizabeth Sweet, who studies gender in children's toys throughout the 20th century, American gender categories are more rigid now than at any time in history, at least when it comes to consumer culture. There may be greater recognition in the abstract that gender exists along a spectrum, but for young children (and their parents), consumer products have a huge influence over identity development and presentation.

*The Atlantic, June 11, 2018*

## Gender Norms Around Boys Are Ingrained In Us When We're Young, But There Are Ways To Unlearn Them

"By limiting socially acceptable emotions in males, we are stunting their emotional growth and limiting their ability to have a full and engaged life," author Lisa Orban told HuffPost Canada by email. "We are setting them up for failure in relationships by not allowing them to connect with other human beings except in superficial ways, denying males close and supportive friendships, and leaving them unable to express themselves with loved ones."

*Huffington Post, May 30. 2018*

**The new queer teenager**

*Psychology's Phil Hammack briefs National Academies of Science, Engineering, and Medicine during session on Adolescents in the 21st Century*

Queer youth today are in a paradoxical situation: The average age of coming out has dropped to 14 as teens courageously challenge labels of gender and sexual identity. But these young trailblazers are becoming leaders even as they cope with the significant challenges of adolescence. LGBTQ youth are experiencing high levels of depression and suicidal behavior, and they need resources and support to overcome the strain. That's the message Psychology Professor Phil Hammack delivered to the National Academies of Science, Engineering, and Medicine during a recent Washington, D.C., panel discussion focused on "Adolescents in the 21st Century." "There's a revolution taking place in how people are thinking and talking about gender and sexuality, and the revolution is coming from the bottom up. Teenagers are leading the way," Hammack said after his June 6 appearance. "They are reaping the benefits of expressing themselves more authentically, but they are feeling the burden of educating adults in their schools, families, and culture." Today's youth are challenging binary thinking and labeling in ways that are leading to an explosion of freedom in identification, said Hammack, a social psychologist at the forefront of scholarship about queer youth. Hammack was invited to participate on a panel focused on the impact of societal and contextual changes on youth; his remarks reflected his findings from an in-depth study of more than 300 queer youth in five California counties.

*News UCSC, June 14, 2018*

**NHTSA Targets Young Males in Seat Belt Safety Campaign**



New television ads that will target young males 18 to 34. The age group represented 44 percent of the unrestrained occupants who were killed in crashes in 2016, according to the NHTSA. The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) has kicked off its annual Click It or Ticket seat belt campaign.

The movement supports law enforcement efforts to increase seat

belt use, which is mandatory in 49 states, Puerto Rico, the District of Columbia and the U.S. territories.

*EHS Today, May 21, 2018*

#### **Abortion referendum: "Young men feel excluded"**

*Irish youths outline their feelings on the issues ahead of the Eighth Amendment vote*

While thousands of young people have been deeply involved on both sides of the abortion referendum campaign over the last month, large numbers of young men have deliberately stood at one remove. For many young men, the debate is something they would rather avoid. Some argue that the Eighth Amendment - its survival, or its deletion - is a "women's issue", while others fear that they will be criticised if they speak "out of turn".

*Irish Times, May 24, 2018*



#### **Anti-HPV jab will be given to teenage boys... but only if they identify as girls so that 'they fit in with their peers'**

- For past decade girls have been vaccinated against HPV infection on the NHS
- Now the lifesaving cancer vaccine will be offered to boys who identify as girls
- Vaccine protects against human papillomavirus which causes various cancers

The NHS will give a lifesaving cancer vaccine to teenage boys - but only if they 'identify' as girls, The Mail on Sunday can reveal. New official advice makes clear that transgender girls - that is, those born male - will be offered the Gardasil jab so they fit in with 'their peers'. However, boys will continue to be denied the vaccine, which protects against the human papillomavirus (HPV), which causes cervical cancer among other forms of the disease.

*Daily Mail, June 2, 2018*

### **Gender Norms Around Boys Are Ingrained In Us When We're Young, But There Are Ways To Unlearn Them**

*We treat boys - and girls - differently before they even express their personalities*



"I think the thing we forget when we talk about gender and masculinity is that these are concepts that adults and parents actively teach our kids," Lanae St. John, a sexologist and a mother of two teen boys, told HuffPost Canada by email.

"At worst, kids socialize - a polite word for bully, cajole, taunt, tease, etc. - each other to conform to certain behaviours contained within 'gender roles' because of what adults and others taught them," St. John said.

*Huffington Post, May 30, 2018*

### **Boys Need To Start Talking, And Learning, About Periods**

*Periods are a fact of life, and the code of silence that surrounds them carries a heavier toll than you might expect.*

Growing up, my male peers often failed to understand the impact when they made comments like "she's just PMSing" or removed themselves from conversations that referenced "periods." I began menstruating at an early age, before it was addressed in school. I remember not having a place to dispose of feminine hygiene products in my school's bathrooms. Barriers like these reinforce harmful gender stereotypes, and prevent women and girls from practicing menstrual hygiene safely. A recent survey conducted by Plan International Canada suggests that I'm far from alone in these experiences: 74 per cent of women under 25 reported having had other people accuse them of PMS. A shocking 83 per cent of women under 25 reported feeling that their period prevents them from full participation in an activity.

*Huffington Post, May 28, 2018*



### **Study: Boys' Fitness Has Declined Over the Past 20 Years**

*A new study concludes that both healthy-weight and obese boys have become less fit over the past 20 years.*



Researchers in 2016 analyzed 213 "healthy-weight" boys, determined by BMI, and 72 obese boys. They compared their findings to a similar study in 1996 performed on 132 healthy-weight boys and 72 obese boys to determine the change in fitness over time. Participants wore heart rate monitors during a test that required them to run "20 meters between two points until they could no longer do it," according to the study. Their heart rates were

recorded at the end of the test and every minute during recovery. According to the study, healthy-weight boys in 2016 ran the course an average of 4.8 times, as opposed to the average of 5.1 times completed by their 1996 counterparts. Obese boys showed a less pronounced difference, completing the distance an average of 4.1 times in 2016 compared with 4.2 times in 1996. Both normal-weight and obese boys showed much lower cardiac efficacy and slower heart rate recovery at the end of the test and throughout recovery in 2016 compared to 1996.

*US News, May 22, 2018*

### [It's 2018, but young men still don't want to talk about contraception - here's why](#)

Our research, recently published in *Culture, Health & Sexuality*, found that young men have a difficult time reconciling the idea that women should have control over their own bodies with the ideal that men should play an equal role in making decisions about contraception - especially since most forms of contraception alter women's bodies to prevent pregnancy, rather than men's. Some men were worried that they might disrespect women's bodily autonomy by bringing up the issue of contraceptives. Women were expected to request that men use a condom or otherwise communicate to men that they were not using a hormonal contraceptive. By deferring to women, men were attempting to be mindful of power dynamics that still privilege them.



*The Conversation, May 22, 2018*

### [Here's what's on the horizon for a male contraceptive pill](#)

Male contraceptives have been under development for at least 50 years. However, the drive to bring a male contraceptive onto the market has stalled for two main reasons. First, there is a general pessimism of men towards taking a contraceptive pill, especially in countries such as

India. Second, the global success of the female pill provides little incentive for pharmaceuticals to invest in a male pill. Globally, the female pill is the third most-used form of contraception, with a projected market value of nearly US\$23 billion by 2023.

*NBE.net.au, May 21, 2018*

**New study sheds light on the opioid epidemic and challenges prevailing views about this public health crisis**

"Particularly noteworthy is the rapid rise in lost life years and mortality rates for non-Hispanic white males in their 20s and 30s. These increases are considerably larger than those experienced by corresponding men or women in their 40s and 50s, who have been the focus of earlier analyses," explained Christopher J. Ruhm, Ph.D., Frank Batten School of Leadership and Public Policy, University of Virginia, Charlottesville, VA, USA. He points out that focusing on whites in their 40s and 50s missed important components of MR and YPLL growth.

*Medical Express, May 22, 2018*

**Brain Activity in Transgender Youth Appears Similar to Desired Gender**

The brain activity of transgender adolescents more closely resembles the typical activation patterns of their desired gender, according to a new Belgian study. The findings suggest that differences in brain function may occur quite early in life and that brain imaging may be a useful tool for earlier identification of transgenderism in adolescents. Transgenderism is identifying with a gender different from one's assigned biological sex, while gender dysphoria (GD) is the distress experienced by transgender people, and may begin at a very young age. The research was recently presented in Barcelona at the European Society of Endocrinology annual meeting.

*Psych Central, May 28, 2018*

**Major depression diagnoses skyrocketing among teens, millennials**

Major depression diagnoses rose significantly from 2013 through 2016 across all gender and age groups, and especially among adolescents and millennials aged younger than 35 years, data published in Blue Cross Blue Shield Association's Health of America Report showed. The report, which used medical claims data from the Blue Cross Blue Shield Health Index, demonstrated that major depression diagnosis rates rose by 33% since 2013, growing fastest among teenagers - up 47% among boys and 65% among girls - and millennials - up 47%. According to the report, most people with major depression (85%) also have one or more additional serious chronic health conditions. On average, as measured by the Blue Cross Blue Shield Health Index, the difference in overall health translates to a 9.5-year drop for women and 9.7-year drop for men in future healthy life expectancy.

*Helio, May 17, 2018*

### **Suicide-Related Hospital Visits More Than Double Among Kids**

The annual percentage of hospital visits for suicide ideation and suicide attempts more than doubled among U.S. children from 2008 to 2015, a retrospective review of hospital database records found. The annual percentage of hospital visits for suicide ideation and suicidal attempts among children ages 5 to 17 rose from 0.66% in 2008 to 1.82% in 2015, reported Gregory Plemmons, MD, of Vanderbilt University Medical Center in Nashville, and colleagues. Moreover, the highest average increases were among adolescents (ages 15 to 17), and were higher for girls across age groups, the authors wrote in *Pediatrics*. They cited research, including a report from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), that child and adolescent mental health care remains "inadequate," and that research has indicated that emergency departments and acute care hospitals should offer a "safety net" for youth that experience suicidal ideation or suicide attempts.

*MedPage Today, May 16, 2018*

### **Antipsychotic drugs prescribed to poor children more often - study**



Australian children from poorer families - including babies under one-years-old - are more likely to be prescribed antipsychotic drugs for behaviour problems than others the same age. The lead researcher, Amy Kaim from the University of

Adelaide, said the findings were based on 65 children, who were part of a longitudinal study following 10,000 children from birth to 15 years. "A larger proportion of children and teens taking the medication were boys, in lower-income families, with an unemployed primary caregiver, who were living in single-parent households." Of those children prescribed antipsychotic medicine in their first year of life, 81 percent were male. The children had poorer health and education outcomes than their peers, she said.

*Radio NZ, May 14, 2018*

### **Boys' Early Pot Use Linked to Adult Drug Abuse**

Boys who start smoking pot before they are 15 years old are more likely to have a drug problem when they're adults than those who don't start until they are a few years older. That's the assessment of new research from the University of Montreal. The earlier the boys started smoking pot, the more likely they were to have a

problem with drugs later on in life, the study authors said. And the boys who started at a young age were at higher risk regardless of how often they used the drug. "The odds of developing any drug abuse symptoms by age 28 were nonsignificant if cannabis use had its onset at ages 15 to 17, but were significant and almost doubled each year if onset was before age 15," the study authors wrote.

*US News, May 18, 2018*



#### **Troubled girls, boys have different reasons for having risky sex**

Past child abuse led to risky sexual behavior for boys in the study, explained Laura Voith, assistant professor at Case Western Reserve University's Jack, Joseph, and Morton Mandel School of Applied Social Sciences, who helped conduct the research. That isn't the case for girls. The study suggests that marijuana use puts girls at greater risk for risky sexual behavior, she said. "The pot use was a surprise for girls as compared to boys," Voith said. The study's authors are not assuming that girls are smoking pot as a result from childhood abuse. Voith thinks that high-risk girls engage in increased substance use, which leads to risky sexual behavior. "Boys, on the other hand, engaged in risky sexual behavior as a direct effect of being physically abused. So for boys, we can say that they may be using risky sexual behavior to cope with childhood abuse," she said in a follow-up email.

*Cleveland.com, May 18, 2018*



#### **Why Do So Many Men Have Eating Disorders?**

*Cultural expectations about manhood are fueling a silent epidemic of eating disorders and body image disturbance in men across the country. "From a young*

*age, men are taught to be bigger, stronger, and faster, and to fight through pain."*

Muscle dysmorphia, or MD, is a little-known psychological condition first described in scientific literature in the late 1990s. Because formal diagnostic criteria define MD as a subset of a broader group, body

dysmorphic disorder, it's impossible to know how many people are affected. But the current diagnostic parameters, such as they are, can apply to millions of people who just aren't satisfied with their physique. Those who suffer from so-called "bigorexia" obsess over their appearance, perceiving themselves to be insufficiently muscular even though they are indeed muscular, if not ripped. The condition usually takes root in late adolescence or early adulthood, and most guys who exhibit hallmarks of MD have been bullied or shamed about their strength or appearance.

*Men's Health, May 18, 2018*

### **Celeb Men Are Leading A Male Mental Health Revolution**

An extraordinary number of high-profile men have opened up about their mental health during the first half of 2018. In February, actor Brendan Fraser spoke frankly with GQ about the mental health fallout he experienced after being sexually assaulted in 2003 following an industry luncheon at the Beverly Hills



Hotel. That same week, actor, author and comedian Michael Ian Black wrote a New York Times op-ed about masculinity and mental health in the wake of the Parkland, Florida, shooting. "America's boys are broken," Black warned. "And it's killing us." The next month, NBA player Kevin Love wrote a widely shared Players Tribune piece about his battles with anxiety. This prompted "Today" show regular Carson Daly to talk about his own anxiety, telling viewers, "I had a hard time breathing. I was terrified for no apparent reason. ... You feel like you're dying." And a Minnesota-based sportswriter published a column titled "Major Depression Spares No One - Even Sportswriters Like Me." Olympic swimmer Michael Phelps, who had previously revealed that he's weathered "at least half a dozen depression spells," said in an April interview that he now knows "it's OK to not be OK." Also that month, Dwayne "The Rock" Johnson tweeted, "depression never discriminates ... us dudes have a tendency to keep it in. You're not alone."

*Huffington Post, May 16, 2018*

### **Why brands should be on the front line in the fight for male mental health**

*Brands such as ITV, Harry's and Topman are trying to tackle male mental health and promote more progressive images of masculinity.*

The statistics are as shocking as they are heartbreakingly complex. But some brands are starting to lend their support and considerable reach to help tackle the problem, with the likes of Lynx, ITV, Topman and Harry's all launching campaigns to help end the stigma around male mental health. At the

forefront of this battle to help men is the Campaign Against Living Miserably (CALM) a pressure group dedicated to ending male suicide. CALM's helpline currently takes 10,000 calls a month and saves 1.4 lives a day but CEO Simon Gunning says its work with brands is just as crucial when it comes to saving men's lives.

*Marketing Week, February 28, 2018*

**Gay and bisexual male teens use adult dating apps to find sense of community, study shows**



A new Northwestern Medicine study (published in the Journal of Adolescent Health) found that more than 50 percent of sexually active gay and bisexual boys ages 14 to 17 use dating (also known as hook-up) apps like Grindr (21+) and Scruff (18+) to find new friends and boyfriends. Data was gathered through online surveys taken by 200 sexually experienced teens in the United States and is the first known study on the topic.

*Chicago Tribune, May 18, 2018*

**FDA Approves PrEP for Gay and Bi Teens**

The Food and Drug Administration has approved the drug Truvada for usage as pre-exposure prophylaxis, or PrEP, for adolescents. In a Tuesday announcement, the government health



agency recommended that the daily treatment be used by young men who have sex with men (YMSM) in combination with other safe-sex practices, like condom use, in order to prevent HIV infection. Youth are an at-risk group for HIV. People ages 13 to 24 accounted for 21 percent of new infections in 2016, reports the Centers for Disease Control. YMSM - especially black and Hispanic youth - comprised 81 percent of those infections.

*Advocate, May 17, 2018*

**Teen sexting often tied to past sexual abuse**



Teens who share sexually explicit texts or emails -- "sexters" -- are more likely to have suffered sexual abuse than their peers, new survey results suggest. Boys who had been sexually abused or victimized were twice as

likely to say they'd exchanged sexual messages or images. The findings "suggest that in urban, high-poverty communities like the Bronx, teen sexting may be part of a continuum of abusive and exploitative sexual experience for both girls and boys," Titchen said. Participants were recruited in hospital clinic waiting rooms. Just over a third were boys. Almost 60 percent were Hispanic, and more than one-quarter were black.

Among the other findings:

- About 45 percent of boys and girls said they had already had sex.
- About 15 percent of girls and 7 percent of boys said they'd been subjected to violence by a sexual partner. The numbers were similar for sexual abuse.
- Girls were almost twice as likely as boys (33 versus 17 percent) to struggle with moderate-to-severe depression, the researchers noted.

*UPI, May 10, 2018*

#### **Weight stigma commonly felt by men, boys**

Approximately 40% of men report experiencing weight stigma as children or adults, often in the form of teasing, according to a study published in *Obesity*. "This is important because it's not really on the radar for men," said Mary S. Himmelstein, PhD, postdoctoral fellow at the University of Connecticut, Rudd Center for Food Policy and Obesity, told *Endocrine Today*.

*Endocrinology News, May 9, 2018*

#### **Identifying Eating Disorders and Body Image issues in Boys**

Teen boys who are dealing with body image issues often develop eating disorders after going to the gym compulsively and modifying their eating habits in an attempt to become more muscular. Eating habits may change drastically. Take note of what your boys are eating.



Is he cutting out specific categories of food and substituting with foods primarily containing proteins? Also, if your son's schedule has changed drastically and going to the gym to work out has become a compulsion for him, take notice. Ask yourself if your son is prone to anxiety, depression and perfectionistic tendencies. Has your son been bullied during his childhood? Did he struggle with his weight at one point, or did he believe he was overweight? All of these are risk factors for eating disorders.

*US News, May 7, 2018*

#### [Study Warns of 'Toxic Masculinity' in Boys as Young as 14](#)



A new study published in the Journal of Child and Adolescent Counseling warns that boys as young as 14-years-old suffer psychological problems from "hegemonic masculinity" and its

derivative, "toxic masculinity." Vincent Marasco, a former professor who now works as a mental health counselor, argued in a recently published article that mental health professionals should be cognizant of hegemonic masculinity since it can "influence the counseling relationship." "Counselors working with adolescent boys need to take into consideration these social influences, their impact on the counseling relationship, and the unique ways adolescent boys perform masculinity," writes Marasco.

*PJ Media, May 7, 2018*

#### [UT rethinks its masculinity program, as talk radio rails on it](#)

When a conservative website claimed that the University of Texas considers masculinity a mental health issue, other websites and talk show host Rush Limbaugh echoed the charge. UT's response, in a nutshell: Fake news. Still, the blistering criticism has prompted the university to begin retooling an awareness campaign that includes posters of students saying they don't feel compelled to conform to "restrictive" notions of masculinity - that it's OK for a man to be sensitive, or vulnerable, or wear fingernail polish and makeup, for

example. School officials acknowledged Wednesday that the campaign, dubbed "MasculinUT," has veered from its core purpose of addressing sexual assault and interpersonal violence into broader discussions of such matters as gender "fluidity." A campus steering committee that helped develop the program in 2015-16 will be reconvened to help ensure that the program's mission is clearly aligned with efforts to reduce sexual violence.

*My Statesman, May 2, 2018*

**Why men in the #MeToo era struggle to balance 'masculinity' and feminism**

"At home, it seems, Mr. Schneiderman was a sexual sadist and manipulative misogynist," wrote Jill Fillipovic in her New York Times opinion piece about Schneiderman's public fall from grace. "At work, he was a champion of women's rights, investigating potential charges against Harvey Weinstein, appearing at events supporting reproductive freedom, and even writing a bill specifically to punish the same kind of strangulation he is said to have forced on some of his partners. How do we reconcile these two versions of a single man?" It's a question many young men are likely asking about themselves these days. Modern sexual mores ask a lot of millennial and Gen Z men, who are being whipsawed between two unyielding cultural forces. While the movement for gender equality offers everyone, including men, a better deal overall - and has the advantage of being fair - traditional masculinity continues to teach boys lessons in dominance, exploitation, shame, and loss. From this clash, some fear an "end of men" - or at least an end to the historic masculinity most males take to heart. And many young men are finding themselves confused by new rules governing intimacy and sex that are at odds with lessons they absorbed as boys.

*Yahoo Lifestyle, May 11, 2018*

**How Welsh barbers are training to spot mental health problems in customers as male suicide rates rise**

Barber shops across South Wales are joining a new scheme to combat the rising rate of suicide in young men. Haircutters and stylists are being trained to spot the warning signs of anxiety and depression in their customers, along with the best ways to listen and give helpful advice. The brainchild of The Lions Barber Collective - a national mental health awareness network set up by Devon salon owner Tom Chapman in 2015 following the sudden death of a friend - BarberTalk aims to encourage those who might be suffering with mental health issues to discuss their problems whilst having a trim.

*Wales Online, May 11, 2018*

**EZRA KLEIN EXPLAINS WHY MEN ARE "SO SHIT AT FRIENDSHIP"**



American men's hidden crisis, Slate tells us, is that they need more friends. At the same time, society tells men that friendship is girly-and men respond by not having friends. So perhaps it's

unsurprising that loneliness, not obesity or smoking, is the biggest threat to men's health, per the Boston Globe. But what is it that stops men from making and maintaining long-term friendships? Especially when women are more likely to juggle full-time jobs, childcare, housework, emotional labor, and everything in between?

It's a question that Vox Media founder and editor Ezra Klein unpacks on "Call Your Girlfriend," a popular feminist podcast. For their 4/20 episode, co-hosts Ann Friedman and Aminatou Sow invited listeners to "Ask A Man" anything they'd like. One listener asked, "Why are men so shit at friendship?"

*Quartz, May 1, 2018*

#### [Men are able to talk, are psychologists able to listen?](#)

At present there have been several well-intentioned campaigns based around the idea that the way to get men and boys to talk more is to simply urge them to talk more. Although this is likely to appeal to some men, for others - especially the hard-to-reach cases with the most extreme issues - this will be about as effective as raising your voice so that a non-English speaker can understand you better. But let's presume for a moment that a man is convinced by the campaigns urging him to talk. He talks to a therapist, but is the therapist able to hear him?

*British Psychological Society, April 30, 2018*



#### [Building mental health and wellbeing for men and boys](#)

*How we can make a difference by building resilient, healthy communities where hope, trust, safety, belonging, dignity, and control of one's destiny are the norm.*

Mental Health Month offers the opportunity to reflect on what mental health really means. In our experience working with communities throughout the United States, mental health is more than the absence of mental illness. Rather, it is the presence of certain core, stabilizing elements needed for people and communities to flourish emotionally.

These elements include things like hope, trust, safety, belonging, dignity, and agency, or control of our destiny. Our organizations are seeing promising outcomes through our Making Connections project, bringing together community members, government agencies, nonprofits, healthcare organizations, and educational institutions to transform the community environments. We work with communities across country on projects focused on men and boys who are at high risk of experiencing problems such as substance abuse, suicide, incarceration, and violence. These communities are creating unique social, economic, and physical environments that foster mental health and wellbeing for these men and boys.

*Thrive Global, April 30, 2018*

#### [\*\*Australia: Bullying, porn and gaming addiction: Survey of teen internet habits returns shocking results\*\*](#)

*"When a kid says 'I'm doing too much something' they're actually crying out for some boundaries around that.*



Rachel Downie, the founder of anti-bullying website Stymie, surveyed more than 20,000 students over the last five years, asking "what's something you do on the internet at home that you know you're not allowed to do?" She said the results were "confronting", especially

the viewing of real-life violence, as opposed to manufactured violence as seen in movies. Ms Downie said 51 per cent of children, mostly boys, had viewed pornography or other illicit material, while one-fifth of respondents admitted to bullying, trolling and stalking for fun. For some behaviours, the children themselves were screaming out for stronger regulation. "Forty per cent of kids admit to doing too much social media, and 30 per cent of kids said they're doing too much gaming," she said. "Games are engaging and exciting but they're playing them for too long and they can't walk away from them."

*ABC.net.au, April 29, 2018*

#### [\*\*Crystal Meth Use Among Young Latinx Gay Men in Southern California Is Rising, According to Community Advocates\*\*](#)

Until recently, these kinds of party drugs were considered the exclusive domain of white gay men. But anecdotal evidence from communities is mounting that black and Latinx young gay and bisexual men are using crystal meth at higher rates. And many of them say that older gay white men introduced them to the drug.

*The Body, April 30, 2018*



### Factors associated with sexual coercion among adolescents in rural communities

A new study examining factors associated with sexual coercion among 10th graders in a rural Midwestern, low-to-middle income high school found that sexual coercion was reported by 18 percent (13 percent of males and 23 percent females). The research findings will be presented during the Pediatric Academic Societies 2018. Predictors included age, race, ethnicity, prior alcohol, marijuana and/or prescription drug use, controlling relationship, adverse childhood experiences, sexual self-efficacy and comfort talking to a parent/guardian about sex. Among males, sexual coercion was associated with higher adverse childhood experiences, controlling relationship behavior, alcohol use and lower sexual self-efficacy. Among females, sexual coercion was associated with lower sexual self-efficacy and lower comfort talking about sex with a parent.

*AAAS Eureka Alert, May 5, 2018*

### Millennial Men May Be More Selfless Than Older Generations



Seeking insights on ways to improve gender-specific healthcare, a recent study asked 630 Canadian men ages 15 to 29 to identify the values they thought all guys should embody. Chief among them were selflessness, social

consciousness, and openness - a change from the traditional masculine values of older guys. The study participants felt that helping others was a key element of masculinity, with 91 percent of them saying it's important to lend a helping hand whenever possible. Additionally, 80 percent believed guys should participate in community service projects; as one teen participant explained, "A man is really kind and generous to everyone." The study was conducted through interviews with small groups of men, and the conversations highlighted how younger

generations feel they have more freedom to be sensitive.  
*Men's Health, April 27, 2018*

### **80-year Harvard study uncovers the secret to happiness**

A Harvard study has found that beyond genetics, money or fame, having close relationships is the strongest determining factor for a long and happy life. The study has followed the physical and mental health condition of hundreds of men and women for almost 80 years. Starting in 1938, the study tracked the health of 268 Harvard sophomores, and it's perhaps the world's longest research of adult life. Initially, women weren't included in the study because the College was still all male in the 30's, but the research has expanded to the wives and children of the original men over the past few decades. "The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," said Robert Waldinger, director of the study since 2004. "Taking care of your body is important, but tending to your relationships is a form of self-care too. The study reveals that close relationships protect people from hardship, help delay mental and physical decline, and surprisingly, are better predictors of long and happy lives than social class, genetics or IQ.

Techly, April 26, 2018



### **"Why does everyone always tell me to shut up?" For boys, a bit of empathy can go a long way**

*Rachel Giese's new book looks at how boys are raised, form friendships, and the messages they get from society. The good news is there are ways to encourage qualities they already possess.*



Alleyne says that in the "culture of being a man," there's little room for authentic conversations and connections, because there's such a fear of looking weak or being judged, or else concerned they'll say or

do the wrong thing. "They're not bad," he tells me. "They're just trying to figure things out. And I try to meet them, wherever they're at, with empathy." What's tough for a lot of boys, Alleyne explains, is that when they attempt a connection and it doesn't work, they may never try again. It's too hard for them to be vulnerable, to put themselves out there and be rejected. He says that even with him, if a boy ventures to

confide something personal and he misses the moment, because he's distracted or busy, it can take weeks before that boy shares something personal again. "By the time boys get to 10 or 11, it's already ingrained in them that men figure out things on their own," he says. "The message is that needing help means you're a failure as a man. So, if you work up to the courage to reach out, and it doesn't get picked up on, some boys, if they haven't seen healthy models of masculinity, will just shut down." This becomes a negative feedback loop: in their desire for male approval, boys learn to become guarded and withholding, which then prevents them from actually bonding with each other. Niobe Way is a psychologist at New York University whose research focuses on the emotional lives of young men.

*The Toronto Star, April 29, 2018*

#### **Lack of iron and B12 tied to aggression in boys**

Significant iron deficiency and low blood levels of vitamin B12 in boys around age 8 are associated with behavior problems when they get to middle school, according to new



research. These problems exhibit as both internalizing behaviors, such as anxiety and depression, and externalizing actions, including being aggressive and breaking rules. "Iron deficiency is still highly prevalent in many regions worldwide," says Eduardo Villamor, professor of epidemiology at the University of Michigan School of Public Health and senior author of the study in the Journal of Nutrition. "There is less data on vitamin B12 deficiency but available evidence also suggests it may be a substantial public health problem in certain populations," he says.

*Futurity, April 23, 2018*

#### **Cyberbullying, unmet medical needs contribute to depressive symptoms among sexual minority youth**

Cyberbullying, dissatisfaction with family relationships, and unmet medical needs are major contributors to the high rates of depressive symptoms seen among adolescents who are gay, lesbian, bisexual or questioning their sexual orientation, according to researchers at the National Institutes of Health. Their new study on sexual minority youth now appears in Pediatrics. Researchers used data from the NEXT Generation Health Study, a study from 2009-2016 of 2,785 high school students in 22 states, to assess teens' depressive symptoms beginning at age 17 and continuing for three years after they left high school. They found that almost 30 percent of sexual minority teens thought they did not have adequate medical care for a 12-month period prior to the study, compared to 19 percent for heterosexual teens. Teens questioning their sexual orientation or attracted to the same sex or both

sexes may fear that providers would disclose information to parents or may be embarrassed to seek mental health services, the authors wrote.  
*NIH News Release, April 16, 2018*

### **PHOTOS OF COASTER WITH MESSAGES ABOUT MEN'S MENTAL HEALTH GO VIRAL**



Photos of a coaster illustrated with messages about the importance of discussing mental health among men have gone viral on Twitter.  
Yesterday, a Twitter user called Adam

O'Malley posted photos of a coaster on the social media platform, emphasising the significance of the product. "These beer mats are SO needed," he wrote. "Suicide is the leading cause of death for men under 49, killing three times as many British men as women. The coaster was created as part of Time to Change's "Be In Your Mate's Corner" campaign, which was launched in February last year. The aim of the campaign, which was announced as a five-year initiative, is to encourage men to provide their friends with more support and to foster open discussions about men's mental health. "We know that too often men don't see mental health as relevant to them, despite the shocking statistics which show suicide is the biggest killer of men under 45 , " said Jo Loughran, director of Time to Change.

*Independent, April 25, 2018*

### **Many PrEP Users Discontinue Treatment Within Six Months**

Many people who are prescribed HIV pre-exposure prophylaxis (PrEP) stop treatment before six months, according to a study conducted in Los Angeles. Patients aged 18 to 24 years were more likely to discontinue than older patients, a finding that the researchers found concerning because of increased HIV rates and lagging PrEP uptake among young people. Even though the study found that active PrEP patients have a reduced risk for seroconversion compared with those who discontinue PrEP, many individuals dropped out of care. The study was presented at CROI 2018 (abstract 1009). "Our study provides evidence of PrEP's effectiveness in a community setting," said lead author Chelsea Shover, a PhD candidate in epidemiology at the University of California, Los Angeles. "As in other early studies on PrEP retention around the U.S., we saw a large amount of discontinuation, with just under half of patients still engaged in PrEP at the end of the study."

*Infectious Disease Special Edition, April 27, 2018*

### **Doctors Performed the First Full Penis and Scrotum Transplant on an American Military Vet**

Physicians at Johns Hopkins University School of Medicine in Baltimore have performed the first total penis and scrotum transplant in the world, the hospital announced on Monday. The surgery, which took place over 14 hours on March 26, was performed by a team of nine plastic surgeons and two urological surgeons. The penis and scrotum (without testicles) and partial abdominal wall came from a deceased donor. The recipient is a military veteran who was injured by an improvised explosive device (IED) blast in Afghanistan and wishes to remain anonymous. The hospital said he has recovered from the surgery and will be discharged from the hospital this week.

*Time, April 23, 2018*

### [Extensive Data Shows Punishing Reach of Racism for Black Boys](#)

Black boys raised in America, even in the wealthiest families and living in some of the most well-to-do neighborhoods, still earn less in adulthood than white boys with similar backgrounds, according to a sweeping new study that traced the lives of millions of children. White boys who grow up rich are likely to remain that way. Black boys raised at the top, however, are more likely to become poor than to stay wealthy in their own adult households.

*New York Times, April 19, 2018*

### [How the Affordable Care Act Has Affected Health Coverage for Young Men with Higher Incomes](#)



#### Abstract

- Issue: The Affordable Care Act (ACA) regulates the price of health plans sold in the nongroup market. Premiums cannot be based on gender or health status, and price increases

related to age are limited. These changes have lowered premiums for older, sicker people but raised them for younger, healthier ones - especially young men ineligible for premium subsidies. This has raised concerns that the latter have failed to gain coverage.

- Goal: Compare the impact of the ACA's rating rules on the number of insured young men, older adults, and others.
- Methods: We compared overall and nongroup coverage trends pre- and post-ACA among demographic groups,

comparing residents of states where the rule changes had little effect on premiums to states where the rules had greater effect.

- Findings: People whose premiums fell because of the ACA's rating rules were slightly more likely to get nongroup coverage than those whose premiums rose. All groups, including higher-income young men, gained coverage because of the combined effects of ACA changes.
- Conclusion: Coverage rose after the ACA took effect among all demographic groups. Taken together, the ACA's individual mandate, marketing efforts, and effects on how people perceive the value of having insurance outweighed the impacts of changes in rating and benefit rules.

*The Commonwealth Fund, April, 2018*

#### [As Younger Men's Smoking Rises, So Does Their Stroke Risk](#)

Men under 50 who smoke cigarettes are increasing their risk for a stroke, researchers warn. And the more they smoke, the greater their stroke risk, reported the University of Maryland investigators. The bottom line: quit. But if you can't, smoking fewer cigarettes may help reduce your risk, the researchers said. "We found that men who smoked were 88 percent more likely to have a stroke than men who never smoked," said lead researcher Janina Markidan, a university medical student.

*HealthDay, April 19, 2018*

#### [Why all men 'should be concerned about declining testosterone'](#)

There is a strong link between men's low levels of testosterone and having two or more chronic diseases such as arthritis, high blood pressure, and type 2 diabetes - even in the under-40s. This was the conclusion of a study that, for the first time, examined the relationship between total testosterone, age, and specific chronic conditions in a representative sample of the adult male population of the United States.

*Medical News Today, April 20, 2018*

#### [Research: Male contraception without affecting hormones](#)

*Turns out, male contraception can be there which can stop sperms without affecting hormones.*

According to a study published by the University of North Carolina Health Care, a compound called EP055 binds to sperm proteins to significantly slow the overall mobility of the sperm without affecting hormones, making EP055 a potential "male pill" without side effects. "Simply put, the compound turns-off the sperm's ability to swim, significantly limiting fertilization capabilities," said lead investigator Michael O'Rand. "This makes EP055 an ideal candidate for non-hormonal male contraception." Currently, condoms and surgical vasectomy are the only safe forms of birth control currently available for men. There are hormonal drugs in clinical trials that target the production of sperm, but these affect the natural hormones in men much like female contraceptives affect hormones in women.

*The Health Site, April 20, 2018*



#### **Intelligence can protect against depression in males**

*Intelligent men are less likely to develop depression, new research suggests.*



Having a high Intelligent Quotient (IQ) reduces mental distress even in those with high levels of inflammation, a study found. Previous research links

inflammation with a higher risk of the mental-health disorder. Study author Professor Eirini Flouri, from University College London, said: "There appears to be some protective effect of having a high IQ." This may be due to intelligent people being more likely to lead healthy lifestyles, such as eating well and exercising regularly, according to the researchers. The study also found intelligence does not protect women from depression, which may be due to hormonal or immune-system differences between the sexes, they add.

*The Guardian, April 17, 2018*

#### **James Comey vs. Donald Trump: What makes a good man?**

Y

oung men who are preoccupied by unmet needs can behave in ways that are antisocial. Both narcissists and sociopaths are manipulative, even exploitative, and can be unmoved



by anything except how to advance their own interests. Both personality types lack interest in others except as a means to their ends. Both can be charming and very convincing, especially when fully focused on an important goal. And both are more likely to be male. In his book *Bad Boys, Bad Men*, psychiatrist Donald Black offers, "The most significant epidemiologic feature of ASP (anti-social personality disorder) is that it is almost exclusively a disorder of men." The way male development can go off-track, producing men who are unrestrained by norms of kindness or civility, wreaks havoc all around us. But it is a mistake merely to blame the problem on the individual man. Moral superiority slows down the reinvention of boyhood that is needed to ensure that boys have sufficient opportunities to attach, grow, and develop virtue. Separating men into scouts and scoundrels is easier than facing how difficult it is to provide boys with meaningful connections - the truth is that the potential for both attitudes resides in most all men's hearts, given the imperfect state of our nurture.

*Yahoo Lifestyle, April 20, 2018*

### **What's the Best Way to Talk to a Male Teen About Sexual Identity?**

*A new survey indicates that many male teens aren't getting the information or advice they need about important health issues.*

A nationwide survey of almost 200 gay teens found that young males who have sex with other males aren't receiving proper advice about critical health issues that affect them.

The survey included responses from 198 gay adolescent males. It was conducted by a questionnaire linked from a website popular with that group. Survey responses showed that more than half the teens who participated had decided against revealing their sexual orientation to healthcare providers. "One of the barriers to discussing the sexual health needs and concerns of adolescent patients was fear that the healthcare provider would disclose confidential information to their guardians. It's important to also note that whether or not a sexual minority youth is out to his parents doesn't mean the parents are accepting of their sexual identity," Fisher told Healthline.

*Healthline, April 19, 2018*

### Some male sexual assault victims feel left behind by #MeToo

*"As a male survivor you're always an adjunct...you're never the leading subject of a conversation."*



"Men are historically considered the bad guys," suggested Brown, referring to public attitudes. "If some men abuse women, then we all are abusers ourselves ... so

therefore when it comes to our being abused, we deserve it." Brown's sense of distance from the #MeToo movement is shared by other abused men - some of whom have been using a #MenToo hashtag on Twitter.

*NBC News, April 19, 2018*

### Men who fail to equal parents' achievements 'suffer mental distress'

Men who fail to match or exceed their parents' educational achievements suffer levels of psychological distress similar to the impact of divorce, while



women are largely unaffected, according to new research. Researchers at the University of Oxford analysed data from more than 50,000 people across the UK and 27 other mainly European countries to compare their psychological states with their educational achievements. They found that for men, exceeding their parents' educational achievements have a positive effect resulting in reduced psychological distress, while falling short appears to have a damaging effect on men's wellbeing with an increase in psychological distress.

*The Guardian, April 9, 2018*

### Low Total Testosterone in Men Widespread, Linked to Chronic Disease

*New research finds that more men have suboptimal testosterone levels than previously known, and it may be putting these men at risk.*

A male's total testosterone level may be linked to more than just

sexual health and muscle mass preservation, a new study finds. Low amounts of the hormone could also be associated with chronic disease, even among men 40 years of age and younger. "If we look at data for men from a population level, it has become evident over time that chronic disease is on the rise in older males," says Mark Peterson, Ph.D., M.S., FACSM, lead author of the study and assistant professor of physical medicine and rehabilitation at Michigan Medicine. "But we're also finding that a consequence of being obese and physically inactive is that men are seeing declines in testosterone even at younger ages."

*University of Michigan Health, April 12, 2018*

### **Single dads at higher death risk than moms**



New research published in The Lancet Public Health journal shows that single fathers have a higher risk of premature mortality than

single mothers and partnered parents. The observational study tracked more than 40,000 parents (single fathers, single mothers, partnered fathers and partnered mothers) in Canada for 11 years. Single fathers' mortality risk over the period was more than two times higher compared to the other parents. These fathers had a higher prevalence of cancer than single mothers and partnered parents. Their risk for cardiovascular disease was also higher than that of single and partnered mothers. Moreover, single fathers were more likely than partnered fathers to have had an emergency medical visit or hospital admission in the past year. While the leading cause of death for single fathers remained unclear, the study revealed that they were more likely to lead unhealthy lifestyles.

*Business Daily, April 10, 2018*

### **Meet the New Wellness Influencer: He's Young, He's Male and He's Mindful**

Wellness Influencers share their opinions about wellness and about wellness purchase habits with friends and/or family, recommend or critique a wellness brand, and follow a wellness critic, blogger or journalist online as well as posting comments on their content. "Today's Wellness Influencer defies the stereotype that wellness is the purview of women or boomers," noted Salcido. "Ketchum's data shows that the Wellness Influencer tends to be young, male and more likely than the average consumer to pursue mindfulness and positive relationships as

goals."

*Business Insider, April 10, 2018*

### **Ready players? Not if the game is young men doing real jobs**

The title of the IMF report is Labor Force Participation in Advanced Economies: Drivers and Prospects. What it reveals is a sharp and still barely understood divergence between Europe and the US, especially since the 2008 financial crisis. The number of women in the workforce in Europe has been rising strongly, said the IMF. But in a "striking difference" the trend has gone into reverse in the US. Meanwhile, jobs for "prime-age men" have stagnated or dropped back a bit in Europe, but in the US the decline has been far more serious. "The reason that US prime-age men and youth became so much more disconnected from the labor market than their European counterparts remains puzzling," said the IMF.

*The Guardian, April 9, 2018*

### **Young People Are at Risk for HIV/AIDS, Too**

*In fact, people ages 13 to 24 are one of the populations most affected.*

The most recent statistics from the CDC show that young people ages 13 to 24 accounted for 22% of all new HIV diagnoses in the United States in 2015. Of those diagnoses, approximately 81% were gay and bisexual males. The most affected populations were young black and African-American gay and bisexual males, as well as young Hispanic/Latino gay and bisexual males. Of all new diagnoses among males, 55% were black, and 24% were Hispanic/Latino. Despite these numbers, young people dealing with HIV/AIDs are still the least likely of any age group to have access to or get health care that would help them reduce the risk of transmitting the disease to others, according to the CDC. Organizations like amfAR, as well as CDC guidelines, recommend that young people get tested for the disease as often as possible. However, oftentimes stigma and a lack of information prevent young people from talking about it, let alone getting tested.

*Teen Vogue, April 10, 2018*

### **Study: Blacks, Especially Black Males, Much Less Likely to Take Part in Health Research Studies**

Recently published in the Journal of Immigrant and Minority Health, the study examined health research-participation history and willingness to participate. "According to the findings, lesser-educated, older and male African-Americans are less likely to participate in health research studies," Khubchandani said, adding that some of the reasons for not participating are valid. "It could be possible that this generation of older African-American

males still experiences prejudice or is highly aware of the past exploitation of racial and ethnic minorities in healthcare research and healthcare systems," he said.

*Diverse Education, April 10, 2018*

**How romance can protect gay and lesbian youths from emotional distress**

A recent study in the Journal of Abnormal



Psychology finds that being in a romantic relationship can help gay and lesbian youth feel less mental distress - even more so if they are black or Latino. This contrasts with the fact that, in heterosexual teens' lives, romance is generally found to cause distress rather than alleviate it. But the study of LGBT youth also showed romance - defined as an ongoing relationship with a lover, boyfriend, girlfriend or someone a person feels very close to - can make bisexual youth feel worse. Too few transgender youth were included in the study to determine the effects of romance on this group.

*Washington Post, April 9, 2018*

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**Ford launches new campaign aimed at young men: "Don't let mental health be the elephant in the room"**

You may not associate a car manufacturer with promoting good mental health but, in fact, research commissioned by Ford shows that emotional, important conversations often take place in our cars. In a survey of over 2,000 people, 53 per



cent said they like to have conversations in their car or vehicle, with 56 per cent of respondents saying they have had important emotional conversations in a car. That's why Ford is launching its new campaign, "Don't let mental health be the elephant in the room," with a TV advert aimed at young men. "We're trying to get people to recognise that their mate in the van may not be themselves and it gives them permission to reach out and say hey, is everything ok? If not, let's talk about it."

*Evening Standard, April 4, 2018*

### Risky sexual behavior stems from physical abuse for boys, marijuana use for girls

What leads to risky sexual behavior in adolescence seems to vary by gender, according to new research from Case Western Reserve University. For boys, there's a direct connection to child abuse. For girls, marijuana use appears to be a risk factor. "In social science research there are so many factors that we cannot control for and, so, we cannot claim cause-and-effect," said Laura Voith, assistant professor at the Jack, Joseph and Morton Mandel School of Applied Social Sciences. "But, because the data were collected using a prospective design-meaning individuals were followed longitudinally-we feel much more confident in the pathways uncovered by this research."

*Medical Xpress, April 2, 2018*

### Boys vs. Girls: How Puberty Affects ADHD Symptoms



Changing testosterone levels during puberty is associated with greater risk-taking behavior among boys. "Testosterone also interacts in complex ways with

dopamine and other hormones that are relevant to ADHD," Nigg explains. "Thus, we might speculate that boys with ADHD may be more susceptible than other boys to the risk-enhancing elements of pubertal testosterone, and this may be related to greater risk for substance abuse among youth with ADHD."

*ADDitude, April 5, 2018*

### X-linked genes help explain why boys of all ages face higher respiratory risk

It's clear that boys and young men are more likely to develop neonatal respiratory distress syndrome, bronchopulmonary dysplasia, viral bronchiolitis, pneumonia, croup and childhood asthma. Unlike boys, girls have an additional copy of the X

chromosome, which is enriched with immune-related genes, some of which play key roles in the development of respiratory conditions. Methylation prevents excessive gene activity in X-linked genes, however much remains unknown about how this process influences infants' risk of developing airway diseases. *Science Daily, April 5, 2018*

**Boys with asthma have weaker bones: Youngsters with the lung condition are up to 30% more likely to suffer a fracture (but girls aren't affected)**

Asthma increases the risk of bone fractures in boys, new research suggests. Moderate-to-severe sufferers of the condition, who experience symptoms daily, are



30 per cent more likely to break a bone than those without the inflammatory lung disease, a study found. Lead author Dr Sharon Brennan-Olsen, from the University of Melbourne, said: 'Because asthma is an inflammatory disease it can lead to bone loss by interfering with the mechanisms in the bone formation and resorption.' Girls with asthma are not at a higher risk of fractures, which may be due to them taking part in less risky behaviours, according to the researchers.

*Daily Mail, April 3, 2018*

**Young black men more susceptible to blood pressure spikes even at rest**

Young, healthy black men exhibit greater increases in blood pressure than white males following spontaneous changes in nervous system activity when at rest, according to a study by researchers at The University of Texas at Arlington's College of Nursing and Health Innovation. The study investigated the part of the nervous system called the sympathetic nervous system, which helps regulate the body's unconscious actions and plays a key role in regulating resting blood pressure. The study, published last month in the journal Hypertension, provides potential insight into the higher prevalence of hypertension reported in black men.

*Medical Xpress, April 5, 2018*

**Peer influence, better HIV counseling could encourage boys in Africa to be circumcised**

Little is known about the quality of health counseling received by boys and young men in sub-Saharan Africa. Reproductive health

and HIV prevention services traditionally target women, and the VMMC experience gives providers an opportunity to engage young males in a lifetime of prevention activities. Researchers found there were missed opportunities with boys who chose circumcision to fully educate them about other steps they can take to prevent HIV throughout their lives.

*Medical Xpress, April 3, 2018*

#### **Montana State study: LGBQ students less likely to stay in STEM majors**

For years, researchers have known that it is hard to attract and keep women and some minorities in science, technology, engineering and math - or STEM - fields. Now, a Montana State University researcher has found that the same problem applies to sexual minorities. Many have suspected the findings, but MSU professor Bryce Hughes' study, "Coming Out in STEM: factors affecting retention of sexual minority STEM students," published in the March 14 issue of Science Advances, was the first to provide quantitative evidence, he said. Hughes, an assistant professor of adult and higher education in the College of Education, Health and Human Development, found students who identified as lesbian, gay, bisexual or queer were 7 percent less likely than their heterosexual peers to complete their STEM degree.

*AAAS Eureka Alert, April 4, 2018*

#### **Male Childhood Friendships May Have Some Health Benefits in Adulthood**



Time spent with friends in childhood is associated with physical health in adulthood, according to data from a multi-decade study of men.

The findings, published in Psychological Science, a journal of the Association for Psychological Science, show that boys who spent more time with friends as children tended to have lower blood pressure and lower BMI as men in their early 30s. "These findings suggest that our early social lives may have a small protective influence on our physical health in adulthood, and it's not just our caregivers or financial circumstances, but also our friends who may be health protective," says psychological scientist Jenny Cundiff of Texas Tech University. The fact that the association was evident over a 16-year span and was not

explained by several other potential factors gives Cundiff confidence in the results. "Although this wasn't an experiment, it was a well-controlled longitudinal study in a racially diverse sample - so it provides a strong clue that being socially integrated early in life is good for our health independent of a number of other factors such as personality, weight in childhood, and the family's social status in childhood," she explains.

*Psychological Science, March 29, 2018*

**Early childhood incarceration is linked to high rates of severe physical and mental health issues in adulthood**

*Half of those admitted to juvenile justice facilities before their teen years reported suicidal thoughts as adults*

When children are placed in juvenile detention centers, jails or prisons before their teenage years, they are much more likely to experience serious physical and mental health issues as adults, according to a new study by UCLA researchers. The UCLA researchers reported that more than 21 percent of people who had been incarcerated as children reported poor general health in adulthood, compared with 13 percent for those incarcerated later in life and 8 percent for those never incarcerated. The study appears in the International Journal of Prisoner Health. "Those at risk for imprisonment during childhood need special attention from the health care sector," said Dr. Elizabeth Barnert, principal investigator of the study and an assistant professor of pediatrics at the David Geffen School of Medicine at UCLA. "The rates of poor health outcomes among people who've been incarcerated tell us there's a huge need for us to take better care of them - both as kids and as adults."

*UCLA Newsroom, March 29, 2018*



**Using chosen names reduces odds of depression and suicide in transgender youths**

In one of the largest and most diverse studies of transgender youths to date, researchers led by a team at The University of Texas at Austin have found that when transgender youths are allowed to use their chosen name in places such as work, school and at home, their risk of depression and suicide drops. "Many kids who are transgender have chosen a name that is different than the one that they were given at birth," said author Stephen T. Russell, professor and chair of human development and family science. "We showed that the more contexts or settings where they were able to use their preferred name, the stronger their

mental health was." The study in the Journal of Adolescent Health was published this week in advance of Saturday's annual Transgender Day of Visibility.

*AAAS Eureka Alert, March 30, 2018*

### **84 Sculptures of Men Stand on the Edge of Buildings in This Haunting Anti-Suicide Campaign**

*Striking images mirror a disturbing U.K. statistic*



To combat male suicide, a nonprofit has put 84 humanoid sculptures on top of a skyscraper and other building in London—the same number of

men who take their own lives every week in the U.K. The effort, titled Project 84, was created by the Campaign Against Living Miserably, or CALM, which teamed up with London agency adam&eveDDB and American sculptor Mark Jenkins. They cast the sculptures with tape, using a technique for which Jenkins is famous, and created them with help from friends and family of men who have committed suicide. The images are harrowing and haunting-visible atop ITV's studios in Southbanks. Installed on Monday, they will remain there throughout this week. The TV network is supporting the campaign with programming about suicide, including interviews with surviving loved ones. Public relations agency W Communications is also contributing to the awareness push. Male grooming brand Harry's is a sponsor of the effort.

*Ad Week, March 29, 2018*

### **Study Finds Men with Active Social Lives Are More Likely to Use Marijuana**

Researchers at Yale University examined how social roles and activity affected the likelihood that a person uses marijuana. The researchers examined both minority male teenagers and adults to see how different aspects of their lives affected cannabis use. Perhaps the most surprising thing they found was males who had strong social bonds and friendships were actually more likely to use marijuana. In the past, many believed that the opposite was true, that people who lack strong social bonds were more likely to use cannabis as a way to "escape."

*Civilized, March 28, 2018*

### **Study links shale gas boom and sexually transmitted infections**

In Ohio and elsewhere, drilling and fracking for shale gas typically brings in large numbers of specialized, trained workers. The labor force in those "work camps" is mostly young male workers. Typically those workers have few or no family nearby and no emotional ties to the communities where they work. Ready disposable income, a "hyper-



masculinized" culture in the camps, and other factors could lead them to seek "multiple new or casual sex partnerships, which are all known risk factors for STI transmission," lead study author Nicole Deziel, an epidemiologist at Yale, explains. The study from a team at the Yale School of Public Health adds to a growing body of knowledge exploring public health and social impacts of the fracking boom. PLOS One published the report on March 23. "The bottom line of our study was that we found that counties with high levels of fracking activity had 20 percent higher rates of two major sexually transmitted infections, or STIs, chlamydia and gonorrhea," said Deziel. "And we did not observe a correlation for a third STI, syphilis."

*Energy News Network, March 30, 2018*

### **HIV and the Opioid Epidemic: 5 Key Points**

The opioid epidemic represents a significant and worsening public health crisis in the United States. In 2016, 2.1 million Americans were estimated to have an opioid use disorder and nearly 12 million to have misused opioids at some point during the preceding year.<sup>1</sup> Death rates from opioid overdoses nearly doubled between 2012 and 2016, rising from 7.4 to 13.3 per 100,000, and in 2016, an estimated 115 people per day died of an opioid overdose.<sup>2</sup> As the opioid epidemic has worsened, there has been growing concern about how injection drug use might fuel transmission of infectious disease. Those misusing opioids commonly move from oral use to insufflation to injection use.<sup>3</sup> In fact, an estimated 10-20% of people who abuse prescription opioids move on to inject either opioids or heroin.<sup>4</sup> Injection drug use increases the risk of blood-borne infections including HIV, hepatitis, and bacterial endocarditis, which spread efficiently through needle sharing.

*Kaiser Family Foundation, March 27, 2018*

### **HPV vaccination rates increase substantially among males in US**

HPV vaccination rates increased substantially among adolescent

and young adult males in the first 6 years after routine vaccination was recommended for males in the United States in 2011, researchers reported in *The Journal of Infectious Diseases*. However, data showed that minimal vaccination gains were seen among females during the same period, and that coverage among males and females remains below national targets, according to Eshan U. Patel, MPH, researcher in the department of pathology at the Johns Hopkins School of Medicine, and colleagues.

*Helio in the Journals, March 27, 2018*

### **Boys Don't Get HPV Vaccination Because Doctors Don't Recommend It, Study Finds**

Vaccination rates for the human papillomavirus (HPV) are not where public health officials would like them to be, especially for boys. And it turns out that the most common reason parents may not get their sons vaccinated is because their family doctors don't recommend it, according to findings presented this weekend at the Society of Gynecologic Oncology 2018 Annual Meeting on Women's Cancer, being held in New Orleans, Louisiana.

One in 5 parents does not plan to vaccinate their adolescent son, compared with 1 in 10 parents of an adolescent daughter, according to Anna Beavis, MD, MPH, a gynecologic oncologist fellow at Johns Hopkins University, who based her presentation on results from the 2015 National Immunization Survey-Teen (NIS-Teen). Survey data were used to calculate survey-weighted prevalence estimates of HPV vaccine initiation among boys and girls aged 13 to 17 years. Not only did the survey capture vaccination rates, but reasons parents gave for why they did or did not plan to get their children vaccinated.

*American Journal of Managed Care, March 25, 2018*

### **VIDEO WORTH WATCHING**

#### **Man Enough**



Justin Baldoni sits down to dinner with some friends to have an open discussion about traditional masculinity and why men don't talk. Prince Ea,

Derek Hough, Javier Munoz, Bassem Youssef, and Matt McGorry offer up their unique perspectives and honest experiences on camera for the first time ever. Justin also consults Dr. Michael

Kimmel, a trailblazing expert in the field of gender studies.

### 'Cutting,' Self-Harm Raise Suicide Risk for Teens



Young people treated for self-inflicted injuries face a far higher-than-average risk of suicide in the next year, a new study finds. Among teenagers and young adults diagnosed with a "self-harm" injury, the risk of suicide in the next year was nearly 27 times higher than the U.S. norm, researchers found. Certain young people were at particular risk --

including Native Americans, males and those who'd used especially violent means of self-harm, including guns.

*Web MD, March 19, 2018*

### Yale Study Looks at Social Effects of Cannabis Use on Young Minority Men

Researchers hypothesized marijuana use in minority young men also was affected by perceived masculinity norms and subject's attitude toward masculinity, in relation to the impact of neighborhood problems. Traditional attitudes toward masculinity seem to indicate less likelihood to use cannabis, though strong social bonds between men indicated a tendency toward increased cannabis use. The study pointed out young minority men also have been disproportionately affected by the negative repercussions of cannabis (and other illegal drug) use, including legal prosecution-a social problem that may be exacerbated by social stress in minority neighborhoods and attitudes toward traditional masculinity, as young men are developing their own sense of masculinity.

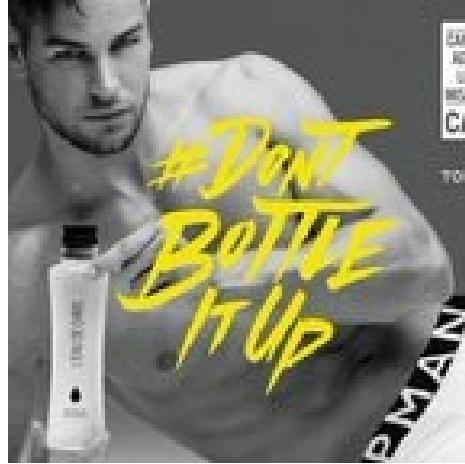
*MG Retailer, March 22, 2018*

### How CALM is using brand partnerships to raise awareness of male suicide

*Mental health charity CALM says working with brands has helped it to increase awareness of male suicide in the UK from 19% to 43% over the last two years.*

Mental health charity CALM has spoken of the importance of brand partnerships in its mission to increase awareness of male suicide, challenge stereotypes around masculinity and ultimately drive long-term societal change. Speaking at Advertising Week Europe today (20 March), Andrew Brown, director of corporate partnerships at the charity, said teaming up with brands allows the seven-year-old not-for-profit organisation to achieve a "credibility and relevance" that it otherwise wouldn't be able to do. "We do campaigns as and when we can get pro bono support from ad agencies and free media from media owners, but to a degree it's limited and we're restricted as our funding goes primarily on the helpline and not on paying for campaigns to drive people to the helpline," Brown explained. "When we can develop partnerships with brands, it's super important for us because we can leverage their comms, their brand, their customer access in order to really spike awareness of what we're doing and to push cause-messaging. Working with brands like Topman brings us credibility and we become relevant at a moment in time for a customer base very directly and pro-actively in a way we couldn't before."

*Marketing Week, March 20, 2018*



### [Guys, We Have A Problem: How American Masculinity Creates Lonely Men](#)



Kugelman's story isn't unusual: researchers say it can be difficult for men to hold on to friendships as they age. And

the problem may begin in adolescence. New York University psychology professor Niobe Way, who has spent decades interviewing adolescent boys, points to the cultural messages boys get early on. "These are human beings with unbelievable emotional and social capacity. And we as a culture just completely try to zip it out of them," she says. This week on Hidden Brain, we look at what happens when half the population gets the message that needing others is a sign of

weakness and that being vulnerable is unmanly.  
*NPR, March 19, 2018*

**Male birth control pill one step closer to reality, researchers say**

The results of the study were presented Sunday at the annual Endocrine Society meeting in Chicago. The researchers found that the



proposed hormone pill, called dimethandrolone undecanoate or DMAU, effectively reduced testosterone and other hormone levels responsible for sperm production without any serious side effects, according to Dr. Stephanie Page, an endocrinologist at the University of Washington School of Medicine and a lead author of the study. "Our goal -- and everyone's goal in this field -- is to develop a method for men that has minimal side effects, and the holy grail would be to develop something that also has a health benefit for men," Page said.

*CNN, March 21, 2018*

**Effects of low sperm count go beyond fertility**

A total sperm count of less than 39 million per ejaculate may place men at increased risk for poorer metabolic, cardiovascular and bone health compared with men with higher total sperm counts, according to a recent study. "A man's semen count is a marker of his general health," Alberto Ferlin, MD, PhD, associate professor of endocrinology at the University of Brescia in Italy, told Endocrine Today. "Low sperm count is associated with metabolic alteration and cardiovascular risk and low bone mass." Compared with a normal sperm count, men with a low sperm count had higher BMI, waist circumference, systolic blood pressure, LDL cholesterol, triglycerides and homeostasis model of assessment index; lower HDL cholesterol; and increased prevalence of metabolic syndrome (OR = 1.246; 95% CI, 1.005-1.545). Additionally, BMD was lower in men with hypogonadism compared with those without hypogonadism. Half of men had osteoporosis/osteopenia.

*Healthline, March 18, 2018*

**Increases in Human Papillomavirus Vaccination Among Adolescent and Young Adult Males in the United States, 2011-2016**

### **Abstract**

In the U.S., HPV vaccination has been recommended for females since 2006 and males since 2011. We assessed temporal trends in HPV vaccination ( $\geq 1$  dose) among 9-26-year-olds in the 2011-2016 NHANES. While HPV vaccination increased overall from 37.7% to 45.7% among females (adjPD,+7.1%[95%CI:+0.1%,+13.7%]), there was no change in vaccination among female adolescents (ages 9-13). For males, HPV vaccination increased overall from 7.8% to 27.4% (adjPD,+18.8%[95%CI:+14.1%,+23.5%]), and among every stratum of age, race/ethnicity, health insurance, poverty level, and immigration status( $P\leq 0.05$ ). The increases in HPV vaccination observed among males is encouraging, however, coverage remains below national targets for both males and females.

*Journal of Infectious Diseases, March 23, 2018*

### **How world's oldest wind instrument is altering mens' health**



LEARNING to play the didgeridoo takes practice. But it is helping change the life of students across West Moreton because playing the traditional Aboriginal instrument improves lung health. Dean Smith, an Advanced Aboriginal and Torres Strait Islander Health Worker at West Moreton Health, showcased the Didgeridoo Lung Health Program during National

Closing the Gap Day events. Mr Smith teaches school students across the region to play the didgeridoo as part of his role helping the community achieve better health. Mr Smith said the program was about more than learning to play an instrument. He said the program taught students leadership, respect for themselves and others, and importantly, how to take care of their health.

Reflecting custom, the program is designed for boys and men.  
*Queensland Times, March 19, 2018*

### **Self-harm in young boys on rise**

AUSTRALIAN children as young as six are ending up in hospital after intentionally harming themselves, with rates increasing in younger boys, a new report shows. Research covering children aged under 17 in all States shows 1600 are admitted to hospital each year for self-harm, with rates higher in boys aged six to 10,

while girls are more likely to self-harm in the 11 to 16 age group. The report comes only weeks after WA doctors warned of an alarming increase in the number of children and teenagers presenting with self-harm to Perth emergency departments. They said there had been a 400 per cent increase in the past five years, including a downward trend in the age of patients.

*Perth Now, March 12, 2018*

### **Fewer boys are playing high school football**



Since 2008, the number of high school boys participating in football has steadily dropped, almost 5%, in a sport that used to add players

every year. Meanwhile, news reports about tackle football and brain injuries began to go up around 2008, and research published in JAMA Pediatrics connects the two. After all, participation in other high school sports hasn't dipped, just the sport most publicly linked to brain damage. Team sports and exercise are great for teens in so many ways but football is now seen as a bigger health risk. Researchers say that without more long term studies, we won't be able to understand if tackle football is a good idea for kids, or a public health risk. And until we do, it's clear that some parents are deciding that they want their sons to consider a different sport.

*ABC, March 12, 2018*

### **Why is ADHD more common in boys than girls?**

About one in 20 children are diagnosed with attention deficit hyperactivity disorder (ADHD) at some point during their school life.

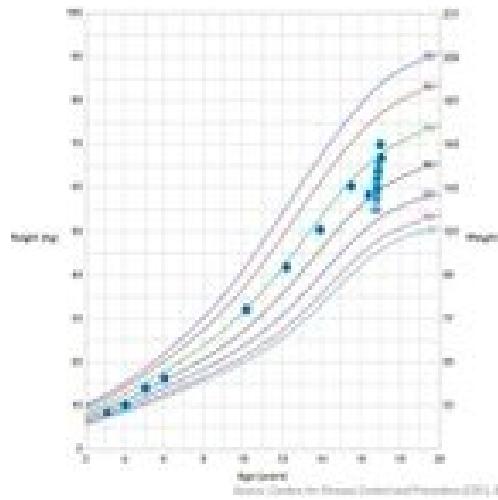


Interestingly, for every girl diagnosed, there are between three and seven boys who receive an ADHD diagnosis. There are many theories as to why ADHD is more commonly diagnosed in boys than girls. One possibility is that girls are in some way "protected" from developing ADHD, and so it takes a higher burden of risk factors than in boys for girls to develop problems. Another

possibility is that ADHD symptoms are missed in girls or that mental health problems in girls develop into problems other than ADHD.

*Medical Express, March 13, 2018*

### **Boys, Biceps, and Bradycardia: The Hidden Dangers of Muscularity-Oriented Disordered Eating**



The recognition of eating disorders (EDs) in males represents an ongoing challenge for physicians. This challenge is particularly complex in the case of EDs that are oriented toward muscularity, as opposed to thinness, which current diagnostic criteria do not accommodate. Nevertheless, EDs in males, and muscularity-oriented disordered

eating (MODE) in particular, are increasingly prevalent and are likely to be encountered in clinical practice. We report the case of a 16-year-old male who presented with medical instability, requiring hospitalization, in the context of MODE. Importantly, this patient did not meet formal diagnostic criteria for a specific ED, and behavioral symptoms were deemed goal oriented in the context of high school wrestling pursuits. This case highlights the challenges of identifying MODE and the medical risks associated therein. Pediatricians are encouraged to screen for MODE in adolescent males reporting body image concerns.

*Journal of Adolescent Health, March 2018*

### **More evidence essential oils 'make male breasts develop'**

Gynaecomastia is rare, and there is often no obvious cause. But there have been a number of cases linked to use of these essential oils. The American study found that key chemicals in the oils boost oestrogen and inhibit testosterone. Not everyone will have the same reaction to an essential oil. The plant-derived oils are found in a number of products such as soaps, lotions, shampoos and hair-styling products. They're also popular as alternative cleaning products and medical treatments. Lead researcher J. Tyler Ramsey from the National Institute of Environmental Health Sciences (NIEHS), in North Carolina, suggested caution when using the oils. "Our society deems essential oils as safe. However, they possess a diverse amount of chemicals and should be used with caution because some of these chemicals are potential endocrine disruptors." A growing

number of reported cases of male gynaecomastia have coincided with topical exposure to the oils. After they stopped using the products, the symptoms subsided. A previous study by Dr Kenneth Korach - who was also co-investigator for this study - found that lavender and tea tree oil had properties that competed with or hindered the hormones that control male characteristics, which could affect puberty and growth.

*BBC, March 18, 2018*

#### [Sexual orientation top risk for suicidal thoughts in college freshmen](#)

Nearly one third of first-year college students have thought about suicide, according to a study across eight countries, and non-heterosexual identity or feelings were the biggest risks for this kind of thinking or behavior. Having a religion other than Christianity, being female, having unmarried parents or at least one deceased parent and being age 20 or older were also important risk factors, though being a sexual minority also carried the highest risk of transitioning from suicidal thoughts to plans to attempts, the researchers found. These results suggest that the first year of college could be an ideal time to screen all entering students for suicide risk and intervene appropriately, the study team writes in the Journal of the American Academy of Child and Adolescent Psychiatry.

*Business Insider, March 15, 2018*

#### [How infertility treatment has left sperm science behind](#)

Enormous advances in treating infertility in recent decades have helped couples conceive longed-for offspring they previously would not have had. Yet this progress has also been a work-around for a major part of the problem: Sperm counts are falling drastically worldwide - and have been doing so for decades - and scientists say their honest answer to why is: "We don't know". Infertility is a significant global health problem, with specialists estimating that as many as one in six couples worldwide are affected. In more than half of those cases, experts say, the underlying problem is in the male. Most of the focus of infertility research has been on women, however: on what can reduce their fertility and on how that can be averted, compensated for or corrected with treatment. While this approach has produced results - and babies - it has also left male infertility scientifically sidelined.

*Reuters, March 11, 2018*

#### [A New Deal for poor African-American and Native-American boys](#)

The U.S. is facing a national crisis. It is virtually guaranteed that if you are poor, male, African-American or Native-



American, you have a disproportionately high likelihood of ending up in prison, unemployed, or both. In a new paper by my colleague, Adam Looney, and his co-author, Nicholas Turner, intended to analyze post-incarceration employment, the authors find that: "Almost one-third of all 30-year-old men who aren't working are either in prison, in jail, or are former prisoners...Boys who grew up in families in the bottom 10 percent of the income distribution were 20 times more likely to be in prison on a given day in their early 30s than children born in top ten percent of families...Prisoners are also disproportionately likely to have grown up in socially isolated and segregated neighborhoods with high rates of child poverty and in predominantly African-American or American Indian neighborhoods."

*Brookings, March 14, 2018*

#### Cities Are Raising the Bar and Building Beloved Communities Where Black Men and Boys Can Thrive

Over the past decade, CBMA has supported leaders in cities across the United States who are working to accelerate positive life outcomes for black men and boys and whose efforts are moving the needle in measurable ways. To chart and track the progress happening in these cities, in 2015 CBMA developed the Black Male Achievement (BMA) City Index, which scores cities based on their level of engagement with and investment in black men and boys. In conjunction with the new index, we released Promise of Place, a first-of-its-kind report series that assessed commitments and targeted initiatives across fifty cities focused on supporting black men and boys. A few weeks ago, we released a follow-up report, Promise of Place: Building Beloved Communities for Black Men and Boys, that explores whether those cities are keeping their promises. Encouragingly, we have found that most cities have in fact increased their investments and actions in support of black men and boys.

*Philanthropy News Digest, March 14, 2018*

#### Bundled intervention may improve HPV vaccination rates



A bundled intervention comprising quality improvement (QI) training plus provider prompts, communication skills training,

and performance feedback may improve human papillomavirus (HPV) vaccination rates in pediatric clinics, according to a study published online March 14 in Pediatrics. Cynthia M. Rand, M.D., M.P.H., from the University of Rochester in New York, and colleagues examined the impact of QI training plus a bundled practice-based intervention on improving HPV vaccinations in pediatric resident continuity clinics. Staff and providers from eight resident clinics participated in the 12-month study. The intervention comprised training to strengthen provider communication relating to the HPV vaccine, as well as provider prompts, monthly performance feedback, and collaborative-calls training. The primary outcome measure was captured HPV vaccination opportunities (eligible visits with vaccination divided by vaccine-eligible visits). The researchers observed an increase in captured opportunities for HPV vaccination, from 46.9 to 63.3 percent.

*Medical Express, March 15, 2018*

### **Most teens still visit pediatricians-but they deserve doctors trained to treat them**

*An adolescent health specialist explains what it means to understand teens.*

It wasn't until 1968 that the Society of Adolescent Health and Medicine, the preeminent professional organization for adolescent healthcare providers, was founded to improve "the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development, and research." Even today, Diaz says, most teenagers still see a pediatrician. "I think if a pediatrician has a great relationship with a teenager, that's great," she says. "You have 42 million teenagers and not that many adolescent medicine experts." But surveys of doctors suggest some pediatricians feel uncomfortable dealing with older patients. (The reverse is also true, with many teenagers sensing they've outgrown their childhood physicians.) While doctors of all specialities can build relationships with adolescents, Diaz worries that some kids aren't being asked the tough questions-because their pediatricians don't want to know the answer. "Sometimes [doctors] say they do not feel they have

the skills in things like substance abuse, or mental health, or family planning. In that sense, if you don't have the skill, you are not likely to be asking about those things, because you would not know what to do," Diaz says. "The training of an adolescent medicine doctor makes it more likely they are comfortable in those areas." At the Mount Sinai clinic where Diaz works, she and her peers aren't just experts in these teenage-specific conversations. They've also built the entire facility with teenagers in mind. "Developmentally, when teenagers want help, they want it ASAP," Diaz says, so Mount Sinai works on a drop-in model, where the 11,000 individual teenaged patients they treat each year can come in whenever they need care. The services are free, and Diaz says an even bigger premium is placed on privacy than in a typical doctor's office."

*Popular Science, March 9, 2018*

#### **U.S. teens still denied morning-after pill**

A new study suggests that some U.S. teens may have trouble getting emergency contraception at pharmacies even though it's legally available without a prescription for consumers of all ages. Researchers had mystery callers posing as physicians or teens call 993 retail pharmacies in five U.S. cities. Four in five pharmacies said they had emergency contraception available for purchase that day, but roughly 1 in ten teens were incorrectly told they were too young to get it without a prescription. Pharmacists were more likely to correctly state that emergency contraception was available without a prescription when teen boys called than when adolescent girls or female doctors called asking on behalf of a 17-year-old patient. "Emergency contraception works better the sooner you take it," said lead study author Dr. Tracey Wilkinson, a pediatrics researcher at the Indiana University School of Medicine in Indianapolis. "Barriers to access can lead to delays in getting emergency contraception or prevent someone from getting it at all," which can lead to unintended teen pregnancies, Wilkinson said by email.

*Reuters, March 7, 2018*

#### **Better communication improves HPV vaccination rate: Study**

*Researchers at the University of Colorado found improved training and customized fact sheets were the most used and useful for medical professionals educating patients and parents about the vaccine.*

Better communication by healthcare professionals can increase HPV vaccination initiation and completion among both girls and boys, report researchers in Colorado. Researchers



at the University of Colorado in Denver specifically found communication training and customized HPV fact sheets were the most used and useful among five resources they tested, according to study results published Monday in the Journal of American Medical Association. The other resources were a parent education website, images depicting diseases associated with HPV and a decision aid for HPV vaccination. "I think there's growing evidence that communicating information about the vaccine impacts whether an adolescent will get it," Dr. Amanda F. Dempsey, an associate professor of pediatrics at the University of Colorado Denver Children's Outcomes Research Program, told UPI.

*UPI, March 6, 2018*

### [Competitive eSports Gaming Nearly As Popular As Football Among 14 to 21 Year Olds](#)



A new poll has been published by UMass Lowell-Washington Post that looked at the popularity of

competitive gaming among young adults in the 14 to 21-year-old age range. The poll has found that among that group, e-sports are about as big and popular as football. A full 40% of people who fall into that age group says they are fans of football while 38% of the same group say they are also fans of e-sports. This is a good thing for the popularity and growth of new e-sports leagues like The Overwatch League that launched in January. That league plays major matches in the former "The Tonight Show" studio in California. The matches are streamed all over the world for fans to watch and cheer on their favorite teams. "The popularity of e-sports and online gaming among American teens and young adults as both a recreational activity that you participate in or can also watch reveals a shifting landscape for what constitutes a sport in American life. It is absolutely telling that the fan base for e-sports is just as large as the fan base for professional football among Americans ages 14 to 21," said Prof. Joshua Dyck, co-director of the UMass Lowell Center for Public

Opinion, who wrote and analyzed the poll with The Post. "The reasons teens and young adults give for participating in e-sports/online gaming mirror many of those given in our survey of adults 18 and older about why they watch live sports."

*Hot Hardware, March 9, 2018*

**Multifaceted approach to sexual risk reduction effective in juvenile justice system**

Adolescents involved in the juvenile justice system demonstrated reduced incidence of sexually transmitted infections after taking part in a one-time sexual risk reduction intervention that incorporates content related to alcohol and cannabis use. "In any given year, approximately 2 million young people come into contact with the juvenile justice system, so there are a huge number of kids who get processed through facilities like the one where our work was conducted," Angela D. Bryan, PhD, from the department of psychology and neuroscience at the University of Colorado, Boulder, told Infectious Diseases in Children. "Most of these facilities and systems do not have the resources they need to do intensive multi-session interventions." "The fact that our intervention can be conducted in a single session with limited additional resources gives it great potential for dissemination," she said. "Also, kids who come into contact with the juvenile justice system tend to have higher rates of substance use and risky sexual behavior than their non-justice-involved peers. Our intervention was developed exactly for the kids who most need it."

*Helio, February 27, 2018*

**HIV, STI intervention for teens on probation reduces sexual risk behaviors**

Providing an intervention intended to prevent HIV, STIs, substance use and mental health concerns to youth placed on probation can reduce sexual risk behaviors in juvenile offenders, according to findings published in Health Psychology. "A number of factors contribute to young offenders' increased risk for HIV. Many of these youths experience a host of structural factors that lead to mental health problems and substance use such as poverty, crime and neighborhood disadvantages," Geri R. Donenberg, PhD, professor in the departments of medicine and psychology at the University of Illinois, Chicago, told Infectious Diseases in Children. "Ample evidence links mental health problems and substance use with high-risk sexual behavior."

*Helio, March 9, 2018*

**Men fear robots more than women do**

A new University of Sydney report called "Women and the Future of Work" asked a large sample of workers aged between 16 and 40 years how concerned they were about losing their job to a smart machine or computer. Overall, about two-thirds were either "not concerned at all" or "not too concerned". But there's an intriguing twist: young men fear robots more than young women do. Only 28 per cent of women said they were worried about being replaced by a machine. For male respondents the share was 39 per cent. The gender split was even more pronounced among those "very concerned" about being losing their job to automation - the share of young men choosing that description was almost double the share of young women. The researchers also ran discussion groups involving a cross section of young female workers and concluded the impact of automation and technology on employment security was not "a top-of-mind" concern for young women. "When prompted, they could see how technological development had impacted on their workplace for both good and ill," the report says. "However, while they could envisage potential job losses or the need to retrain, most did not feel threatened by these changes." (Young women were far more concerned about being replaced by someone prepared to work for a lower wage than being replaced by a machine.)

*The Sydney Morning Herald, March 11, 2018*



#### [\*\*Tucker Carlson Launches New Series - "American Men Are In Crisis"\*\*](#)



Tucker Carlson debuted a new series, "Men in America," on his Fox News program Wednesday night, saying, "American men are in crisis." Carlson, a Daily Caller co-founder, will feature a new segment in the series every Wednesday in March, and the first featured Canadian professor Dr. Jordan Peterson. Carlson opened by highlighting society's attempts to demonize and ostracize masculinity before pointing out the serious problems prevalent among American males. "This is a crisis. Yet our leaders pretend it's not happening," he stated. "Ignoring the decline of men does not help anyone. Men and women need each other. One cannot exist without the other. That is elemental biology, but it's also the reality each one of us has

lived, with our parents and siblings and friends. When men fail, all of us suffer."

*The Daily Caller, March 7, 2018*

## VIDEO

### Tucker Carlson: "Men Seem To Be Becoming Less Male"

Carlson interviewed Dr. Jordan Peterson who blamed the "insidious" movement being driven by the "radical left" that teaches there a problem of "toxic masculinity." He said ideological policies focus on "de-emphasizing masculinity may be part of the problem."

*Real Clear Politics, March 8, 2018*

### Shaving startup Harry's attempts to tackle male stereotypes in new campaign

*The shaving subscription service is focusing on its brand purpose, rather than its product, in a new campaign that shines a light on the issue of male suicide.*



The three-minute short film depicts an alien asking a young boy to show him how to be a man. The boy explains that: "men walk with confidence", "a real man wants to be taken seriously" and "a man has to be strong and shouldn't be afraid anything." It transpires the boy's father has died and as he hands his mother flowers he admits: "The truth is

there is no one way to be a man." Matt Hiscock, UK general manager, tells Marketing Week: "We think it's important to engage customers in conversation about what it means to be a man today. Suicide is the single biggest killer of men aged under 45 in the UK and we want to encourage guys to talk more. "We really wanted to promote this progressive masculinity." The campaign follows research by the brand with focus groups and draws on a survey of 2,000 men, who answered questions on what it means to be a modern man. The results were presented in parliament in November 2017 and found men were embracing "new, positive masculinity... adding progressive values to aid their mental health and well-being".

*Marketing Week, February 28, 2018*

## **Male Violence Is Everywhere**

*The Parkland shooting is yet another reminder of America's dangerous model of masculinity-but that model could be changing.*

In 2014, the University of Alabama



criminologist Adam Lankford examined a database of mass killings that occurred from 2006 to 2012. Of the 308 killers, 94 percent were male. Separately, Mother Jones compiled a list from 1982 to today; they found that of 93 shooters in 2014, 97 percent were male. In other violence categories, boys have a higher rate of assault than girls and suffer higher rates of injury from assault. They are also more likely to report being in a fight in the past year and far more likely to be a homicide victim. In fact, homicide has become the leading cause of death for young African American males. The bottom line is that interpersonal violence of all kinds is largely a male phenomenon. Whether it is physical bullying, fighting, or more severe forms of violence, boys account for a disproportionate amount of both perpetrators and victims.

Ideas about boyhood that persisted for generations are beginning to recede. At a time when researchers such as Stephanie Coontz and David Autor report that fewer Millennial women are interested in traditional forms of marriage, even to have children, younger men are looking forward, not back. The sociologist Michael Kimmel, in his recent book, *Angry White Men*, suggested that young fathers who spend more time with their children, some even choosing to be stay-at-home dads, represent something more than simply wanting better work-family balance. Their choices suggest that men have new possibilities.

*Michael Reichert  
The Atlantic, February 26, 2018*

## **Why boys are more likely to be violent - and six ways we can stop it**

*Boys don't know how to express their emotions, and we may be too permissive with the few we expect them to feel: anger and frustration.*



What makes boys more inclined toward violence and what can we do to stop it? It's a vast and complicated issue, but in part it comes down to an enduring stereotype that boys can't or shouldn't feel emotions as expansively or openly as girls. As Black points out in his essay, "It's no longer enough to "be a man" - we no longer even know what that means." But there is a

way to help. "The bottom line is that we need to turn the light on to the fact that we parent, educate and generally treat our boys and girls differently. This is a global issue, not just an American one," says psychologist Teodora Pavkovic. "Boys are seen as incapable of experiencing a full range of emotions (or alternatively, certain cultures simply prefer it if they didn't), and so we tend to not speak to them about emotions nearly as much, and we tend to only be permissive with the couple of emotions we expect them to display, primarily anger and frustration. This has led to the creation of not just misconceptions such as 'emotions are girly' and 'boys don't cry,' but to many generations of men with devastatingly poor emotional diversity, awareness and literacy."

*NBC News, February 28, 2018*

#### [PODCAST: Why It's So Hard To Reach Males In Need Of Mental Healthcare](#)

Men and boys often don't interact with the mental health systems in this country. That's what Dr. Wizdom Powell has found. Powell is a clinical psychologist and the director of the Health Disparities Institute at UConn Health. She recently sat down with Morning Edition Host Tom Kuser to discuss her work and why it's so difficult to reach males in need of mental healthcare and support.  
*NPR, February 27, 2018*

#### [80% of young men say anxiety is impacting their social life](#)

More than 45 million working days have been lost due to anxiety combined with depression and stress



in the past three years, including a 25% increase over the past year alone, costing the British economy an average of £2.4 billion a year. According to a new survey among 500 male anxiety sufferers, commissioned by [Kalms Lavender](#), young men in their twenties and thirties, at a crucial stage in their careers, are most affected by anxiety. As many as 70% of men surveyed say their anxiety has an impact on their work and relationships and 80% found it also affects their social life, with over half revealing it also impacted their sex life.

*Health Izmo, February 26, 2018*

#### **Young males at risk of developing severe mental disorders: study**

London, Mar 3 (PTI) Young males are more likely to experience first-episode psychosis, defined as the first manifestation of one or more severe mental disorders including schizophrenia, bipolar affective disorder, compared to women in the same age group, a study has found. Ethnic minorities and people living in socioeconomically disadvantaged area are also at risk of developing severe mental disorders, according to researchers at University of Sao Paulo Medical School in Brazil. In European countries, these disorders have been found to be more frequent in large cities than smaller towns or rural areas and also to be relatively frequent among ethnic minorities. The researchers conducted an investigation in 17 urban and rural areas in six participating countries - England, France, Italy, the Netherlands, Spain and Brazil - between 2010 and 2015. The study, published in the journal JAMA Psychiatry, also showed that the incidence of first-episode psychosis was higher among men aged 18 to 24 than among women in the same age group. The researchers noted that the incidence of first-episode psychosis among young adult males is higher than among young adult females according to previous research, which also shows that as men approach 35, it tends to converge with the incidence among women. In women aged 45-54, it is slightly higher than among men in the same age group. "We dont know exactly why there are these differences in incidence between sexes and age groups, but they may be linked to the process of cerebral maturation: the brain matures between the ages of 20 and 25, and during this period, men seem to be

more vulnerable to mental disorders than women," said Paulo Rossi Menezes from University of Sao Paulo Medical School. The researchers also found that the incidence of first-episode psychosis is high among ethnic minorities and in areas with less owner-occupied housing.

*India Today, March 3, 2018*

### Quest for 'perfect' body leading to image issues for men



A SPIKE in young men with body issues and eating disorders has alarmed health professionals, who say the quest for the "perfect body" is causing too

many casualties. The Butterfly Foundation CEO Christine Morgan said men's pursuit of the ideal shape had accelerated in recent years. "We're certainly seeing more males who are concerned about body image ... and we're certainly seeing higher presentations of males with eating disorders," Ms Morgan said. "We're seeing young boys, not just men ... doing things artificially to try to achieve this so-called perfect look. We know that young boys are getting involved in muscle building at a dangerously early age."

*Daily Telegraph, March 2, 2018*

### Most privileged boys in UK expected to outlive poorest by a decade as life expectancy gaps widen, show figures

*Boys in least deprived areas expected to live beyond the age of 80 years, while life expectancy of those in most deprived fell short of 80 years, according to ONS*

The most advantaged boys in England are expected to outlive the poorest by a decade as inequalities in life expectancy widen, new figures show. Life expectancy at birth among the most deprived males in England was 73.9 years in 2014 and 2016, compared with 83.3 years among the least deprived, according to latest data published by the Office for National Statistics (ONS). This gap has risen by nearly five months in the last three years, with boys in the least deprived 50 per cent of areas now expected to live beyond the age of 80 years, while the life expectancy of those in the 50 per cent most deprived fell short of 80 years.

*Independent, March 1, 2018*

### Opposition erupts as Iceland eyes banning most circumcisions

Icelandic lawmakers are considering a law that would ban the

circumcision of boys for non-medical reasons, making it the first European country to do so.

Some religious leaders in Iceland and across Europe have called the bill an attack on religious freedom. It is seen as a particular threat by Jews and Muslims who traditionally embrace the practice. Under the proposed law, the circumcision of boys - removing the foreskin of the penis, usually when the child is a newborn - would be viewed as equal to female genital mutilation and punishable by up to six years in prison. "This is fundamentally about not causing unnecessary harm to a child," said Silja Dogg Gunnarsdottir, lawmaker for the centrist Progressive Party, who introduced the bill this month. The proposed law calls circumcision a violation of human rights "since boys are not able to give an informed consent of an irreversible physical intervention." Circumcision is not common in Iceland, a small Atlantic Ocean island nation of 340,000 people that is overwhelmingly Lutheran or atheist, with an estimated 100 to 200 Jews and about 1,100 practicing Muslims. The bill has eight co-sponsors but is considered unlikely to get a majority in the 63-seat Iceland parliament. It does not have the formal backing of any government ministers but has drawn the support of 422 Icelandic doctors who favor outlawing the 4,000-year-old religious practice.

*ABC News, February 25, 2018*



#### [Hepatitis C Exposure Is a Crime in Some States; Is This the New HIV Criminalization?](#)

"There are certainly statutes around the country that criminalize hepatitis," said Trevor Hoppe, assistant professor of sociology at University at Albany, State University of New York. "They are not as numerous as HIV-specific

criminalization laws, and they're not enforced as widely, but they do exist." Moreover, HCV criminalization may be on the rise, repeating the wave of HIV criminalization laws that sprang up in the wake of the AIDS crisis. During the 1990s, Ohio and many other states passed laws that specifically criminalize certain behaviors by people living with HIV and essentially classify their bodily fluid as a deadly weapon. Today, however, Ohio's criminal law also references people with HCV and other infectious diseases, the effect of which "is to allow prosecutors to punish people living with hepatitis in a broad range of contexts," said Hoppe.

*The Body, February 26, 2018*

## Change in adolescent mental health between age 12 and 14 predicts sexual activity and sexual orientation at age 14

### Abstract

This study sought to explore whether change in mental health between age 12 and age 14 relates to self-identified sexual orientation and having become sexually active at age 14. In total, 3460 Australian adolescents (1748 boys, 1712 girls) provided information on sexual activity and sexual orientation at age 14. Parents provided information on facets of mental health when the adolescent was age 12 and again when the adolescent was age 14. Results showed that higher levels of mental health problems at age 12 (hyperactivity and conduct problems) and increases in mental health problems between age 12 and 14 (hyperactivity and conduct problems) were associated with an increased likelihood of being sexually active at age 14. Results also showed that higher levels of mental health problems between age 12 and age 14 (negative emotional symptoms and peer problems) were associated with an increased likelihood of reported homosexual or bisexual orientation at age 14. There were no significant sex moderation effects. These findings provide evidence that change in mental health relates to sexual activity and sexual orientation in early adolescence. Findings might be used to improve prognostic capabilities that could be valuable to health care professionals working with adolescent clients.

*Mental Health & Prevention, March 1, 2018*

## Health and Care Utilization of Transgender and Gender Nonconforming Youth: A Population-Based Study

### Abstract

**BACKGROUND:** Transgender and gender nonconforming (TGNC) adolescents have difficulty accessing and receiving health care compared with cisgender youth, yet research is limited by a reliance on small and nonrepresentative samples. This study's purpose was to examine mental and physical health characteristics and care utilization between youth who are TGNC and cisgender and across perceived gender expressions within the TGNC sample.

**METHODS:** Data came from the 2016 Minnesota Student Survey, which consisted of 80,929 students in ninth and 11th grade ( $n = 2168$  TGNC, 2.7%). Students self-reported gender identity, perceived gender expression, 4 health status measures, and 3 care utilization measures. Chi-squares and multiple analysis of covariance tests (controlling for demographic covariates) were used to compare groups.

**RESULTS:** We found that students who are TGNC reported

significantly poorer health, lower rates of preventive health checkups, and more nurse office visits than cisgender youth. For example, 62.1% of youth who are TGNC reported their general health as poor, fair, or good versus very good or excellent, compared with 33.1% of cisgender youth ( $\chi^2 = 763.7$ ,  $P < .001$ ). Among the TGNC sample, those whose gender presentation was perceived as very congruent with their birth-assigned sex were less likely to report poorer health and long-term mental health problems compared with those with other gender presentations.

**CONCLUSIONS:** Health care utilization differs between TGNC versus cisgender youth and across gender presentations within TGNC youth. With our results, we suggest that health care providers should screen for health risks and identify barriers to care for TGNC youth while promoting and bolstering wellness within this community.

*Pediatrics, March 2018*

#### **1 in 7 teens are sexting, new research finds**

One in seven teens report that they are sending sexts, and one in four are receiving sexts, according to our study of over 110,000 teens from around the world



published today, Monday Feb. 26, in JAMA Pediatrics. Sexting over the last decade has been on the rise, which is consistent with the rapid growth in the availability and ownership of smartphones. Teen sex, on the other hand, has been on the decline over the last decade. The team conducted a meta-analysis of the research literature, drawing from 39 research studies on teen sexting internationally between 2009 and 2016. They found that approximately 15 percent of teens are sending sexts. Meanwhile, around 41 percent of teens are having sexual intercourse, according to a 2018 report from the Centers for Disease Control and Prevention in the United States.

Considerable evidence suggests that teen sexting is related to sexual behavior. Older teens are also sexting more often than younger teens. Taken together, it is not surprising that older teens are both more likely to sext and have sexual intercourse. Boys are often portrayed as the requesters, and girls as the senders, of nude images or videos. Findings from the study debunk this widely held assumption and show that boys and girls are equally likely to participate in sexting.

*CBS News, February 26, 2018*

### [Most young adults report sexual dysfunction following cancer diagnosis](#)

More than half of young adults with cancer reported ongoing problems with sexual functioning in the first 2 years following their diagnosis, according to an investigational study published in *Cancer*. For women, being in a relationship increased the likelihood of reporting sexual dysfunction; for men, the likelihood increased regardless of their relationship status. "Sexual functioning among young adults with cancer is significantly affected by the illness and continues to be problematic over time," Chiara Acquati, PhD, MSW, assistant professor at Graduate College of Social Work at University of Houston, told HemOnc Today. "Also, there are sociodemographic, clinical and psychosocial variables that contribute to the probability of reporting sexual dysfunction. In this sense, our findings highlight that it's important for cancer health care providers to have open discussions with young people about how cancer is affecting them in multiple areas of their lives.

Helio, March 2, 2018

### [Pediatricians Call For Universal Depression Screening For Teens](#)

Only about 50 percent of adolescents with depression get diagnosed before reaching adulthood. And as many as 2 in 3 depressed teens don't get the care that could help them. "It's a huge problem," says Dr. Rachel Zuckerbrot, a board-certified child and adolescent psychiatrist and associate professor at Columbia University. To address this divide, the American Academy of Pediatrics has issued updated guidelines this week that call for universal screening for depression. "What we're endorsing is that everyone, 12 and up, be screened ... at least once a year," Zuckerbrot says. The screening, she says, could be done during a well-visit, a sports' physical or during another office visit. Zuckerbrot helped write the guidelines, which have been in development for a while. The U.S. Preventive Services Task Force also recommends depression screening, and many pediatricians have already woven the screenings into their practices. "Teenagers are often more honest when they're not looking somebody in the face who's asking questions," about their emotional health Zuckerbrot says. So, most pediatricians use a self-reported questionnaire that teens fill out themselves, either on an electronic device or on paper. "It's an opportunity for the adolescent to answer questions about themselves privately," she says.

NPR, February 25, 2018

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**Data Point: Gun violence is the most common cause of death for young men**

In the United States, 30 percent of deaths in 2016 among young

men ages 15 to 19 can be attributed to gun violence. This is significantly higher than the percentage of young men who died in motor vehicle accidents (23 percent), or of illness or disease (21 percent). All other causes of death (including non-motor vehicle accidents like drowning and poisoning) made up 26 percent of deaths in 2016.

*Child Trends, February 22, 2018*

**Reducing risk in sports: Suicide ideation is a public health problem that may also affect athletes**

Studies show that one in every four to five adolescents and adults met the criteria for a mental health disorder



within the past year. These disorders are across the spectrum of mental health challenges, but primarily anxiety and depression. Certainly, adolescence is a challenging time for a teenager for many reasons, and being a student athlete does not make one immune to experiencing the stressors or exposure to being that one in four to five who is affected by a mental health issue. The teenage years are challenging. Add in the stress of competitive athletics, and a student athlete may be at increased risk for developing a mental health disorder or exacerbating an existing condition. Being injured, demoted from the first-team, pressure from a well-meaning coach or parent or simply not living up to unrealistic personal athletic expectations can all be triggers for a mental health concern, including suicidal thoughts. Athletic trainers, coaches, school nurses, team physicians, guidance counselors and parents are in positions to observe and interact with students on a regular basis.

*USA Today, February 23, 2018*

### [Boys Town expert: Homicide contagion, 'jokes' may be part of rise in school threats](#)

Psychologists and public health officials warn of the dangers of "suicide contagion" - the theory that exposure to suicide can result in a rash of copycat behavior. Homicide contagion isn't as well studied, but it could point to why school threats often ramp up in the wake of high-profile mass shootings like the one in Florida last week, said Pat Friman, a psychologist and director of the Boys Town Center for Behavioral Health. Omaha police said Thursday that they have investigated more than 30 threats against schools or students since the Feb. 14 school shooting in Parkland, Florida, that left 17 dead. Friman said police and schools have likely lowered the threshold for what they consider a threat, especially considering the criticism that law enforcement and school officials in Florida missed numerous red flags exhibited by the 19-year-old shooter there. And teens and preteens, not exactly known for their impulse control, may not grasp the gravity of making threats, even as a joke.

*Omaha World Herald, February 24, 2018*

### [Suspension rates for black male students in California higher for foster youth, rural students](#)

Black male students in rural counties and those in foster care are suspended at some of the highest rates in California, a new report has found. The report also found that the disparity in suspension rates among black male students compared to all students is greatest in kindergarten through the 3rd grade.



*EdSource, February 20, 2018*

### [phat life: effective hiv intervention for youth in the criminal justice system](#)

A group risk-reduction intervention that uses role-playing, videos, games, and skill-building exercises to promote knowledge about HIV/AIDS, positive coping, and problem-solving skills for high-risk teens in the juvenile justice system, showed great potential for reducing sexual risk-taking. The findings were published in *Health Psychology* and funded by the National Institute on Minority Health and Health Disparities (NIMHD). Annually, over one million youth are involved in the American juvenile justice system. They experience more mental illness, substance abuse, and sexually transmitted infections than their non-adjudicated peers. However, few evidence-based interventions exist to address

these problems. Led by Geri Donenberg, Ph.D., University of Illinois, Chicago, a randomized trial called PHAT Life: Preventing HIV/AIDS Among Teens, was conducted with 310 urban youth, ages 13 to 17, on probation in Chicago's Cook County, which has the second-largest county justice system in the United States. The participant pool was 66 percent male and 90 percent African-American. Youth were assigned to either PHAT Life or an equally intensive health information program. Among participants who reported the highest-risk sexual behavior (multiple partners and inconsistent condom use) at baseline, those who were assigned to PHAT Life were over four times more likely than those in the control group to report a reduction in number of sexual partners and an increase in consistent condom use. Among sexually active teens who reported having had sex prior to age 12, those who participated in PHAT Life reported significantly fewer sexual partners at six months post-intervention than those in the control group.

*Global Health Newswire, February 24, 2018*

#### **How working with men and boys could stop domestic violence**

There is a growing body of work with men and boys that research shows can be effective in diminishing domestic violence. This is a significant evolution in the field. Since the establishment of the first domestic violence shelters in the 1970s, domestic violence policies and services have rightly focused most attention on survivors and meeting their needs for safety and healing. Increasingly, though, domestic violence organizations are adopting approaches that involve men and boys in domestic violence prevention. The idea is that by addressing the root causes, these programs can stop domestic violence from occurring in the first place. Sports have been the site of innovative and effective interventions for youth. Coaching Boys Into Men provides high school athletic coaches with the resources they need help prevent relationship abuse, harassment and sexual assault by their players. Another promising strategy is to involve men in prevention efforts as they move into fatherhood. Research shows that a caring and supportive relationship with their fathers reduces the risk of harsh physical discipline by the next generation of parents, both for fathers and mothers. School-based abuse prevention programs like Safe Dates and Fourth R have shown some success in changing attitudes and behavior. "Bystander" prevention programs, increasingly commonplace on college campuses, build skills to recognize, respond to, and disrupt behavior that might lead to sexual assault or intimate partner violence.

*The Conversation, February 23, 2018*

#### **#MeToo and You: Reimagining masculinity to reverse sexual harassment**



It seems like almost every day, there's another salacious story of prominent figures accused of sexual harassment. Why is it

happening? And, what can be done to turn this tsunami around? WGN's Gaynor Hall and her team have spent months researching this. It's clear that sexual harassment is nothing new. But, the conversations surrounding it have changed. As to how to change the behavior, there's a growing body of research that points to gender equity, and lessons that start early. Holding people accountable is necessary but not enough. Gary Barker, president and CEO of Promundo-US, said sexual harassment is rooted in gender inequity, which means pay gaps must be addressed along with equal representation in government and management, and paid parental leave policies. He said men should be encouraged to be caregivers and abandon rigid gender roles.

WGNTV, February 21, 2018

#### [HIV Diagnoses Among Persons Aged 13-29 Years - United States, 2010-2014](#)

In 2014, persons aged 13-29 years represented 23% of the U.S. population, yet accounted for 40% of diagnoses of human immunodeficiency virus (HIV) infection during the same year (1). During 2010-2014, the rates of diagnosis of HIV infection decreased among persons aged 15-19 years, were stable among persons aged 20-24 years, and increased among persons aged 25-29 years (1). However, these 5-year age groups encompass multiple developmental stages and potentially mask trends associated with the rapid psychosocial changes during adolescence through young adulthood. To better understand HIV infection among adolescents aged 13-17 years and young adults aged 18-29 years in the United States and identify ideal ages to target primary HIV prevention efforts, CDC analyzed data from the National HIV Surveillance System (NHSS)\* using narrow age groups. During 2010-2014, rates of diagnosis of HIV infection per 100,000 population varied substantially among persons aged 13-15 years (0.7), 16-17 years (4.5), 18-19 years (16.5), and 20-21 years (28.6), and were higher, but less variable, among persons aged 22-23 years (34.0), 24-25 years (33.8), 26-27 years (31.3), and 28-29 years (28.7). In light of the remarkable increase in rates between ages 16-17, 18-19, and 20-21 years, and a recent study revealing that infection precedes diagnosis for young

persons by an average of 2.7 years (2), these findings demonstrate the importance of targeting primary prevention efforts to persons aged <18 years and continuing through the period of elevated risk in their mid-twenties.

*MMWR, February 23, 2018*

**Improving family-based communication key to enhancing sexual health outcomes of gay, bisexual, and queer adolescents**

Studies have shown that talking with teens about sex-related topics is a positive parenting practice that facilitates important sexual health outcomes with heterosexual adolescents. But for LGBTQ youth, the topic of sexuality and sexual health is often ineffectively addressed at home. A research team led by the University of Pennsylvania School of Nursing (Penn Nursing) investigated and found that sex communication with parents throughout adolescence that excludes GBQ males' same-sex concerns is a missed opportunity for targeted sexual risk reduction. This is particularly important considering male-to-male HIV sexual transmission accounts for 92 percent of new HIV infections among all adolescent males between ages 13 and 24, according to the Centers for Disease Control and Prevention. The study further advances understanding about the larger roles parents and health care providers can play in facilitating positive, family-based sexual health discussions for GBQ youth that are specific to their emerging attractions, current and future behavior, and identities. The findings are set for publication in an upcoming issue of the Journal of Adolescent Research.

*Medical Express, February 20, 2018*

**What Trump's Abstinence-Only Education Budget Means for Young People**

*This is how it would really affect young people.*

A large body of research has found abstinence-only programs to be harmful to youth. Yet, despite warnings from the medical and public health communities,



President Donald Trump once again wants to fund abstinence-only education while cutting back on sexual education programs that work. In his proposed education budget for the 2019 fiscal year, Trump has allocated \$75 million towards funding for abstinence-only "and personal responsibility" sex education programs. But these programs have proven to do anything but work: Studies show that abstinence-only education fails to provide youth with medically sound information on sex, sexuality,

contraception, and prevention of pregnancy and sexually-transmitted diseases. "We want to have young people live healthy and make healthy decisions, but we've got to provide them with the tools," Diana Thu-Thao Rhodes, director of public policy at Advocates for Youth, tells Teen Vogue. "Abstinence-only-until-marriage programs do exactly the opposite."

*Teen Vogue, February 21, 2018*



The 2018 National Summit on  
Adolescent and Young Adult Male Health  
Washington Court Hotel, Washington, DC  
June 7th and 8th, 2018  
[www.2018nationalsummit.org](http://www.2018nationalsummit.org)

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### [Adam Rippon on Quiet Starvation in Men's Figure Skating](#)

"Among male skaters, body issues are more of an open secret, less likely to be addressed publicly by the competitors but evident to anyone in their world."



It was 2016, and Rippon was subsisting mostly on a daily diet of three slices of whole grain bread topped with miserly pats of the spread I Can't Believe It's Not Butter. He supplemented his "meals" with three cups of coffee, each sweetened with six packs of Splenda. "It makes me dizzy now to think about it," Rippon said in an interview last month. In the lead-up to the men's singles competition at the Olympics this week, Rippon has been celebrated for his robust thigh and gluteal muscles, not to mention his tight abs. He weighs 150 pounds, 10 more than he did in 2016, when he took drastic measures to stretch his 5-foot-7 body, as if it were putty, into a leaner frame that he thought would be more aesthetically pleasing to the judges.

*New York Times, February 13, 2018*

[Measles vaccine protects boys against other diseases, but](#)

## not girls



According to a new study unvaccinated boys were 69 per cent more likely to die from something else within a year, in a 38,000-strong

study. However, there was little change in risk for girls.

Researchers say reasons for the gender difference are unclear. The study further showed deaths from any cause were lower when a child's most recent jab was for measles. Lead author Dr Paul Welaga, of the Navrongo Health Research Centre, Ghana, said that evaluations of immunisation programs are usually based on the assumption that vaccines only protect against specific diseases. He further added, "Our new study adds to growing evidence that, when administered in the recommended sequence, measles vaccination helps to reduce child mortality through non specific effects as well."

*Deccan Chronicle, February 13, 2018*

## Cigarette Taxes Associated With Increased Smokeless Tobacco Use Among Male Adolescents

The aim of the study was to evaluate the impact of chewing tobacco and cigar taxes, cigarette taxes, and the enactment of smoke-free legislation on adolescent male and female use of smokeless tobacco and cigars. "We found that chewing tobacco taxes had no effect on smokeless tobacco use and cigar taxes had no effect on cigar use. In contrast, a 10% increase in cigarette taxes was associated with a 1.0 percentage point increase in smokeless tobacco use among adolescent males. A 10% increase in cigarette taxes was also associated with a 1.5 percentage point increase in cigar use among adolescent males and a 0.7 percentage point increase in cigar use among adolescent females. We also found some evidence that smoke-free legislation, such as a restaurant smoking ban, was associated with a 1.1 percentage point increase in smokeless tobacco use among adolescent males only, but no effect of smoke-free legislation on cigar use for males or females. We found that higher state cigarette taxes were associated with adolescents' use of cheaper, alternative tobacco products such as smokeless tobacco and cigars," said Summer Sherburne Hawkins, PhD, MS, Associate Professor School of Social Work, Boston College.

*Medical Research, February 17, 2018*

**Are public health officials finally facing up to the fact that the overdose epidemic in Canada and the U.S. is mostly devastating boys and men?**

There are indications public health officials are starting to face the self-evident, which was explained clearly by B.C.'s Leslie McBain, whose 25-year-old son Jordan died of an opioid overdose, when she said, "Mostly men ... are dying, at home, alone." The main sign of fresh gender awareness in B.C. came recently from Fraser Health Authority's chief medical officer, Dr. Victoria Lee, who appears to have the backing of the NDP's minister for mental health and addictions minister, Judy Darcy. In a late January news conference, Lee put males front and centre. She said men between the ages of 19 and 59, especially those in the trades, are disproportionately affected by a hidden epidemic that's shrouded in secrecy among those too ashamed to get help. The second significant sign public officials are starting to, as they say, "Get it," is the new anti-overdose, anti-stigma campaign organized by the B.C. government in partnership with the Vancouver Canucks, a team with which men can connect.

*Vancouver Sun, February 17, 2018*

**NIH Releases First Dataset from Study on Adolescent Brain Development**

The National Institutes of Health recently released a dataset from the largest long-term study of brain development and child health in the United States, including information from the first 4500 participants. The Adolescent Brain Cognitive Development (ABCD) study consists of 7637 participants aged 9 and 10 years old thus far-6399 individuals and 1238 twins and multiple siblings. The team has a goal of enrolling 11,500 participants by the end of the year. The data will be made available through the National Institute of Mental Health (NIMH)'s data archive-accessible by researchers with an NIMH data archive account. The investigation is planned to span 10 years, with data collected on a semi-annual and annual basis via interviews and behavioral tests.

"By sharing this interim baseline dataset with researchers now, the ABCD study is enabling scientists to begin analyzing and publishing novel research on the developing adolescent brain," Nora D. Volkow, MD, the director of the National Institute on Drug Abuse (NIDA), said in a statement. "As expected, drug use is minimal among this young cohort, which is critical because it will allow us to compare brain images before and after substance use begins within individuals who start using, providing needed insight into how experimentation with drugs, alcohol and nicotine affect developing brains."

*MD Magazine, February 15, 2018*

**AACAP Adopts New Policy Statement on Conversion**

## Therapy

Earlier this month, the American Academy of Child and Adolescent Psychiatry (AACAP) approved a policy statement stating that "'conversion therapies' should not be part of any behavioral health treatment of children and adolescents." Previously, practice parameters on "Gay, Lesbian, Bisexual, Transgender Youth" had been published in the Journal of the American Academy of Child and Adolescent Psychiatry, stating, "clinicians should be aware that there is no evidence that sexual orientation can be altered through therapy, and that attempts to do so may be harmful... Given that there is no evidence that efforts to alter sexual orientation are effective, beneficial or necessary, and the possibility that they carry the risk of significant harm, such interventions are contraindicated." The new AACAP policy expands on this: "The American Academy of Child and Adolescent Psychiatry finds no evidence to support the application of any 'therapeutic intervention' operating under the premise that a specific sexual orientation, gender identity, and/or gender expression is pathological. Furthermore, based on the scientific evidence, the AACAP asserts that such 'conversion therapies' (or other interventions imposed with the intent of promoting a particular sexual orientation and/or gender as a preferred outcome) lack scientific credibility and clinical utility. Additionally, there is evidence that such interventions are harmful."

*Human Rights Campaign, February 15, 2018*

## OPINIONS

### Comedian Michael Ian Black says mass shootings occur because 'boys are broken'

After news broke of the mass school shooting at a Florida high school on Valentine's Day, celebrities flocked to



Twitter to share their reactions to the heartbreaking news while demanding for gun control. But Black had a much different interpretation on the issue at hand. The comedian began his Twitter chain with a statement that read, "Deeper even than the gun problem is this: boys are broken." He added, "Until we fix men, we need to fix the gun problem." Black tweeted a series of eight tweets which passionately illustrated his emotions towards the deadly event and how the "outdated concept of masculinity" is

what is ultimately killing men today. The comedian's initial tweet was well-received with more than 46,000 likes. Many followers agreed with Black's statements and praised him for his words. But some disagreed with Black's masculinity theory and called the comedian out for not being informed. At the end of his Twitter chain, Black said, "Even talking about this topic invites ridicule because it's so scary for most men (and women). Men are adrift and nobody is talking about it and nobody's doing anything about it and it's killing us."

*Fox News, February 16, 2018*

**Why men are gaslighting this celeb for suggesting 'boys are broken' in the wake of Florida shooting**

Black was making the point that it's almost always white males who commit mass shootings, and he was drawing attention to the prominent place of violence in men's lives. Indeed, according to a report authored by Gary Barker for the global NGO, Promundo, 80 percent of the approximately 400,000 people murdered around the world each year are male - and so are 97 percent of their killers. Further, according to a Child Trends report, 86 percent of U.S. homicide victims ages 10 to 24 in 2014 were male. And in a tally of mass shootings from 1982 through 2017, a team from Mother Jones counted 88 - with all but three perpetrated by a male. Every male has intimate acquaintance with violence - whether from physical abuse in their homes, intimidation on their streets and athletic fields, bullying in the hallways of their schools, or more extreme forms of relational aggression and fighting - and lives with its constant threat. Boyhood immerses boys in violence. It's no wonder, then, that when Black draws attention to the masculine dimension of the Florida shooting, other men gaslight him. The problem is that from very early on boys contend with peer norms legitimizing meanness, putdowns, and domination. To survive, each boy learns to harden his heart, suppress natural feelings of empathy, and exhibit a public face meant to deter efforts to take advantage of any weakness. While I don't agree with the despairing lament of Michael Ian Black - that boys (or boyhood itself) are somehow broken beyond repair - I do appreciate his brave concern for boys.

*Michael Reichert, Yahoo Lifestyle, February 16, 2018*

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### #MeToo divide: Millennial men and women differ over what is acceptable workplace behaviour

Younger men are, in many cases, twice as likely as the rest of the population to believe it's acceptable to make sexual gestures or comments at work, a poll finds



As the #MeToo era brings ever more men down, millennial males appear to be outliers in what they consider appropriate behaviour in the workplace. In a challenge to some of the narrative around the phenomenon that has seen a new awareness of sexual

assault and on-the-job harassment, a new poll has found younger men are, in many cases, twice as likely as the rest of the population to believe it's acceptable to give a colleague an uninvited shoulder rub, make sexual gestures at work, comment on a co-worker's body or display, swap or read materials some might consider "sexually suggestive." Thirteen per cent said it's acceptable to read a pornographic magazine at their desk during lunch breaks. Millennial males (those aged 18 to 34) were also almost evenly divided on the notion that "all these new rules about conduct are killing the human element at work," a view that puts them at odds with females of their generation (almost two-thirds of women that age disagree).

*National Post, February 9, 2018*

### What Teenagers Are Learning From Online Porn

American adolescents watch much more pornography than their parents know - and it's shaping their ideas about pleasure, power and intimacy. Can they be taught to see it more critically?

"It gets in your head," Q. said.  
"If this girl wants it, then maybe the majority of girls want it."  
He'd heard about the importance of consent in sex,



but it felt pretty abstract, and it didn't seem as if it would always be realistic in the heat of the moment. Out of nowhere was he supposed to say: Can I pull your hair? Or could he try something and see how a girl responded? He knew that there were certain things - "big things, like sex toys or anal" - that he would not try without asking. "I would just do it," said another boy, in jeans and a sweatshirt. When I asked what he meant, he said anal sex. He assumed that girls like it, because the women in porn do.

*New York Times, February 7, 2018*

### **Boys - the silent victims of sex trafficking**



"Boys hear that it only happens to girls," Steven Procopio, clinical director of

MaleSurvivor, a network of therapists and survivors, says. "This is seen as a gender-biased, gender-specific issue." The United Nations' International Labour Organization reinforced that mindset in September when it released updated estimates on the number of human trafficking victims worldwide. The ILO reported that of the 4.8 million people forced to work in the sex trade in 2016, virtually all were girls and women. As I reported on this series, some nonprofit leaders involved in the fight against trafficking in the U.S. delivered the same message. Boys, they told me, are rarely the victims of commercial exploitation. "It makes me very angry," Jerome Elam, a male survivor who is CEO of the Trafficking in America Task Force, said. "The UN and others are not acknowledging the problem. They're just not getting it in terms of the sex trafficking of males." Multiple studies support Elam and Procopio's contention that boys are exploited far more often than is commonly understood. In 2016, a Department of Justice-commissioned study, *Youth Involvement in the Sex Trade*, found that boys make up about 36% of children caught up in the U.S. sex industry (about 60% are female and

less than 5% are transgender males and females). In 2008, researchers from the John Jay School of Criminal Justice reported that boys account for about 45% of child trafficking victims in New York City.

*USA Today, February 8, 2018*

### **Youth violence in U.S. declines-but the war's not over**

Far fewer young people are turning up in U.S. emergency rooms with assault injuries, but youth violence remains a serious issue, a new



government study shows. The good news: The number of nonfatal assault patients aged 10 to 24 dropped 28 percent between 2011 and 2015, reaching the lowest level in the 15 years studied, the U.S. Centers for Disease Control and Prevention reported. Still, almost 486,000 youths were treated in ERs for assault-related injuries in 2015. Most were males in their early 20s, the researchers found. More than 81 percent had been intentionally struck. Stabbing, cutting and piercing accounted for more than 8 percent of the injuries. Guns led nearly 6 percent to seek treatment.

*Medical Express, February 8, 2018*

### **More US teens identify as transgender**

Far more U.S. teens than previously thought are transgender or identify themselves using other nontraditional gender terms, with many rejecting the idea that girl and boy are the only options, new research suggests. The study looked at students in ninth and 11th grade and estimated that nearly 3 percent are transgender or gender nonconforming, meaning they don't always self-identify as the sex they were assigned at birth. That includes kids who refer to themselves using neutral pronouns like "them" instead of "he" or "she."

*CBS News, February 5, 2018*

### **Health and Care Utilization of Transgender and Gender Nonconforming Youth: A Population-Based Study**

#### **Abstract**

BACKGROUND: Transgender and gender nonconforming

(TGNC) adolescents have difficulty accessing and receiving health care compared with cisgender youth, yet research is limited by a reliance on small and nonrepresentative samples. This study's purpose was to examine mental and physical health characteristics and care utilization between youth who are TGNC and cisgender and across perceived gender expressions within the TGNC sample.

**METHODS:** Data came from the 2016 Minnesota Student Survey, which consisted of 80,929 students in ninth and 11th grade ( $n = 2168$  TGNC, 2.7%). Students self-reported gender identity, perceived gender expression, 4 health status measures, and 3 care utilization measures. Chi-squares and multiple analysis of covariance tests (controlling for demographic covariates) were used to compare groups.

**RESULTS:** We found that students who are TGNC reported significantly poorer health, lower rates of preventive health checkups, and more nurse office visits than cisgender youth. For example, 62.1% of youth who are TGNC reported their general health as poor, fair, or good versus very good or excellent, compared with 33.1% of cisgender youth ( $\chi^2 = 763.7$ ,  $P < .001$ ). Among the TGNC sample, those whose gender presentation was perceived as very congruent with their birth-assigned sex were less likely to report poorer health and long-term mental health problems compared with those with other gender presentations.

**CONCLUSIONS:** Health care utilization differs between TGNC versus cisgender youth and across gender presentations within TGNC youth. With our results, we suggest that health care providers should screen for health risks and identify barriers to care for TGNC youth while promoting and bolstering wellness within this community.

*Pediatrics, February 2018*

#### **COMMENTARY: Health Disparities Facing Transgender and Gender Nonconforming Youth Are Not Inevitable**

Although reports of health disparities are sobering, poor physical and mental health is not inevitable for transgender and gender nonconforming (TGNC) youth.

*Pediatrics, February 2018*

#### **Medical students lack knowledge of HPV-positive cancers**

Only about half of medical students graduated with knowledge about the association between HPV infection and head and neck cancer, according to results of a survey. Conversely, almost all medical students demonstrated awareness about the risk for cervical cancer associated with HPV.

*Helio, February 8, 2018*

## [HPV Found Hiding in Tonsils Human papillomavirus \(HPV\) may hide in small pockets on the surface of tonsils](#)

In a new study, researchers found HPV in small pockets on the surface of tonsils. They believe HPV may be 'hiding' on these tonsils. And in some cases, the virus later invades the tonsil tissue to develop cancer. They found HPV encased in biofilms inside pockets on the tonsil surface, called tonsil crypts, which is where the HPV-related head and neck cancers often originate.

*Precision Vaccinations, February 8, 2018*

## [The HPV vaccination will finally be available for men who have sex with men in England](#)



NHS England and Public Health England have now announced that men who have sex with men under the age of 45

will be eligible to be vaccinated against the HPV virus. "Our evidence shows that men who have sex with men are welcoming an HPV vaccination programme, and it can be delivered successfully through sexual health services," said Dr Michael Edelstein, Consultant Epidemiologist at PHE. "MSM are a group who receive little indirect protection from the adolescent girls' vaccination programme. We expect the new programme to reduce the number of cancers that are directly caused by HPV."

*Gay Times, February 6, 2018*



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## [Can sexual harassment classes in schools raise a](#)

## generation of better men?



'Wokal' comes from the adjective 'woke' which effectively means to have a strong awareness of social issues, and is used by the volunteers to refer to boys in the Great Men Project's classes that have been vocal about said political correctness. Bar four full-time staff, the Great Men Project is entirely volunteers, who run workshops with the school-boys between the ages of 12 to 16. The workshops are run as part of a school's external provision for PSHE classes and encourage a more healthy and rounded approach to masculinity among the boys, encompassing subjects such as sexuality, relationships, emotional well-being and sexual harassment. With their work now about to hit mainstream education, it is hoped that Brockway and his team can use their experience and expertise to be at the forefront of this new form of education and help through the new 'wokal' generation - educated in all the aspects that go towards making 'great' men. The Great Men Project is currently going through a period of insecurity. Two of their grants, one funded by Comic Relief, the other the European Institute for Gender Equality, will run out in September and October of this year. A [GoFundMe page](#) has been set up to raise extra funds to get the operation through this next round as they try and secure renewals to these grants.

*The Telegraph, February 1, 2018*

## White males in Generation Z aren't that woke after all

An October



2017 poll conducted by teams from NPR, the Robert Wood

Johnson Foundation, and Harvard's School of Public Health showed that a majority of white people (around 55 percent) believe there is anti-white discrimination in America. A new report from the Public Religion Research Institute in collaboration with MTV zeroes in on this question with young people, specifically those aged 15 to 24. Among young white men and women, 36 percent say so-called reverse discrimination is as serious a problem in America today as discrimination against minority groups. But when broken down by gender, white men are significantly more likely to believe in reverse discrimination - 43 percent of men as opposed to only 29 percent of women. The idea of racism against whites being as serious a problem as discrimination against groups such as black Americans - who still face significant hurdles in employment, housing, and criminal justice, to name a few - doesn't hold up to serious scrutiny.

*Washington Examiner, January 31, 2018*

**'Breaking the silence is where everything starts': Men affected by sexual abuse share their stories**



"Many men feel very alone in this, especially because some of the difficulties for men in speaking about things like this, [are that] men are supposed to be

'tough' and not be vulnerable - to man up and handle it on their own. Right?" Gibby said. The documentary, "The Bristlecone Project: Men overcoming sexual abuse and assault," highlights many men who explain they believed they were the only people who had experienced sexual abuse as children and young males. "They can hurt your flesh, but they cannot hurt your spirit," David Washington, a man in the Bristlecone Project, said.

*Penn State Collegian, February 1, 2018*

**Stony Brook University Will Offer A "Masculinity Studies" Master's Program Starting In 2019, & Here's Why its Actually A Good Idea**

Sure, most of us have taken a gender studies and women's studies course while attending college, but not too many folks have even heard of men's studies. A cursory search on Twitter shows that many people would be apt to re-label men's studies "history," but this couldn't be further from the truth: Masculinity studies offers a framework to breakdown toxic masculinity, which negatively affects people of all genders. To wit, Stony Brook University will offer a "masculinity studies" master's

program starting in 2019. The program was created and founded by Dr. Michael Kimmel, the SUNY Distinguished Professor of Sociology at Stony Brook University, author, and founder of the National Organization for Men Against Sexism (NOMAS). "There has been a growing field in 'masculinity studies - some in the humanities, some in the social and behavioral sciences. Not as much, but some in the natural sciences,'" Dr. Kimmel tells Bustle. "The foundation of this master's program is this growing body of research that has been done about masculinity over the past thirty years."

*Bustle, January 31, 2018*

### **Research examines young men's experiences of suicide bereavement**

New research from Victoria University of Wellington reveals that a key aspect of young men's experiences of suicide bereavement



is ubiquitous silence. In the first study of its kind, Dr Chris Bowden, who is a lecturer in Victoria's School of Education and recently graduated with a PhD in Health, found that young men aged between 17-25 who lost a close male friend to suicide, suffered, grieved and eventually changed in silence. His research found that the men experienced four types of silence following the suicide of a close friend: personal, private, public and analytic silence. "Early on, the men were unable to describe what they were experiencing to others," says Dr Bowden. "They also chose to keep quiet, be stoical, suppress and control their emotions and keep their grief private. In public and social situations, the words and actions of others and their fear of being judged as weak and vulnerable often silenced them". Dr Bowden says they chose to break their silence only with those they trusted, who understood what they were going through and who "were there for them". "The men also sought out quiet places to reflect on, analyse and make sense of their experience and how it had transformed them," he says.

*Voxy, February 1, 2018*

### **WSU's strong voice against college suicide**

"When suicide is the second-leading cause of death of men from 18 to 45 years old, it should be talked about and we should do something about it," Falk said. "At times we feel like we can't express our emotions because we're in a masculine sport, and

him being a quarterback, people look up to you as a leader."Leaving home for the collegiate pressure cooker can be a grueling time of life. A National College Health Assessment in 2015 found 30 percent of postsecondary students reported feeling so depressed in the previous year, they had difficulty functioning. Another survey found 9.5 percent of students seriously considered suicide. Military veterans are among the highest-risk groups. And male students die by their own hand at twice the rate of female students. State legislators this year should adopt important recommendations from a higher education task force on mental health and suicide prevention. One glaring gap that needs closing is the collection of accurate information at the individual college level; the task force wisely advises that every state postsecondary institution be required to submit an annual report tracking a range of data, such as on- and off-campus mental health resources and outreach efforts, number of suicide deaths and attempts resulting in hospitalization. The Associated Press recently found that most of America's largest public universities don't track suicides. How can lives be saved if schools are willfully blind?

*News Tribune, January 31, 2018*

### [Jay Z Is The Mental Health Role Model Men Need](#)



In an interview with CNN's Van Jones on Saturday, Jay-Z discussed why mental health stigma is so "ridiculous," and made the case for why therapy should be more accessible for kids growing up in schools. In a society where standards of masculinity can keep men from talking about emotional well-being, it's not only refreshing to see one of the most famous musicians in the world discuss therapy so frankly; it's reflective of a masculine ethos

the world needs more of. Wizdom Powell, PhD, MPH, director of the Health Disparities Institute at University of Connecticut Health and associate professor of psychiatry, says that men, and particularly boys and men of color, are generally discouraged from seeking any kind of help at all - let alone help with mental health issues. "Men are socialized from a very early age to deny bodily signs and symptoms, to minimize psychological distress," she says. "If you believe that you're supposed to be a certain kind of macho man, and you're unable to consistently be that or reflect that in the world, then you have an inner conflict, and there's a discrepancy between what the world wants and what you want to be. That creates a turmoil around help-seeking."

*Refinery 29, January 29, 2018*

**Let's Talk about the mental health of young immigrant and refugee men**

In the past few years the world has seen the largest



displacements of people since the end of the Second World War. And, according to the World Health Organization, "the scale of anti-migrant sentiment is equally unprecedented." In Canada, around one in five people were born outside of the country. How do these experiences of immigration, and of anti-migrant sentiment, impact upon mental health? This question motivates my research as a PhD candidate in the School of Nursing at the University of British Columbia, where my work has focused on mental health from the perspectives of immigrant and refugee young men in Greater Vancouver. During my research I interviewed 33 young men (aged from 15 to 22 years) - from various countries and with different immigration backgrounds - about their everyday experiences in relation to their mental health. My PhD committee and I analysed interview data for narratives that described the experiences of the participants. Three main narratives emerged, those of: Searching for a better life, the pressure of living the immigrant dream and starting again, from way below. The interviews also revealed experiences of discrimination and of "glass ceilings" in work and career opportunities. One participant attributed some of his frustration to the notion of being a "perpetual foreigner," which has been linked to lower sense of belonging, lower life satisfaction and greater depression for some groups.

*The Conversation, January 30, 2018*

**Men Who Have Sex with Men Receive Less HIV Education**



According to a recent study led by Boston University School of Public Health (BUSPH), young men who have sex with men (MSM) are less likely to receive school-based HIV education than young men who have sex with women, leading to a higher risk of HIV infection. Researchers aimed to evaluate HIV education and sexual risk behaviors among young

men who have sex with men (YMSM) relative to men having sex with women (MSW) in order to identify the relationships between HIV education and YMSM sexual risk behaviors. The study, published in *LGBT Health*, found that 84% of MSM reported learning about HIV in school compared to 90% of MSW. "It's striking that the young people who are at most risk of HIV are least likely to report HIV education in school," Julia Raifman, ScD, SM, lead author, assistant professor, health law, policy and management, Boston University School of Public Health, said in the study.

*MD Mag, January 30, 2018*

**Racial and Ethnic Disparities in Sustained Viral Suppression and Transmission Risk Potential Among Persons Receiving HIV Care - United States, 2014**

Non-Hispanic blacks/African Americans (blacks) represent 12% of the U.S. population.\* However, in 2014 an estimated 43% (471,500) of persons living with diagnosed and undiagnosed human immunodeficiency virus (HIV) infection were blacks (1). In 2016, blacks accounted for 44% of all new HIV diagnoses (2). Although antiretroviral therapy (ART) prescriptions among persons in HIV care increased overall from 89% in 2009 to 94% in 2013, fewer blacks than Hispanics or Latinos (Hispanics) and non-Hispanic whites (whites) were on ART and had a suppressed viral load (<200 HIV RNA copies/mL) in their most recent viral load test result (3). Blacks also might be less likely to have sustained viral suppression over time and to experience longer periods with viral loads >1,500 HIV RNA copies/mL, a level that increases the risk for transmitting HIV (4-7).

*MMWR, February 2, 2018*

**CDC CME Course: Many People Have HIV Before They Know It**

Abstract

**Background:** Persons unaware of their human immunodeficiency virus (HIV) infection account for approximately 40% of ongoing transmissions in the United States. Persons are unaware of their infection because of delayed HIV diagnoses that represent substantial missed opportunities to improve health outcomes and prevent HIV transmission.

**Methods:** Data from CDC's National HIV Surveillance System were used to estimate, among persons with HIV infection diagnosed in 2015, the median interval (and range) from infection to diagnosis (diagnosis delay), based on the first CD4 test after HIV diagnosis and a CD4 depletion model indicating disease progression and, among persons living with HIV in 2015, the percentage with undiagnosed infection. Data from CDC's National HIV Behavioral Surveillance were analyzed to determine the percentage of persons at increased risk for HIV infection who had tested in the past 12 months and who had missed opportunities for testing.

**Results:** An estimated 15% of persons living with HIV in 2015 were unaware of their infection. Among the 39,720 persons with HIV infection diagnosed in 2015, the estimated median diagnosis delay was 3.0 years (interquartile range = 0.7-7.8 years); diagnosis delay varied by race/ethnicity (from 2.2 years among whites to 4.2 years among Asians) and transmission category (from 2.0 years among females who inject drugs to 4.9 years among heterosexual males). Among persons interviewed through National HIV Behavioral Surveillance, 71% of men who have sex with men, 58% of persons who inject drugs, and 41% of heterosexual persons at increased risk for HIV infection reported testing in the past 12 months. In each risk group, at least two thirds of persons who did not have an HIV test had seen a health care provider in the past year.

**Conclusions:** Delayed HIV diagnoses continue to be substantial for some population groups and prevent early entry to care to improve health outcomes and reduce HIV transmission to others.  
*CDC, December 2017*

**Nearly 700,000 Americans Have Received Conversion Therapy, Report Finds**



Released this month by the Williams Institute at University of California, Los Angeles, School of Law, [the](#)

[report](#) estimates that 698,000 LGBTQ Americans between the ages of 18 and 59 have undergone conversion therapy at some point in their lives. About 350,000 of those received that treatment as adolescents. The report also estimates that 20,000 LGBTQ youths currently between the ages of 13 and 17 will receive conversion therapy from a licensed health care professional before they turn 18. An additional 57,000 will be subjected to the controversial practice from a religious or spiritual adviser before age 18. In 2015, President Barack Obama called for an end to conversion therapy, and the practice has been explicitly discredited by the American Psychiatric Association and other leading medical associations. Still, conservative Christian groups like the Family Research Council and the American Family Association have backed the practice. To date, only nine states, California, Connecticut, Illinois, Nevada, New Jersey, New Mexico, Oregon, Rhode Island and Vermont and the District of Columbia have bans on conversion therapy in place.

SOSYAL MEDYA, January 30, 2018

#### [\*\*Can circumcision lower the risk of penile cancer?\*\*](#)

*Childhood and adolescent circumcision can help prevent the incidence of penile cancer.*

The major risk factors for penile cancer are Human



papillomavirus (HPV) infection and phimosis, a physical condition in which the foreskin becomes too tight to be pulled back over the head of the penis. Although it is a rare kind of cancer, the mortality rate associated with the disease is very high. Even after the person has survived the disease, his quality of life gets greatly reduced due to the genital disfigurement caused by penile cancer. That's why measures have to be taken to prevent the

disease rather than cure it. So does circumcision really work against cancer? The data suggest that circumcision protects against invasive penile cancer if it is performed during childhood or adolescence. That's because circumcision fixes phimosis, a major risk factor for penile cancer. It's postulated that along with HIV prevention, circumcision could also serve to reduce penile cancers.

*The Health Site, February 1, 2018*

### Why some men are asking for breast-reduction surgery



The scientific word for enlarged male breasts is gynecomastia, from the Greek for "womanlike breasts." Although you don't hear much about this condition, experts say it is quite

common and may affect as many as 50 percent to 70 percent of men to varying degrees throughout their lives. The abnormality typically is caused by a hormonal imbalance beginning in puberty, but it also can be triggered by certain prescription drugs or excessive smoking of marijuana, according to experts. During 2016, 27,760 men underwent breast-reduction surgery, according to the American Society of Plastic Surgeons. That marked a 36 percent increase since 2000. Some plastic surgeons say they have seen as much as a doubling or tripling of business over the past three years, despite the fairly hefty fees they charge - \$4,500 to \$8,000, costs that are generally not covered by health insurance. Unlike the enlarged breasts on overweight or obese men that contain large deposits of fat, gynecomastia can affect boys going through puberty, middle-aged men and the elderly, regardless of the general condition of their bodies or how much they weigh. Men with gynecomastia suffer from a buildup of glandular tissue that nature designed to secrete substances, such as milk or hormones, through a network of ducts. Men are born with a combination of male and female hormones, yet androgens such as testosterone that control male traits like muscle mass and body hair far outweigh traces of female estrogen that dictate the size of breasts. Gynecomastia can occur when the hormonal balance dramatically shifts, resulting in either an increase in estrogen or a decrease in androgen.

*Washington Post, January 28, 2018*

## \$100 million needed to fight HIV, HCV outbreaks due to opioids, organizations say

As governments across the nation focus on the opioid epidemic and the prevention of overdoses, the leading infectious disease organizations issued statements urging Congress to provide \$100 million for the CDC's Viral Hepatitis programs to prevent further outbreaks of hepatitis and HIV due to injection drug use. "Our intent is that the mass majority of this funding go directly to the states in the form of additional grants. Currently, the CDC Division of Viral Hepatitis gives prevention and surveillance grants to states to help fund hepatitis coordinators at the state levels," Franklin Hood, of the AIDS Institute, told HCV Next. "Currently a lot of those efforts are underfunded and, as a result, we are unsure of the true scope of the hepatitis epidemic in the country and there's also a large portion of the country who is unaware of the fact that they are living with hepatitis C. This would help increase testing in the states and we're also hoping this would increase linkages to care."

*Helio, January 29, 2018*

## Experts: Yes it's awkward, but more dentists should talk to patients about oral cancers and sex

Dentists may soon be prying deeper in their patients' sex lives. The human



papillomavirus, or HPV, is now the most common sexually transmitted disease, and one local researcher is urging dentists to get on board to warn patients about it. But talking about HPV - and how it can be spread through oral sex - can be awkward. "This is an emerging topic for dentists and not really one they ever expected to have to talk about," said Ellen Daley, the lead investigator of a recent study on this topic published in the Journal of the American Dental Association this month. "It's controversial and uncomfortable. No one wants to talk about these sensitive topics." HPV is the cause of 72 percent of oropharyngeal cancers, which can impact the base of the tongue, tonsils and walls of the pharynx, said Daley, who is also a professor studying women's health at the University of South Florida. Younger patients, usually pre-teens and teens, are the

most at risk for HPV. But the virus can also be dormant for years, which could impact older patients who won't necessarily experience symptoms for many years. It's transmitted during vaginal, anal or oral sex with someone who has the virus.

*Tampa Bay Times, January 29, 2018*

### [Can You Name the No. 1 Entertainment Network in Cable Among Millennial Males?](#)

One cable channel has been doing something right when it comes to courting the sought-after young male demo. Comedy Central announced today that it finished January as the No. 1 entertainment network in cable across total day among millennial men. The network appears to also be gaining ground among women, announcing that it was up 29% over its year-ago numbers in women 18-24 and up 19% in women 18-49. Both total viewers and adults 18-49 are up 3% from a year ago, and total day share among adults 18-49 is up 8%. "Coming off its highest-rated week of 2017, Comedy Central shot out of the gate in 2018 to become the #1 full-day cable entertainment network for January among Men 18-24 and Men 18-34, during which the #1 brand in comedy registered its highest-rated month since September 2017 in total day among Adults 18-49 and 18-24, Men 18-34 and 18-24, and Women 18-49," Comedy Central said in today's announcement.

*TV Week, January 30, 2018*



**COMEDY CENTRAL**

### [Consuming walnuts may improve mood in young men: Study](#)



A recent study observed that walnuts may be the key to improve mood in young men. The research concluded

that non-depressed healthy young males had a 27 percent reduction in overall mood disturbances after eating two ounces of walnuts every day for eight weeks. The research conducted by Peter Pribis, a Professor at University of New Mexico in the US

showcases the effects of walnut consumption on mood in young adults between the ages 18 and 25. While maintaining their typical diet and lifestyle habits, 64 men and women consumed half a cup of walnuts daily by eating three slices of banana bread for about four months, half the time eating bread that contained walnuts and half without. While no significant change in mood of women was observed, a 31 percent decrease in anger-hostility was discovered among men," he added. Researchers believe the improvement may have been due to the unique nutrient profile from walnuts specifically the alpha-linolenic acid (ALA) content.

*Outlook India, January 29, 2018*

#### **Bermuda really is another world: the stats on male mortality**

*Higher risk: males are seven times more likely to die in a road crash than females*

Between 2009 and 2015, there were 12,808 crashes on Bermuda's roads - one in five people on this island incurred injuries severe enough to have them admitted to the



emergency room at King Edward VII Memorial Hospital. We are losing more lives and enduring more crippling injuries on our roads statistically than all but four of 42 OECD and affiliated countries in the Health in Review (2nd Edition) report released at the end of last year by the Department of Health. On average, we lose more than 15 lives per 100,000 and the vast majority of them are black, Bermudian males. Because of road crashes, and to a lesser extent homicides, Bermuda is at five times the OECD average for deaths by external causes - five times the average! Males are seven times more likely to die in a road crash than females, while black males have a 60 per cent higher risk of dying than other males. Male mortality in Bermuda is at 30 per 100,000 and was topped in the Health In Review report only by Brazil (40) and Russia (32), with Colombia equal. Our roads crisis is severely affecting our young people - 16-year-old riders are most at risk of being in a road crash, while 21 to 25-year-olds have the highest risk of becoming a road-fatality statistic.

*Royal Gazette, January 29, 2018*

#### **India's preference for boys has produced 21 million 'unwanted girls'**



For all the social campaigns and awareness drives to end sex selection in India, the preference for sons is still

going strong. In recent years, though, it has taken a more subtle form. Many Indian parents are opting to continue having children till they have the desired number of sons, shows the economic survey 2017-18(pdf), released on Jan. 29. The survey calls this the son "meta" preference, and suggests that while it avoids sex-selective abortion, it can still hurt female children by reducing the resources available to them. "Families where a son is born are more likely to stop having children than families where a girl is born. This is suggestive of parents employing 'stopping rules'," says the survey, which was led by chief economic advisor Arvind Subramanian. As a result of this son meta preference, the economic survey estimates that India could have as many as 21 million "unwanted girls," i.e., girls whose parents wanted to have sons instead.

*QZ.com, January 29, 2018*

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**These kids started a book club for minority boys. It's the most popular club in school.**



The school can't keep its shelves stocked with the most popular books. Students are not-so-subtly reading in

class when they should be paying attention to their teachers. And some boys are crowding the library before the morning bell even sounds. With the help of an administrator, 10 fifth-graders started a book club at this school in the Brightwood neighborhood of Northwest Washington - and it has fast become the most popular club on campus, with staff members struggling to keep up with their students' voracious literary habits. "The books that we read here, we can relate to," 11-year-old Devon Wesley said. The book club has finally allowed Devon to encounter black characters who look like him.

*Washington Post, January 21, 2018*

#### [Harlem Nonprofit Turns Barbershops Into Reading Centers For Young Boys](#)

The barbershop has always held a special value in each community. It's not just a place to get a haircut, it's a neighborhood



hub. And for some barbershops in Harlem, they're becoming a center for reading. "Especially at a young age like this - this young mind, he has a sponge, his head is a sponge," Harlem Masters owner Polo Greene told CBS2's Steve Overmyer. "This is where you become a man in the barbershop," said actor and comedian Leonard Utz. "Especially for black people. We go to the barbershop, it's not even just to get a haircut. You know you're going to run into another black man, and you know he's going to say something to you." The addition of a bookshelf transforms it into a place of empowerment. "With the help of Barbershop Books, we also open up their minds to be aware of who they can be," Greene said.

*New York CBS, January 24, 2018*

#### [Latino Male Teachers: Building the Pipeline](#)



Recruiting more Hispanic teachers into the classroom has been a priority for schools and districts, especially those with large

populations of Hispanic students. And while some of those initiatives have shown signs of success, there is still a lot of work to do. These types of grow-your-own programs that target high school students, Bianco said, are essential tools to recruit teachers from more diverse backgrounds. Many teachers of color want to work in their communities of origin, and these programs are a way to cultivate homegrown talent. Pathways2Teaching—which reached about 450 students, 42 percent of whom were young men of color, in its first seven years in Denver—has expanded to Nashville, Tenn., this year, and Bianco is working to bring the program to Duluth, Minn., and Columbia, S.C. "You can't be who you can't see," Bianco said. "For Latino young men, they often think of teaching as a female-dominated profession, and it is if they only see white females in front of the classroom. It's race and it's gender."

*Education Week, January 23, 2018*

#### [Men in tights: How NAU is encouraging boys to dance, one viral video at a time](#)



Project B, a worldwide initiative focused on inspiring boys and young men to dance, hopes to defy societal norms, and with Northern Arizona University's help, it's taking the world by storm. "In hopes of sparking the interest of boys, a choreographer created a dance that used soccer and Transformers as inspiration. Dance doesn't have to be a girl thing, and this dance proves that." After the students felt comfortable with the moves, they were filmed performing it. The video was then sent to more than 1,000 RAD teachers in 84

countries throughout the world, encouraging boys all over to learn the same steps. It spread like wildfire. "We were getting video submissions from males of all ages, from all over the world who had learned the dance moves from watching our video, then

filmed themselves performing it. They were genuinely excited to be doing the dance."

NAU.edu, January 23, 2018

### What we need to teach boys in this #MeToo moment

Boys have been steered away from connection, away from their hearts, and away from their own virtues and values.



But boyhood has not been based on science or evidence, nor has its design really been about boys at all. Only now, because the world is changing, confronting boys with a set of opportunities and challenges radically different from any prior generation, boyhood is undergoing a seismic shift. And a revolution in understanding is afoot. What I witness matches research in countries from around the world, which has begun to document many changes for boys: less homophobia, for example, and less willingness to sacrifice their health in contact sports or risk-taking. And while encouraging, the overall direction of these changes is still up in the air. What we need is a radical restructuring of boyhood - not Band-Aids, props, or mere reform. The point is that widespread problems like those described in #MeToo stories do not spontaneously arise from within boys themselves. No boy grows twisted and hurtful on his own. To carry the movement for equality into the trenches, and to ensure that boys can embrace girls and women with full respect, we must make sure that they themselves are treated as human. We must look more carefully at the boyhood we have built and face up to how it distorts male development.

Yahoo, January 24, 2018

### Males' chronic drinking in adolescence adds risks of liver diseases in adulthood: study

Swedish researchers confirmed in a study published Sunday that chronic consumption of alcohol during adolescence can lead to greater risk of developing liver diseases later in life. The research by the Swedish scientists with Karolinska University Hospital of Sweden showed that young men who drank 20 grams or more of alcohol each day during their adolescence have higher risks of developing liver diseases, including liver cirrhosis or even liver-related deaths, later in their adult life. The study, published in the Journal of Hepatology, was based partly on the retrospective statistics of more than 49,000 Swedish young men aged between

18 and 20. The data were collected in a nationwide survey conducted from 1969 to 1970 on Swedish males conscripted then into military service.

xinhuanet.com, January 22, 2018

### **Boys as young as 13 are using steroids to "look ripped like celebrities" - as experts blame social media**

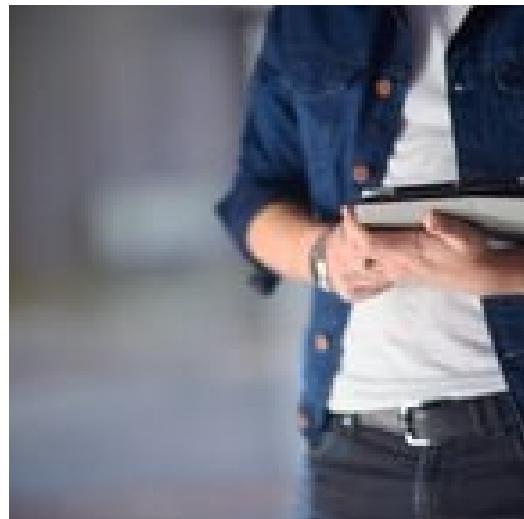
*Experts claim children are using performance enhancing drugs to make them look more like their favourite celebrities*

The children's commissioners for England, Wales and Northern Ireland says there has been a rise in the number of children taking anabolic steroids for cosmetic reasons. Experts are blaming social media on pressuring youngsters to achieve a certain body shape - with others worried about it being a "hidden epidemic". The children's commissioner for England, Anne Longfield, told the Guardian: "I'd be very concerned with any young person using steroids to enhance the way they look. "The real solution is to tackle early on issues around body image and the desire of some young people on social media desperate to match celebrities' images. "Teaching children in PSHE (personal, social, health and economic) classes in school the resilience not to worry about how a celebrity looks or how their own friends think they look in photos would deter the feeling that risking their health to get such a look was worthwhile."

*The Sun, January 23, 2018*

### **What Factors Protect Against Obsessive Compulsive Symptoms in Young Males?**

*This longitudinal study was focused on severe obsessive compulsive symptoms observed in adolescent males.*



Obsessive compulsive symptoms include recurring thoughts that cannot be ignored. While these thoughts and actions can constitute a normal part of development, if they continue they may develop into obsessive-compulsive disorder (OCD), a much more serious form of illness. A recent study in Athens, Greece sought to explain some of the

variation among adolescents who experience obsessive compulsive symptoms. The study found that male gender and a higher emotional stability were associated with lower obessesive

compulsive symptoms. Specifically, it was revealed that obsessive compulsive symptoms increased with age, between 16-18 years. Also, there was a higher emotional stability observed for the male gender at age 16, as they showed lower obsessive compulsive symptoms and had remained stable over time.

*Medical News Bulletin, January 23, 2018*

### **Children with ADHD may abuse drugs says study**

The authors confirmed a finding for the ADHD group that is widely replicated in the general population - that early substance use strongly predicts adult substance use. However, more of the children with ADHD were found to be early substance users, such as having a drink of alcohol before the age of 15. "We were not surprised to find high numbers of daily cigarette smokers, but we were surprised to discover that so many children with ADHD later used marijuana as adults on a weekly basis, about one-third of the ADHD group," added Molina. The study did not find higher rates of binge alcohol consumption among young adults with ADHD. However, the team cautions that alcohol use is still an important part of the bigger picture.

*The Health Site, January 24, 2018*

### **Fewer young adults getting HIV tests, here's why**

Young people seem to be less likely to get tested for HIV than older adults, and a new study now reveals the reasons



why. In the United States, 38.8% of women and 53.8% of men aged 15 to 44 reported they had never been tested for HIV outside of donating blood or blood products between 2011 and 2015, according to a new study published in the Centers for Disease Control and Prevention's National Health Statistics Reports on Thursday (PDF). Yet among those 15 to 24, the percentage who reported they had never been tested soared to 63.9% of women and 73.7% of men. The most common reason reported by women and men for having never been tested was that they thought they were "unlikely to have been exposed to HIV," according to the study. A previous study, conducted by CDC researchers and published in the journal Pediatrics in 2016, found that the percentage of young adults aged 18 to 24 who reported they have never been tested for HIV remained steady

among young men, and increased significantly among young women between 2011 and 2013.

CNN, January 25, 2018

### New HIV Patients' Networks Could Lead to More Diagnoses

An international research team is finding that targeting the social and risk networks of patients recently diagnosed with HIV is leading them to more patients unknowingly infected with the virus. The study, led by Samuel R. Friedman, PhD, of the National Development Research Institutes (NDRI) and the Center for Drug Use and HIV/HCV Research (CDUHR) at New York University Rory Meyers College of Nursing, is a 3-site project that has just recently published results from its analysis of populations in Odessa, Ukraine. Through 3 tracking programs - The Transmission Reduction Intervention Project (TRIP), integrated biobehavioral surveillance, and outreach testing - the researchers found there are more undiagnosed HIV patients in networks of recently-infected people than there in networks of longer-term infected people.

MD Mag, January 24, 2018

### How Sexually Fluid Are Men and Women, Really?

*New research adds to surprising insights into both genders' "heteroflexibility."*



What was intriguing about participants' willingness to hook up with a stranger was the difference along male and female

lines: Women's interest in hooking up with the fictitious individual at the bar increased with each drink regardless of that individual's gender—despite the fact that all women in the study identified as heterosexual. By contrast, men's interest in hooking up with fictitious others remained stable with each drink when that fictitious other was a female. (In other words: alcohol had an insignificant effect upon a male's willingness to sleep with a woman. They wanted to just as badly, regardless of their sobriety level.) Men's willingness to experiment with another male sitting at the bar, however, was responsive to alcohol—meaning: the more men in the study drank, the more open they became to having some type of sexual encounter with a man. Keep in mind that, like all the women in this study, every male participant identified as heterosexual. The researchers believe that alcohol may loosen the constraints some men place on themselves that,

when sober, enable them to conform to the sexual scripts they associate with traditional masculinity.

*Psychology Today, January 25, 2018*

**Women Interact More Comfortably and Intimately With Gay Men-But Not Straight Men-After Learning Their Sexual Orientation**

Research suggests that the development of close, opposite-sex friendships is frequently impeded by men's often one-sided sexual attraction to women. But what if this element were removed? The current research tested the hypothesis that women engage in more comfortable and intimate interactions with a gay (but not a straight) man immediately after discovering



his sexual orientation. In two studies, female participants engaged in imagined or actual initial interactions with either a straight man or a gay man. After the man's sexual orientation was revealed, women (particularly attractive ones) who were paired with a gay man reported greater anticipated comfort, which was mediated by their reduced worry about his sexual intentions (Study 1). Further, once women discovered that they were interacting with a gay man, they displayed more intimate engagement behaviors with him (Study 2). These findings reveal how, and why, close relationships often form quickly between women and gay men.

*Psychological Science, January 8, 2018*

**What are chronophilias?**

*Is attraction to an age group another kind of sexual orientation?*

My research focuses on chronophilias and sexual offending against children. Recently, I've started to think about these age-specific attractions as sexual orientations for age, similar to how we understand sexual orientation for gender. This is quite different from the traditional way that psychologists view chronophilias, as sexual preferences that are distinct from someone's identity. This idea - that chronophilias can be understood as sexual orientations for age - is provocative, because it raises ethical, legal and scientific questions about how we think about sexual orientation, the etiology of sexual preferences and how we respond to sexual offenses against minors.

*WTOP, January 22, 2018*

### **HPV infection increases risk of reinfection, study finds**

A study published in PNAS has shown that human papillomavirus vaccination does not protect against reinfection.

Human papillomavirus (HPV) is a major cause of genital cancers, and the most common sexually transmitted infection. However, its transmission dynamics, including whether infection induces protective immunity against future reinfection, are poorly understood. In a paper in PNAS (online, 5 December 2017), researchers looked at data from a study of 4,123 unvaccinated men whose genital HPV infection status was tracked over 5 years[1]. They found that genital HPV infection did not induce protection against reinfection. Instead, infection with one HPV type significantly increased the risk of reinfection with that type for at least two years. The team found that this risk was increased in both sexually active and celibate men, indicating that the reinfection occurred from either virus reactivation or spread from another part of the body, rather than through sexual contact.

*Pharmaceutical Journal, January 22, 2018*

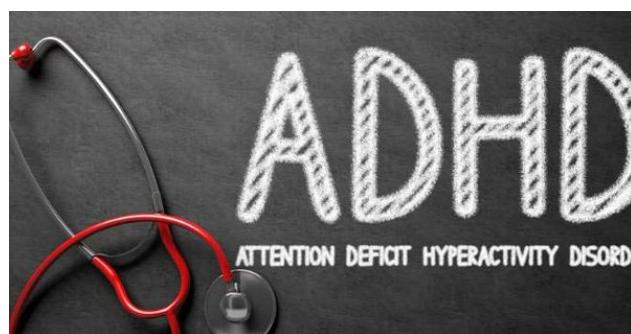
## **STUDIES**

### **Oral human papillomavirus infection: Differences in prevalence between sexes and concordance with genital human papillomavirus infection, NHANES 2011 to 2014**

This study is performed to ascertain the prevalence of oral human papillomavirus (HPV) infection and in addition the concordance of oral and genital HPV infection, among U.S. men and women. The outcome revealed that the oral HPV infection is common among U.S. men. This study's outcomes give several policy implications to guide future oropharyngeal squamous cell carcinoma (OPSCC) prevention efforts to combat this disease.

*Annals of Internal Medicine, October 20, 2018*

### **AHRQ: Update on ADHD Diagnosis and Treatment**



The Agency for Healthcare Research and Quality (AHRQ) has published a systematic review on the diagnosis and treatment

of attention deficit hyperactivity disorder (ADHD) in children and adolescents. The researchers sought to update two previously published AHRQ systematic evidence reviews by comparing approaches in the diagnosis, treatment, and monitoring of

pediatric patients with ADHD (birth to 17 years old). They searched several databases for studies published between January 1, 2011 through November 7, 2016. Data were graded for quality and evidence, and summary estimates of effects were calculated for meta-analysis.

*empr.com, January 26, 2018*

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The 2018 National Summit on  
Adolescent and Young Adult Male Health  
Washington Court Hotel, Washington, DC  
June 7th and 8th, 2018  
[www.2018nationalsummit.org](http://www.2018nationalsummit.org)

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### From Birth On, One Sex Is Hardier



Women are known to outlive men. And that advantage may start early, according to researchers who've found baby girls more likely to survive famines, epidemics and other misfortunes. The fact that females have this advantage in

infancy -- when there are few behavioral differences between the sexes -- suggests biology may be at least partly responsible, the researchers said. They examined about 250 years of data on people who died at age 20 or younger due to severe circumstances. These included slavery in Trinidad and the United States in the early 1800s; famine in Sweden, Ireland and the Ukraine in the 18th, 19th and 20th centuries; and measles epidemics in Iceland in the 1800s. Even when overall death rates were very high, females still lived longer than males by an average of six months to four years, according to the study. Breaking down the results by age group, the researchers found that most of the female survival advantage came in infancy, with newborn girls harder than newborn boys. The results were published online recently in the *Proceedings of the National*

Academy of Sciences.  
*US News & World Report, January 16, 2018*

**Adolescence these days starts at age 10 and continues to 24, scientists say**

Young people continuing their education for longer, as well as delayed marriage and parenthood, has redefined common perceptions of when adulthood starts,

scientists wrote in the Lancet Child & Adolescent Health journal. Societal and biological changes have prolonged the adolescent years from the ages of 10-19 to now ending at 24 years old, scientists said, leading to a debate about whether new policies would benefit or "infantilize" the older adolescents.

Puberty used to occur around age 14, but now has lowered to the age of 10 because of improved health and nutrition in much of the developed world, the BBC reported.

*Fox News, January 19, 2018*



**When kids come in saying they are transgender (or no gender), these doctors try to help**



"I didn't understand the words coming out of my child's mouth," she said. "To raise a beautiful daughter to 13 and then have her tell me

she's a boy ... " As she spoke, her child studied his hands, legs swinging back and forth under the examining table. "But the reality is that Jacob's my child, and regardless of gender or whatever, my child always comes first in my life," she said. "And realistically, it's not about me. It's about Jake." As they navigate the rough shoals of the trans life, the Bilsteins are putting their hopes in the Child and Adolescent Gender Center at UCSF. Founded in 2012, it is one of 40 or so such clinics around the country, seeing patients as young as 3 and as old as 25. It is also one of the busiest, encompassing four disciplines: medical, mental health, patient advocacy and legal services. Although surgery is not available at the center, its clinicians maintain close ties with local surgeons to whom they refer patients upon request. On the day that Jacob arrived for his appointment, the examining

rooms were filled with 15 elementary schoolchildren, adolescents and teenagers who had traveled from as far away as Hawaii and Sweden and as nearby as the Bay Area. All were seeking a change in their physical sex characteristics to align with their gender identity. The demand for its services has grown so much that UCSF over the past two years opened two satellite clinics. In fact, the entire medical field is playing catch-up. Last summer, the Mount Sinai Health System in New York awarded two medical fellowships - the first of their kind in the United States - in transgender surgery and transgender psychiatry. The National Institutes of Health last year awarded \$5.7 million for a five-year, multicenter study - also the first of its kind - to evaluate long-term outcomes of medical treatment for transgender youth. The UCSF clinic is one of the study's four sites. Since opening, the center has seen close to 700 patients.

*Washington Post, January 21, 2018*

#### [TYLER PERRY DONATES \\$100,000 TO SUPPORT AT-RISK YOUNG MALES](#)

Tyler Perry was the keynote speaker at the 25th annual 5000 Role Models of Excellence scholarship program, an organization that provides mentorship and support to at-risk young men. "But I looked at your faces coming down the aisle and I got emotional," he told the crowd of hundreds at the Martin Luther King Jr. Day scholarship breakfast, held at the DoubleTree by Hilton Hotel Miami Airport & Convention Center. "When I saw your faces I thought, I gotta get in on this." Perry was so inspired by the event that he was moved to write a \$100,000 check from his seat on stage. He was encouraged to speak at the event by South Florida Congresswoman Frederica Wilson, who founded the program in 1993. The two hit it off after Tyler sent flowers to her office following her high-profile argument with Donald Trump after the death of Miami Gardens Sgt. La David Johnson.

Johnson was a graduate of the 5000 Role Models program and a family friend of Wilson's.

*EurWeb, January 16, 2018*



#### [MTV study suggests the #MeToo movement might actually be changing how young men behave](#)



The #MeToo movement-i.e., the concentrated effort to make it clear, mostly to men, just how often women in our society face sexual harassment,

assault, and threats to their lives on a disturbingly frequent basis-has been going for a while now, powered in part by recent revelations about the attitudes and behaviors of a number of prominent Hollywood males. Now, a study performed by MTV suggests that it might actually be doing its job, in terms of convincing young men to re-think their behaviors before they become the subject of yet another depressing, heart-breaking tweet. MTV's Insights Research department conducted a study of young male behavior late last year, polling 1,800 people about how #MeToo has affected the way they act and think. According to the study, one in three young men-aged 18 to 25-have thought back and wondered whether an interaction they had with someone "could be perceived as sexual harassment." Meanwhile, 40 percent of young men agreed that thinking about these issues changed the way they behaved in potential romantic relationships, while a quarter of people said they'd seen changes in other people's behaviors because of the campaign.

*AV Club, January 19, 2018*

### Toxic masculinity in boys is fueling an epidemic of loneliness

**VIDEO:** Emotional isolation has calamitous health implications, and it's becoming more prevalent in America. Why? One developmental psychologist says America's toxic masculine culture kills young boys' friendships right as boys are expected to "grow up" into men, and those loss of friendships may echo throughout men's lives.

*NBC Think, January 19, 2018*

### Being around natural greenery may cheer up even adolescents

Exposure to trees and other greenery has been shown to stave off depression in adults, and a new U.S. study finds the same may be true for teenagers. Researchers looked at more than 9,000 kids aged 12 to 18 and found those who lived in areas with lots of natural vegetation nearby were less likely to display high levels of depression symptoms. The effect was strongest among middle schoolers, the study team reports in Journal of Adolescent Health. Based on the mental health assessments, the

researchers found that 11.5 percent of kids had depression symptoms. They categorized the top 11.5 percent of that group with the highest levels of depression symptoms as having "high depression," and looked at how nearby green and blue space influenced whether kids fell into that category. "We saw that living in an area that was greener was associated with lower depression among this population," Bezold said, "and that the association persisted using a number of statistical techniques, which gives us confidence that the association is there and so are the benefits." Overall, after adjusting for family and economic factors, researchers found that young people living amid the highest-quality green space were 11 percent less likely than peers with the poorest-quality green space to be in the high depression group. No significant association was found for blue spaces, however. "Interestingly, research has shown that even photographs of nature can have positive benefits," Beyer said. "Greening indoor environments should not be discounted as a way to protect mental health. Even in the most urban environments, vacant lots, yards, and street trees offer opportunities for adding greenspace to the landscape."

*Reuters, January 18, 2018*

#### [Hepatitis C treatment highly effective in harder-to-treat people with HIV co-infection, Spanish real-life study shows](#)

Hepatitis C virus (HCV) treatment using direct-acting antivirals (DAAs) is highly effective and safe in harder-to-treat people with HIV co-infection, Spanish researchers report in AIDS. A sustained virological response (SVR), or cure, was observed in 93% of people and only 0.4% stopped treatment because of adverse events. The large proportion of people had advanced fibrosis or had taken a previous course of HCV therapy. Liver cirrhosis/liver stiffness were the only factors associated with treatment failure and use of ribavirin increased the risk of side-effects. Nevertheless, 87.5% of people with cirrhosis achieved an SVR and no one with cirrhosis who completed a 24-week course of treatment and underwent follow-up testing failed to be cured of hepatitis C. The study findings are highly encouraging for people with co-infection with advanced liver disease - in the past considered harder to treat - the study investigators conclude.

*Aids Map, January 16, 2018*

#### [Social determinants of male health: a case study of Leeds, UK](#)

Alan White, Amanda Seims, Ian Cameron and Tim Taylor

#### **Abstract**

##### Background:

The social determinants of health have a disproportionate impact on mortality in men. A study into the state of health of the male

population in Leeds was undertaken to guide public health commissioning decisions. This paper reports on the data relating to the social lives of men.

**Methods:**

A cross-sectional study was undertaken, comprising descriptive analysis of data relating to educational attainment, housing, employment (including benefit claimants), marital status and relationships. Data was considered for the whole city and localised at the Middle Super Output Area (MSOA) level and mapped against the Index of Deprivation.

**Results:**

Boys' educational attainment was found to be lagging behind girls' from their earliest assessments (Early Years Foundation Stage Profile, 46% vs. 60%,  $P = 0.00$ ) to GCSEs (53% vs. 63%,  $P = 0.00$ ), leaving many men with no qualifications. There were 68% more men than women identified as being unemployed, with more men claiming benefits. Men living in social housing are more likely to be housed in high-rise flats. Almost 50% of men aged 16 - 64 are single, with 2254 lone fathers.

**Conclusions:**

There appears to be a lack of sex/gender analysis of current cross city data. In areas of deprivation a complex picture of multiple social problems emerges, with marked gender differences in the social determinants of health, with males seeming to be more negatively affected. There is a need for more focused planning for reaching out and targeting boys and men in the most deprived inner city areas, so that greater efficiency in service delivery can be obtained.

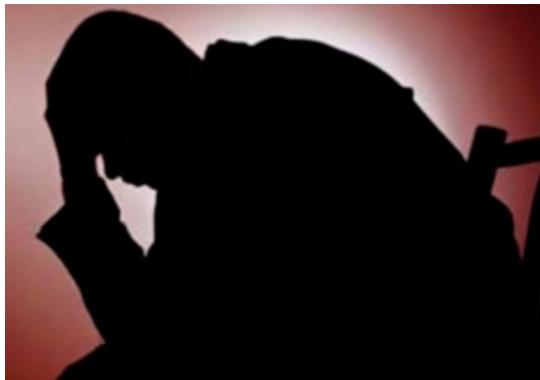
*BMC Public Health, January 19, 2018*



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## Suicide Is Not Just a White Thing

Suicide is a real problem in the Black community. According to the Center for Disease Control, the suicide rate of Black children between ages 5 and 11 has doubled. Suicide by hanging has nearly tripled among Black boys.



Black youth are killing themselves far more frequently than their elders. In 2014, the risk for attempting suicide among African-Americans born after 1975 was nine times higher than older African-Americans. Suicide has become the third leading cause of death for Black youth between the ages of 15 and 24. The CDC also reports that in 1980 the suicide rate for Whites, age 10 to 19 was 157 percent greater than that of Blacks. By 1995, there was only a 42 percent difference between White and Black suicide rates. Although Whites are still more likely to commit suicide, the suicide rate for all African-Americans doubled between 1980-1996. The death rate from suicide for African-American men is more than four times greater than that of African-American women.

*Afro.com, January 10, 2018*

## Most colleges don't track student suicides, causes

Most of the largest U.S. public universities do not track suicides among their students, despite making investments in prevention at a time of surging demand for mental health services.

Tabulating student suicides comes with its own set of challenges and problems. But without that data, prevention advocates say, schools have no way to measure their success and can overlook trends that could offer insight to help them save lives. "If you don't collect the data, you're doing half the job," said Gordon Smith, a former U.S. senator from Oregon who became a prevention advocate after his son, Garrett, took his life in 2003 while attending college. "We need information in mental health if we're actually going to be able to better tailor health and healing." The Associated Press asked the 100 largest U.S. public universities for annual suicide statistics and found that 46 currently track suicides, including 27 that have consistently done so since 2007. Of the 54 remaining schools, 43 said they don't track suicides, nine could provide only limited data and didn't answer questions about how consistently they tracked suicides, and two didn't provide statistics.

*My San Antonio, January 2, 2018*

## Young Adults Report Differing Sexual Effects from Alcohol, Marijuana, and Ecstasy



Alcohol, marijuana, and ecstasy each have very different sexual effects, from attraction and desire to sensitivity to sexual dysfunction, finds a study by the Center for Drug Use and HIV/HCV

Research (CDUHR) at NYU Meyers College of Nursing. The findings, published in the journal Psychology and Sexuality, suggest that different substances are therefore associated with different sexual risks for users. While there has been extensive research on substance use as a factor that leads to risky sexual behavior, few studies have focused on specific sexual effects of different substances. Among males, sexual dysfunction was most common while using alcohol or ecstasy, yet females were more likely to report sexual dysfunction after using marijuana. "While alcohol and ecstasy can increase sexual desire, these drugs can actually hinder sexual performance of males," said Palamar. "Alcohol can numb the body, which can delay or prevent orgasm, and impotence is common while high on ecstasy, despite the drug increasing body sensitivity." The researchers found that compared to marijuana, alcohol and ecstasy were more strongly associated with certain heightened perceived sexual effects, including attraction, sexual desire, and social outgoingness (which can facilitate meeting partners).

NYU.edu, January 10, 2018

## Feds freeze database for mental health, addiction programs

Federal officials have frozen a national registry for programs that reduce mental illness and drug and alcohol abuse, according to reports. The National Registry of Evidence-Based



Programs and Practices includes a database of intervention programs that are considered to be scientifically valid and

effective to promote mental health, treat addiction and prevent teen suicide. Although SAMHSA says the agency will continue the NREPP's work, the Washington Post says the registry has been frozen since September and there are 90 vetted programs that haven't been added. Catherine Tucker, president of the Association for Child and Adolescent Counseling, told the Washington Post there doesn't appear to be a valid reason to shut the registry down. "NREPP is one of the most important tools we have. Nobody has a financial stake," she said. "It's an impartial, non-partisan, trustworthy source that represents thousands and thousands of hours of work."

*UPI, January 10, 2018*

**Among 20 wealthy nations, US child mortality ranks worst, study finds**



The United States has the worst overall child mortality rate compared with those of 19 other wealthy nations in the Organisation for Economic Co-

operation and Development. That's according to a study published in the journal Health Affairs on Monday. The study examined child mortality rates between 1961 and 2010 in the US and comparable nations in the OECD, a group of 35 countries, founded to improve economic development and social well-being around the world. It found that mortality rates were not evenly distributed. As for America, "we found that excess deaths in the US are concentrated among infants, from causes such as immaturity and SIDS, and among teens, from injuries," Thakrar said. "Existing research has shown that infants die more frequently in the US, but this was the first time we were more often US adolescents, in particular boys, are dying from injuries," he said. "The most disturbing new finding of this study was that a 15- to 19-year-old in the US is 82 times more likely to die from gun violence in the US than in any other wealthy, democratic nation."

CNN, January 8, 2018

**Report: Trump's health secretary pick helped pharma company turn profit by testing sex drug on kids**

The drug trial was likely more for financial gain, not medical success. President Donald Trump's pick for the Department of Health and Human Services (HHS) secretary,



Alex Azar, was a top executive at pharmaceutical company Eli Lilly when it decided to test an erectile dysfunction drug on children - a strategy meant to extend the drug's expiring patent. The move extended Eli Lilly's patent over Cialis, the lucrative drug that acquires over \$2 billion a year, for six months.

According to a Politico report, Azar's company successfully gamed the patent system. Azar maintains that his top priority at HHS - should he be confirmed - is to bring down drug prices.

When drugs are granted patent and market-exclusivity, the idea is that manufacturers are reimbursed for the development of the drug and turn a profit. During this time, many companies take advantage of the patent system and raise prices. "Lilly regularly raised the wholesale price of the drug multiple times a year, usually by 9 percent or 10 percent, far outpacing inflation," according to Politico. To retain its lucrative patent, Eli Lilly turned to the 1997 Pediatric Exclusivity Provision. This provision to the Food and Drug Administration Modernization Act intended to improve inadequate data for drugs in children by encouraging pharmaceutical companies to conduct more pediatric testing. Eli Lilly tested its erectile dysfunction drug to see how it helps a severe type of muscular dystrophy, which typically affects boys.

As Politico reported: the drug didn't work. The trial was likely more for financial gain, not medical success.

*Think Progress, January 8, 2018*

### IBUPROFEN COULD MAKE HEALTHY MEN INFERTILE IN JUST TWO WEEKS



Male infertility has been called a crisis, and a new report that a common, over-the-counter medication could spur the problem adds to the alarm. Ibuprofen

has been shown to damage male fertility in athletes who regularly take the meds to manage pain, reported CNN. Previous research by European scientists showed that male babies whose

mothers took ibuprofen experienced disturbances to their endocrine system, according to CNN. So, the researchers, based in Denmark and France, decided to test how the medication would impact male adults. For the study, 14 young males, between 18 and 35 years old, took 600 milligrams of ibuprofen twice a day. This amount was used to represent the dose taken by athletes to manage pain. A control group of 17 men took a placebo instead. The detrimental effects of daily ibuprofen were nearly immediate. Within two weeks, males taking the pain reliever developed a hormone imbalance called compensated hypogonadism, The Guardian reported. Essentially testosterone levels were normal but the men in the ibuprofen group had higher amounts of luteinizing hormone, which stimulates testosterone production. This problem is typically seen among older males and can cause reproductive and cognitive issues. "We normally see this condition in elderly men, so it raises an alarm," study co-author Bernard Jégou of the French National Institute of Health and Medical Research, told The Guardian. "We are concerned about it, particularly for healthy people who don't need to take these drugs. The risk is greater than the benefit." The findings are newly published in the journal Proceedings of the National Academy of Sciences. The adverse effects in the study weren't permanent. But researchers are concerned about long-term use among athletes.

*Newsweek, January 9, 2018*

#### [\*\*From cowboys to commandos: Connecting sexual and gun violence with media archetypes\*\*](#)

The time between mass shootings (involving four or more casualties) in the U.S. has been shrinking since the 1990s, and the death rate in these massacres has almost tripled since 2000. To understand why, we need to explore the shifting media role models to which young American males have been exposed since the 1950s and '60s. As sociologist Daniel Rios Pineda has observed, the influence of the mass media begins at a very early age. Based on my own cultural observations, I believe that the emergence of a more violent male "archetype" in the media has been internalized by many young men, and may be one factor contributing to increased sexual and gun-related violence. A number of studies support the view that most mass shootings in the U.S. are preceded by domestic or family violence - often directed against women. For example, both the Orlando Pulse club shooter and the Virginia Tech shooter had a history of abusing or harassing females prior to carrying out mass murder. The nonprofit group Everytown for Gun Safety analyzed mass shootings between 2009 and 2016 and found that in 54 percent of cases, the shooters killed intimate partners or other family members. It must be said that men, too, may be victims of sexual violence, at the hands of either males or females. However, mass shootings are carried out almost entirely by men.

WTOP, January 9, 2018

**STUDY: PrEP and targeted intervention strategies effective in high risk adolescent sexual minority males**

Pre-exposure prophylaxis (PrEP) along with targeted implementation strategies have the potential to significantly reduce HIV incidence



among high risk, adolescent sexual minority males (ASMM), according to a recent study developed by the University of Washington and Emory University. ASMM are males 18 years of age or younger who identify as gay or bisexual or are sexually active with other males. ASMM have significant HIV risk and in 2015, made up 80 percent of the youth who were newly infected with HIV. The research team developed an agent-based network model of HIV transmission to measure the impact and efficiency of PrEP uptake, estimate HIV incidence for 10 years and compare epidemic outcomes. The model utilized cohorts of 13 to 18-year-old ASMM and data from youth behavioral surveys and a recent demonstration project of PrEP among ASMM. Results from the model suggest that PrEP initiation can have a major impact on the reduction of HIV incidence among adolescents, especially in high incidence settings.

*Medical Express, January 8, 2018*

**REPORT: How pediatricians can improve sexual and reproductive care**

Pediatricians should do more to address sexual and reproductive health, according to [a new clinical report published in Pediatrics](#). The report offers guidance on the what and how in sexual health for pediatric practices. Arik V. Marcell, MD, MPH, associate professor of General Pediatrics and Adolescent Medicine at Johns Hopkins University, Baltimore, Maryland, and lead author of the report, says pediatricians need to understand their role in addressing sexual and reproductive healthcare gaps in services for teenagers and young adults. "This clinical report is designed to make it easy for primary care clinicians to understand what they need to do to address gaps in sexual and reproductive healthcare services delivery to adolescents and young adults," Marcell says, adding that the paper also offers guidance on how pediatricians can make confidential sexual and reproductive health services routine in their offices. "It provides an overview of key recommended services and links to all related policy and clinical reports published by the American Academy of Pediatrics (AAP), as well as other related key federal, national, and

professional guidelines. It is also designed to help educate parents and teens to learn that these are services their healthcare providers should be offering to them on an annual basis, if not more often."

*Contemporary Pediatrics, January 2018*

**REPORT: "The Talk" Physician Version: Special Considerations for African American, Male Adolescents**

Police exist to ensure community safety. Unfortunately, whether because of an increased police presence in selected neighborhoods, implicit or explicit bias, or other factors, minority youth disproportionately experience negative encounters with police.<sup>1</sup> Adolescent accounts of such encounters are distressing. Youth with whom we consulted recalled many, including 1 in which 2 adolescents were setting up a community event, and only the darker-skinned adolescent was stopped and questioned about his activity. Negative police interactions pose a threat to adolescents' psychological and physical health. Physicians can address these patients' experiences, educate them about their rights, and help them stay safe.

*Pediatrics, January 2018*

**STUDY: Longest follow-up of HPV vaccination shows enduring protection after 10 years**

In a study in *Pediatrics* (online, 1 December 2017), researchers followed up 803 sexually inactive girls and boys (aged 9-15 years) who took part in a placebo-controlled randomised clinical trial of the quadrivalent HPV vaccine[1]. The team found that there were no cases of genital warts or cervical and genital pre-cancers/cancers related to infection with any of the four HPV vaccine types during the 10 years post-vaccination. At 10 years, seropositivity remained high for HPV types 6, 11 and 16 at 89-96%, and was somewhat lower for HPV 18 at 60-79%, consistent with prior studies.

The researchers said the findings supported the durability of HPV vaccine-induced protection, and should encourage expansion of vaccination coverage.

*Pharmaceutical Journal, January 12, 2018*

**STUDY: Increasing the Vaccination Rates of Adolescent Males 11 to 18 Years of Age in an Urban Pediatric Clinic: A Quality Improvement Project**

**Abstract**

Purpose: The purpose of this quality improvement project was to determine if an evidence-based educational toolkit and an electronic reminder system would increase the rate of HPV vaccination among male adolescents, age 11-18 years old in an urban pediatric clinic. Background & Significance: HPV is one of

the most commonly reported sexually transmitted infections in the United States. The safety and efficacy of the HPV vaccine have been established and approved for both males and females. Despite recommendations, vaccination rates among adolescent males remain lower compared to females. Methods: An evidenced-based educational toolkit from the CDC along with an electronic reminder that flags patients due for vaccines, prompting staff to make vaccine recommendations, was implemented. This QI project utilized a retrospective review of 100 male patient charts preand post-intervention. Results: A significant increase in provider's knowledge and recommendations for HPV vaccination from 53% to 74.4%, and 66.7% to 100%, respectively, contributed to a 49% increase in HPV vaccination rates post-intervention. Conclusion: The study showed that an evidence-based educational brochure and reminder system was effective in increasing HPV vaccination rates among adolescent males at an urban pediatric practice.

*The Athenaeum, December 2017*

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### **Boys' School Asks For 50 Extra Dads To Show Up For 'Breakfast With Dads' Event. 600 Showed Up**

*'The look of awe, even disbelief, in boys' eyes as they made their way through the crowd of 'Dads' was astonishing,' says local photographer*



A Texas school which asked for 50 male volunteers to stand in for absent fathers for a "Breakfast with Dads" event was left astounded after nearly 600 men turned up. Billy Earl Dade Middle School in the city of Dallas,

where 90 per cent of children come from low-income families, put a call-out for around 50 male volunteers to attend in a bid to help those students who did not have a father able to take part. Around 150 male students who were aged between 11 and 13 signed up for the first ever "Breakfast with Dads" event and gained an overwhelming positive reaction from the community. "When a young person sees someone other than their teacher take interest in them, it inspires them. That's what we want to see happen," the Reverend Donald Parish Jr, the pastor of True Lee Missionary Baptist Church who organised the event, told the Dallas Morning News. The middle school, issued a call-out for volunteers who would take on the role as mentors for students. "We are need of at least 50 or more additional male mentors who can devote one hour of their Wednesday morning next week to this cause". In the end, the school was inundated with men wanting to provide support for the boys - some of whom were volunteering for the first time. She said the unforeseen arrival of volunteers resulted in the event being relocated from the café to the gym in order to be able to take on more guests. "There were so many volunteers, that at times I saw young men huddled in the centre of four to five mentors. The look of awe, even disbelief, in students' eyes as they made their way through the crowd of 'Dads' was astonishing."

*The Independent, January 7, 2018*

#### **Medications for ADHD might lower a young man's risk of catching an STD**

A recent paper published in the Journal of the American Academy of Child and Adolescent



Psychiatry, [Sexually Transmitted Infection Among Adolescents and Young Adults With Attention-Deficit/Hyperactivity Disorder: A](#)

[Nationwide Longitudinal Study](#) found a connection between medication for attention-deficit/hyperactivity disorder and a lower risk of contracting an STD - but only in males with the disorder. According to journal publisher Elsevier, short-term use of the medication lowered the STD risk by about 30 percent and long-term use brought it down about 40 percent. That connection might come from the relationship between ADHD and behavior: While the disorder might cause people to engage in risky behaviors, like having sex without a condom, ADHD medication can reduce those symptoms. "Increasing evidence supports an association between ADHD and various health-risk behaviors, such as risky driving, substance abuse, and risky sexual behaviors," lead author Dr. Mu-Hong Chen said in the journal statement. "Clinical psychiatrists [should] focus on the occurrence of risky sexual behaviors and the risk of STIs among patients with ADHD, and emphasize that treatment with ADHD medications may be a protective factor for prevention of STIs."

*Multiple sources*

#### [More Parents of ADHD Children Seek Info from Internet than from Provider](#)

Sage and colleagues undertook the survey to ascertain the types of question that parents have about ADHD, the extent to which they use the internet or other sources, and how differences in access to the internet might effect the type of information they seek or obtain. The investigators identified 70 parent/child pairs for the survey, from 2 private pediatric practices. The age range of parents was between 30-62 years, and the children ranged from 7-17 years of age. Eighty-three percent of parents were white, having an average of 15.5 years of education comparable to high school with some college, and 81% of responding parents were female. From a list of possible questions, most parents reported that their principle questions were related to ADHD medication, and to long-term implications of the condition and the treatment. Most parents reported their principle source of information was online (70%), while 56% indicated it was their healthcare provider, 43% obtained most information from the child's school, and 13% from their pharmacy. The investigators indicated that no demographic characteristics were significantly associated with the choices. Different modes and levels of access were associated with differences in utilizing the internet for information, however. "Accessing the internet from a home computer and iPad or tablet were both significantly associated with more online ADHD medication information-seeking," the researchers observed. "So while a majority of parents in our study preferred online programs for learning more about ADHD and ADHD medication, barriers to access should be considered with such an approach."

*MD Magazine, January 4, 2018*

### Study Compares Adolescent Annual Well Visits Before and After the ACA

Since the implementation of the Affordable Care Act (ACA), annual well visits among adolescents improved with visits increasing the most among Hispanic adolescents, according to a [new study](#) published in JAMA Pediatrics. The study compared the number of annual well visits and preventive services that adolescents received before and after the enactment of the ACA, which allows patients to receive preventive services recommended by the American Academy of Pediatrics and the US Preventive Services Task Force without a copay. The results showed that well visit rates increased within the population from 41% in 2007-2009 to 48% in 2012-2014. When broken down demographically, annual visits increased the most among minority and low-income groups. Black adolescent well visits increased about 10% and Hispanic adolescent well visits increased 20%. Anticipatory guidance given to adolescent patients increased the most in healthy eating and physical activity and slightly decreased in helmet use. However, time alone with clinicians only increased by 1%. Although adolescent well-visit rates increased, less than half of the adolescent population received annual preventive care. Adolescents need more time alone with physicians in order to receive adequate information on sexual health and substance use, the authors noted.

*AJMC Newsroom, January 3, 2018*

### Exposure to Drugs & Violence in Adolescence May Increase Risk for HIV in Adulthood

New research coming in from the University of Michigan suggests that those who have been exposed to certain types of mental and physical stress during adolescence may experience a higher incidence of HIV as adults. In a longitudinal [study](#), which spanned a total of 18 years (September 1994 to May 2013), investigators from the University of Michigan analyzed the effects that exposure to illicit drug use and violence had on adolescents in later adulthood. According to the study's findings; 1 out of 4 respondents who experienced a higher frequency of co-occurring mental and social risk factors in adolescence were also more likely to report having unprotected intercourse with recent partners, as well as sexual intercourse with partners they recently met in adulthood. Furthermore, those respondents were also more likely to use illegal drugs prior to sexual intercourse and have 4 or more sexual partners. Therefore, these high-frequency respondents were more vulnerable to HIV infection than those who reported a lower frequency of violence, drug use, and mental distress.

*Contagion Live, January 4, 2018*

### World Health Organization Classifies Gaming Addiction as

## Health Disorder

Gaming addiction has become a growing concern, especially when it comes to boys aged 8 to 18. Many states have passed legislation attempting to



regulate the amount of gaming that youth may partake in. For example, in South Korea it has recently become illegal to engage in online gaming between 00:00 and 06:00, if under 16 years of age. Of course, South Korea is known as a hub for extremely high-level competitive and professional online gaming, with teams dominating E-Sports events worldwide. The 11th revision of the International Classification of Diseases (ICD), published by the World Health Organization, will officially classify gaming addiction as a medical disorder, for the first time. This is a landmark moment, confirming the validity and necessity of measures taken by governments and Internet companies worldwide to control the amount of time youth spend gaming. The upcoming edition of the ICD will be the first revision in 16 years. Much has changed since 1992, and evidently excessive gaming can now be thought of as a medical issue. The 2013 edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM), listed the internet gaming disorder as a "condition for further study". WHO professionals have seen enough cases of this disorder to now confirm its status as a serious health threat. It is important to note that doctors are not claiming this condition applies to anyone enthusiastic about gaming. Most children can prioritize their time well enough, and research suggests that gaming addiction is nowhere near as prevalent as the general perception in society would have us believe. The new ICD classification will simply allow for better medical response to those persons whose ability to prioritize is severely impaired.

*Health Thoroughfare, January 3, 2018*

## CDC: Sexual Intercourse Among High School Students - 29 States and United States Overall, 2005-2015

MMWR Weekly / January 5, 2018 / 66(5152);1393-1397



Nationwide, although the prevalence of ever having had sexual intercourse decreased overall during 2005-2015, closer

examination of the data indicated several distinctions by sex, grade, and race/ethnicity. First, among students overall, significant linear decreases were observed among all sex and race/ethnicity subgroups except white students. Second, decreases were seen among 9th and 10th grade students, but not 11th and 12th grade students. A similar pattern was observed in almost half (14) of the states where the prevalence of ever having had sexual intercourse decreased only in 9th grade or only in 9th and 10th grades, and only two states experienced no decreases by grade. Finally, nationwide decreases were seen among black students in all grades and Hispanic students in three grades (9th, 10th, and 12th grades), but no statistically significant decreases were observed among white students in any grade. Thus, these data indicate that during 2005-2015, significant decreases in the percentage of high school students who had sexual intercourse (particularly students in grades 9 and 10 and black students) occurred at the national level and in many states for which data were available.

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**Men should FREEZE their sperm before the age of 25, say experts, after a six-fold rise in cases of infertile males**



Men who want to delay fatherhood should freeze their sperm before the age of 25 in order to combat problems with infertility, say

experts. The warning comes after figures suggest fertility clinics are seeing as much as a six-fold rise in cases of infertile men in the past three years. Professor Luciano Nardo, a consultant gynaecologist at the Reproductive Health Group in Cheshire, said sperm issues accounted for around five per cent of all problems with couples he saw in 2014 but now represents 30 per cent. He said that few men are aware that the quality of their semen - and its DNA integrity - is likely to start to deteriorate by their mid twenties. His position is similar to Dr Kevin Smith, a senior lecturer in genetics, who believes it is reasonable for men as young as 18 to consider having their sperm frozen to counter the risk of genetic mutation.

*Daily Mail, December 18, 2017*

#### [Women are 'Naturally More Fit' Than Men, Finds New Study](#)

According to a new study published in the journal Applied Physiology, Nutrition, and Metabolism, women can process oxygen more quickly than men when they start to exercise. "The findings are contrary to the popular assumption that men's bodies are more naturally athletic," Dr. Beltrame noted. "We found that women's muscles extract oxygen from the blood faster, which, scientifically speaking, indicates a superior aerobic system," added co-author Professor Richard Hughson, also from the University of Waterloo. "By processing oxygen faster, women are less likely to accumulate molecules linked with muscle fatigue, effort perception and poor athletic performance."

*Sci News, December 30, 2017*

#### [Where's the edge? Bono thinks music has 'gotten very girly', and it's turning off young males](#)

*'Hip-hop is the only place for young male anger at the moment - and that's not good'*

The U2 frontman shared some insight into the state of music with Rolling Stone, and explained that he



believes a revolution may soon be on the horizon because boys need somewhere to put their rage. "I think music has gotten very girly. And there are some good things about that, but hip-hop is the only place for young male anger at the moment - and that's not good," he said. Bono - who said the idea of a rock 'n' roll revolution was first suggested by his son, Elijah - added that music helped him escape his own rage as a kid. "When I was 16, I had a lot of anger in me. You need to find a place for it and for guitars, whether it is with a drum machine - I don't care. The moment something becomes preserved, it is f\*\*\*\*\* over," he said. "You might as well put it in formaldehyde. In the end, what is rock & roll? Rage is at the heart of it."

*South China Morning Post, December 29, 2017*

#### [Boys tend to perform better on high-stakes science tests: Study](#)



Boys tend to perform better on high-stakes science tests, but it is not because they are better students, a study has found. The findings build on recent research

which showed that on average, women's exam performance is adversely affected by test anxiety. Researchers from University of Minnesota in the US found that performance gaps between male and female students increased or decreased based on whether instructors emphasised or de-emphasised the value of exams. Based on a year-long study of students in nine introductory biology courses, they found that female students did not underperform in courses where exams count for less than half of the total course grade. The findings build on recent research which showed that on average, women's exam performance is adversely affected by test anxiety.

*Deccan Chronicle, January 1, 2018*

#### [Gay teenagers are five times more likely to consider suicide](#)

*LGBQ adolescents are at higher suicide risk than heterosexual teens.*

Gay teenagers were almost five times as likely to show a higher prevalence of suicide-risk behaviour than their heterosexual peers, a research has showed. The

findings showed that one in four or 40 percent of gay, lesbian, bisexual or questioning (LGBQ) adolescents seriously considered, planned or attempted suicide compared to 15 percent of their heterosexual counterparts. Nearly a quarter of LGBQ adolescents attempted suicide compared to approximately six percent of those in the sexual majority. "The most staggering finding, the one that really makes you think, is just how prevalent these suicide-risk behaviours are in the LGBQ adolescent community," said Theodore L. Caputi, from the University College Cork in Ireland. "Research has shown that suicide-risk behaviours are an indicator of extreme distress," added Caputi, who was formerly in the University of Pennsylvania.

*The Health Site, December 21, 2017*



#### [Anal High-Risk HPV Infection More Common in HIV-Positive MSM](#)

In a new study published in the Journal of Infectious Diseases, Pragna Patel, MD, MPH, and her colleagues set out to characterize the epidemiology of human papillomavirus (HPV) infection in men who are infected with HIV. HPV infection can lead to anal cancer and it is estimated that men who have sex with men (MSM) are 20 times more likely to develop anal cancer than heterosexual men. In addition, the authors note that HIV-infected MSM are more likely to develop anal cancer than HIV-uninfected MSM, with incidence rates being approximately 80 times higher for HIV-infected MSM in comparison to HIV-uninfected men.

*Contagion Live, December 21, 2017*

#### [Alarming rise in Ankylosing Spondylitis amongst young Indian male workforce](#)

Ankylosing Spondylitis, more common in males, is an inflammatory condition that affects the joints of the spine, reducing its flexibility, damaging the posture. Ankylosing Spondylitis (AS), a condition often misunderstood as back pain, is not an age-related disease. There has been an

alarming increase in the incidence of AS, amongst Indian young adults in their late twenties and early thirties. AS affects 1 in 100 of the adult population, and is particularly prevalent in men. Ankylosing Spondylitis is an inflammatory condition that affects the joints of the spine, reducing its flexibility, damaging the posture and posing the risk of loss of mobility. The symptoms of AS typically show as extreme pain in the joints between the spine and the pelvic region, and can also spread up to the joints of the neck.

*The Health Site, December 31, 2017*



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### Many young U.S. men at high risk for HIV do not take anti-HIV pill

# PrEP

Less than 4 percent of young adult men-who-have-sex-with-men in the U.S. - a population at significant risk of contracting the human immunodeficiency virus

(HIV) - reported ever using the pill that protects them from the virus, in a recently published study. The data were drawn from an anonymous online survey of 2,347 black, white and Hispanic males, ages 18 to 24, who had previously engaged in anal sex with another man and had never had an HIV-positive blood test. Those at high risk for HIV should ideally take a daily pill to lower their likelihood of infection. So-called pre-exposure prophylaxis (PrEP) cuts the risk of getting HIV from sex by more than 90%, according to the Centers for Disease Control and Prevention (CDC). The incidence of HIV, which can be spread through anal or vaginal sex or by sharing needles with an infected person, has been falling in recent years. But men-who-have-sex-with-men bear the greatest burden of risk, the CDC says. In 2015, youth ages 13 to 24 accounted for over a fifth of all new diagnoses, and

most occurred in gay and bisexual males, the agency found. The overwhelming majority of participants had at least some college education, health insurance and access to a primary healthcare provider (PCP)/clinic, according to the researchers. Some 65% of survey participants who said they didn't use PrEP met at least one CDC criterion for PrEP use, primarily condom-less anal intercourse in the preceding six months.

*Reuters, December 12, 2017*

### [Canada: Study illuminates mental-health pressures on young male immigrants](#)

While Canada may have come to be associated with values of inclusivity and egalitarianism, a new study by UBC health researchers explores a neglected area of study: the social inequalities that young male immigrants



experience, and what impact that has on their mental health. What they found from Metro Vancouver interviewees was a mix of optimism, social and financial hardships, broken dreams, and gaps in the Canadian health system. According to 2013 statistics, 20 percent of the Canadian population was born outside of Canada. The World Health Organization has also observed that while "the world is experiencing the largest population displacements seen since the end of the Second World War", the level of anti-migration sentiment is "unprecedented". Due to a lack of research on the mental health of young male immigrants and refugees in Canada, a UBC study, published on November 28 in the American Journal of Men's Health, broached this area, with a focus on migration and resettlement experiences. Researchers analyzed responses gathered from individual and group interviews with 33 young male immigrants or refugees from 18 countries who were 15 to 22 years old and living in Metro Vancouver. Three recurring themes emerged in the stories that the men told: searching for a better life, living the immigrant dream, and starting all over again from scratch. All were connected by an underlying theme of experiencing second-class citizenship.

*Straight, December 14, 2017*

### [Air pollution linked to bad behaviour such as vandalism and substance abuse among male teenagers, claims study](#)



The study tracked 682 children in Greater Los Angeles from the age of nine until the age of 18 while their parents completed a "rule-breaking" check list. Up to four

assessments were recorded for each child. The list of delinquent behaviours on the check-list included lying and cheating, truancy, stealing, vandalism, arson, and substance abuse. The study, published in the Journal of Abnormal Psychology, identified higher PM2.5 pollution levels near major roads and in neighbourhoods with limited green space and few trees. More delinquent behaviour was seen from boys, African-Americans, and teenagers from poorer socio-economic backgrounds, and who had little access to city parks.

*Mirror UK, December 14, 2017*

#### [Study: 1/4 of California Kids Seen as Gender Nonconforming](#)

A new study finds that more than a quarter of California schoolchildren between 12 and 17 believe their peers see them as "gender nonconforming," meaning those boys are perceived as more feminine and girls more masculine.

The study made public Wednesday found that the 27 percent of California children perceived as gender nonconforming are more than twice as likely to experience psychological distress, such as bullying, as their gender conforming counterparts.

*US News, December 14, 2017*

#### [The Importance of Fostering Emotional Diversity in Boys](#)

If having lots of different emotions is good for our health as adults, then shouldn't we be fostering the experience of a diverse range of emotions in young children as well? And



yet the research suggests we are not fostering emotional diversity from a young age, especially when it comes to raising young boys. As early as infancy, boys' and girls' emotional landscape differs. One study reported that when watching an infant being startled by a jack-in-the-box toy, adults who were told the infant was a boy versus a girl were more likely to perceive the infant as experiencing anger, regardless of whether the infant was actually a boy. Gender differences in the diversity of emotion words

parents use in conversations with young boys and girls also emerge. Another study examining conversations between mothers and young children, mothers interacting with daughters employ emotion vocabulary of greater density and depth, whereas conversations with sons tended to focus primarily on a single emotion—you guessed it, anger. Regardless of whether gender differences in adult behavior arise from conscious or unconscious psychological processes, one thing is clear: boys grow up in a world inhabited by a narrower range of emotions, one in which their experiences of anger are noticed, inferred, and potentially even cultivated. This leaves other emotions—particularly the more vulnerable emotions—sorely ignored or missing in their growing minds.

*Scientific American, December 12, 2017*

### **Male virgins still at risk for acquiring HPV, study finds**



Men who have never engaged in sexual intercourse are still at risk for acquiring HPV, according to a study published recently in the *Journal of Infectious Diseases* by researchers at The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The study included 87 male virgins between the ages of 18 and 70 from Brazil, Mexico and the U.S.

The participants were followed every six months for up to 10 visits between 2005 and 2009. Male virgins who did not have sex during the research period acquired HPV despite never having engaged in penetrative sexual intercourse, although they acquired the virus at about half the rate as those who began having sex during the study period. Researchers believe that HPV was transmitted to male virgins enrolled in the study through non-penetrative sexual behavior such as hand-to-genital contact or genital-to-genital contact. Another notable finding of the study was that 28.7 percent of virgins who began having sex during the study period acquired HPV within one year and 45.5 percent acquired it within two years, reflecting the highly infectious nature of the virus.

*News MedicalNet, December 13, 2017*

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**We've set the date! Mark your calendar!**



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In the age of #MeToo, how do we talk to young men about sex and consent?



None of us want to imagine our sons capable of harming women, but we can't ignore that possibility, either. For young men, meanwhile, the surging public consciousness about exploitation and gendered power dynamics has provoked a mixture of confusion, resentment, defensiveness and shame. It's not surprising this situation is fraught. Boys are conditioned by a culture that condones violence against women - from the routine deployment of "bitch" and "slut" on social media to judges who tell rape victims they should keep their knees together - and are now being urged to resist this status quo. The trouble is, most young men have been given very few tools to do so. It's not enough to tell them to do better; we have to teach them how.

*The Globe and Mail, December 16, 2017*

**Our cultural conversation about sexual violence has excluded LGBTQ survivors**

*Not all victims are cisgender heterosexual women, and not all perpetrators are cisgender men.*

Men are usually the perpetrators of sexual violence and women are usually the victims, but there are also male survivors and female perpetrators. Bisexual women and trans women face higher rates of sexual violence and are targeted in ways that are specific to their sexuality and gender. Sexual abuse happens within the LGBTQ community, and although people might not talk about it out of fear of playing into stereotypes about LGBTQ people being sexual predators, queer and trans survivors who have been abused by people in the community shouldn't be silenced. Fitting with this general trend, rates of sexual violence for LGBTQ students are also higher than for heterosexual and cisgender students. Among female undergraduates, 73 percent of gay women and 77 percent of bisexual women experienced harassment, intimate partner violence, or stalking, compared to just 61 percent of straight women, according to last fall's survey from the Association of American Universities. There were similar disparities between gay and bisexual men and straight men.

*Think Progress, December 14, 2017*

**Having older brothers increases men's likelihood of being gay**

If you're a guy with an older brother, there's an increased chance you're



gay. Scientists have noticed this pattern in previous research, but now they think they have a biological explanation as to why, and it starts long before birth. The results were published in the journal PNAS on Monday. The researchers say that if their findings can be replicated, we may know at least one of the biological reasons some men are gay. Many factors may determine someone's sexual orientation, but in this case, researchers noticed a pattern that may be linked to something that happens in the womb. The phenomenon is related to a protein linked to the Y chromosome (which women do not have) that is important to male brain development.

*CNN, December 12, 2017*

### Rates of suicide, nonfatal self-harm differ by sex, age among teens

Results of a retrospective study in England showed that ratios of fatal to nonfatal self-harm rates differed between boys and girls, with higher incidence of suicide in boys and higher incidence of self-harm in girls, and between younger and older adolescents, according to recent findings. "Our study underscores the need for effective clinical services which are readily accessible for those adolescents who present to clinical services," Galit Geulayov, PhD, from the Centre for Suicide Research at University of Oxford, told Heilio Psychiatry. "The study also demonstrates the need for early interventions and prevention initiatives to address self-harm by adolescents in the community, particularly through evidence-based school programs and help via internet-based resources."

*Heilio, December 15, 2017*

### UK:New initiative to raise awareness of HPV in men

According to the Royal Society for Public Health, just one in eight adults associates HPV with diseases that affect men, and yet the virus causes around 2,000 cancer cases and 48,000 genital warts cases in males in the UK every year. The Society says it "warmly welcomes" the launch of HPV Action's online site Jabs for the Boys, which, it is hoped, will raise awareness of both the virus and the HPV vaccine. "We were exceptionally disappointed by the initial decision of the JCVI in July not to recommend the extension of HPV vaccination to all adolescent boys," said RSPH chief executive Shirley Cramer. "While we wait indefinitely for the final decision, the Jabs for the Boys initiative represents a welcome step towards increasing public awareness of HPV."

*Pharma Times, December 14, 2017*

### We must listen to male sexual abuse victims #too

The #MeToo hashtag has created a space of female solidarity for victims who have experienced various forms of sexual abuse. The dominant male response has involved a new hashtag -



#HowWillChange - where men are declaring their intention to stop sexualizing women and to stand in solidarity with them

against assault. When men have stepped into the spotlight to say #MeToo applies to them too, as victims of sexual violence, they have sometimes been welcomed and other times less so. Yet for real healing to occur, I think we need to ask ourselves: Are we ready, as a society, to listen to the male victim? Can we create both virtual and face-to-face culturally safe spaces to listen, without co-opting the female space - to listen, especially to male youth? This question resonates with me as a child abuse and dating violence expert. And it resonates with my team of researchers in boys' and men's health in McMaster University's Department of Pediatrics and the Offord Centre for Child Studies.

The Conversation, December 3, 2017

### **Opinion Why Has the Male Version of #MeToo Failed?**

*The failure of the gay #MeToo campaign shows the subject of sexual assault is still taboo, in the gay community as well*



But just as the feminist community has cases of oppression of weak women, or those who don't fit its agenda, the gay community also has exploitative power relationships. One of the most blatant recent examples was its members' limited involvement in the #MeToo campaign. This was reflected

in both the community's attitude toward this primarily women's campaign and its attitude toward the possibility of self-examination that the campaign offered. Only a few men either in Israel or abroad spoke openly about being sexually harassed or assaulted. When a man is sexually harmed by a woman or another man, he clings to the masculine ideal of bearing his pain and continuing to function. Heterosexuals and homosexuals alike see an admission that they have been sexually harassed as a threat to their manhood. Sometimes, a gay man in particular will want to prove that he is a "man's man" and will minimize the harm he has suffered: "It's impossible to call what happened to me an assault." "It wasn't clear-cut." "I'm stronger than this."

*Haaretz, December 7, 2017*

### **SYRIAN MEN, BOYS CAUGHT IN 'VICIOUS CYCLE' OF SEX ABUSE: UN**

Syrian men and boys, in their war-torn country and host communities, have suffered "a vicious cycle" of sexual abuse with more devastating consequences than previously reported, the United Nations said Thursday (December 7).

In its new report, "We Keep it in our Heart," the U.N.'s refugee agency said it had documented widespread sexual violence

against Syrian males, including those seeking refuge in the Kurdistan Region, Iraq (KRI). "There have been documented reports of how Syrian women and girls have suffered sexual violence and displacement. However, this particular issue is a lesser known element of this grim story -- the male survivors, the boy survivors," said UNHCR spokesman Andrej Mahecic. "The results are clear. There is a vicious cycle here," he told AFP. Based on input from 196 refugees and interviews with 73 humanitarian personnel, the report says sexual abuse has been a "disturbing" feature of Syria's nearly seven-year conflict. The discovered that men and boys have suffered sexual gender based violence in Syrian detention centers and checkpoints manned by armed factions, -- and in countries hosting them as refugees. The problem goes well beyond occasional happenings. One focus group of refugee women in Jordan estimated that 30 to 40 per cent of all adult men in their community had experienced sexual violence while in detention in Syria.

*nrtv.com, December 7, 2017*

### **Evolution Expert: 'Boys Will Be Boys' Doesn't Explain Sexual Harassment**

It is true that men are more likely to engage in sexual harassment than women - including in non-human primates and other distantly related animals, for which it is often the case that males are the harassers and perpetrators of violence against females. One of many contributing factors is that natural selection commonly leads to traits that embolden primate males, such as larger body sizes compared to females. This is often associated with males exerting power over females, including harassment. But while humans share many traits with these species, we are not just another primate. We are unique in many ways, including having evolved the heightened ability to adjust to our natural and social environment through our physiology, behavior and culture. As Charles Darwin himself stated in his book, *The Descent of Man and Selection in Relation to Sex*, "With civilised people the arbitrament of battle for the possession of the women has long ceased." In other words, civilized people do not disempower women. As a species, we have not shed the influence of evolution by natural selection - both bad and good. But evolution has not only led to challenges in our ability to behave morally. It has also endowed us with the abilities to think critically, to reflect and to manage our actions.

*Time, December 7, 2017*

### **The Power of Touch, Especially for Men**

Indeed, many men self-police their hands around each other. In younger men this manifests in the ubiquitous "No homo!" response if they accidentally touch another guy, and in older men it translates into the same awkward discomfort (read: fear) that I, and many men, experience when faced with reaching out to another male, even an intimate. Yet these reactions are a relatively modern phenomena. Men shared the same bed with strangers in early American taverns, and scholarship is unearthing letters - including ones from Abraham Lincoln - revealing how men sometimes nurtured same-sex friendships that were more emotionally and physically intimate in nonsexual ways than the relationships they shared with women. Some 19th-century tintypes, such as those collected in the book "Bosom Buddies: A Photo History of Male Affection" illustrate this. The psychologist Ofer Zur notes that for most 20th and 21st-century American men, physical contact is "restricted to violence or sex". As the sociologist Michael Kimmel, who studies masculinity, said in an email, touch between straight men can occur only when physical contact "magically loses its association with homosexuality" - as happens in sports. *New York New York Times*, December 5, 2017



### **Some College Men Fail to Tell Sexual Interest from Consent**



Researchers interviewed 145 college-aged men attending a large university in the Southeast. They presented participants with a series of

hypothetical sexual situations between a man and woman (only heterosexual relationships were studied). Then they asked the men questions about sex, sexual interest, and consent. Men often failed to distinguish between sexual interest and sexual consent. Situational factors affected their perception more strongly than their own personal characteristics. Despite earnest attempts to determine consent, some men relied on [questionable sexual scripts](#).

*GoodTherapy.org*, December 6, 2017

### **Children as young as nine are stumbling on pornography on the internet, which often reinforces highly-sexed males**

### taking the lead and females in passive roles

*In the absence of sex education curious young children are seeking out "birds and bees" lessons on the internet but instead are schooled on hardcore sex acts.*

The Australian Institute of Family Studies is calling for better sex education to help deter children from stumbling upon pornography, which often



reinforces highly-sexed males taking the lead and females in passive roles. In new research out today from the AIFS, just under half of all Australian children aged nine to 16 have viewed pornography in the last year that could negatively impact their attitudes to sex, sexuality and relationships. "The research shows that attitudes and responses to exposure varied by gender, with females having more negative views and responses, such as shock or distress, compared to males who are more likely to find pornography amusing or exciting," she said.

*news.com.au, December 7, 2017*

### Kids aren't protecting themselves against STDs during oral sex

As reported in the Journal of Adolescent Health, Holway and her coauthor Stephanie Hernandez examined reports of heterosexual oral sex and condom use in a nationally representative sample of more than 7,000 U.S. youth between ages 15 and 24. More than half reported engaging in fellatio within the past year, but only 8 percent of females and 9 percent of males said they used a condom.

*Business Insider, December 6, 2017*

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We've set the date! Mark your calendar!



The 2018 National Summit on  
Adolescent and Young Adult Male Health  
Washington Court Hotel, Washington, DC  
June 7th and 8th, 2018  
[www.2018nationalsummit.org](http://www.2018nationalsummit.org)

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### **Men with HPV are 20 times more likely to be reinfected after one year**

*Study highlights the importance of vaccination for preventing the spread of HPV*

A new analysis of genital human papillomavirus (HPV) in men shows that infection with one HPV type strongly increases the risk of reinfection with the same type. In fact, men who are infected with the type responsible for most HPV-related cancers are 20 times more likely to be reinfected within one year. This increased risk suggests that infection confers no natural immunity against HPV, as is often the case with other viruses. The study, published December 5 in the Proceedings of the National Academy of Sciences, highlights the importance of vaccination for preventing the spread of HPV in young men before they become sexually active. Vaccination could potentially prevent reinfection in older men who have already contracted the virus.

*AAAS, December 5, 2017*

### **HIV Is Gaining Resistance to Lifesaving Drugs**

*A new study warns of a potential return to the "bad old days" when there were no effective drugs to fight HIV, the virus that causes AIDS.*

Timed for release on Dec. 1, World AIDS Day, the new study looked at data on more than 56,000 adults living with HIV in sub-Saharan Africa, Asia and Latin America. In total, patients in 63 low- and middle-income countries were screened, and all began or restarted treatment with antiretroviral drugs between 1996 and 2016. The study found that the virus is gaining resistance to the lifesaving medicines. Resistance to the drugs increased between 2001 and 2016 and is approaching and exceeding 10 percent of people tested. Patients with drug resistance were more likely to have previously taken antiretroviral drugs. How does HIV mutate around powerful antiretroviral meds? Gaps in treatment ease the way, Gupta said. "Many people develop drug resistance after being treated by antiretroviral drugs if they stop taking their medication -- often due to personal reasons, difficulty accessing treatment providers, or drug supply issues that are common in low-income regions," he explained. "When these individuals restart treatment at a later date, they are less likely to respond to therapy and may pass on the drug-resistant strains to other people," he said.

*Medline Plus, December 1, 2017*

### **Food Insecurity Impacts Hepatitis/HIV Co-Infection Treatment Outcomes**



A new study, which was done by HIV Medicine, examined the association between food insecurity and treatment outcomes for 725 people living with HIV/HCV co-infection in Canada. The study gave many

results and one important result which is strange. The treatment outcome may be impacted by Food insecurity for people with the disease co-infection. Researchers found severe food insecurity was associated with increased risk of having a detectable HIV viral load and a lower CD4 count. Around 8% of Canadian households are thought to experience some level of limited access to food. This proportion is estimated to be even higher among people living with HIV, with several studies consistently finding that more than half of the people living with HIV in Canada experience some level of food insecurity.

*PressKS, December 8, 2017*

**New on-campus group aids men struggling with mental, physical health**

Big Brotha's Program, a new student organization on campus, gives male students struggling with their mental, physical and emotional health an outlet to better themselves. "I want this organization to be an outlet for men who maybe have not experienced or don't necessarily want to join a Greek organization," said Carl "CJ" Owensby, a freshman political science major and the founder of the program. "College can be really stressful, and a lot of people like to hold that in," he said. "Mental health is something that is overlooked so that's something I'd really like to hit on."

*The Kent Stater, December 3, 2017*

**Profs: Poor white males are the main obstacle to gun control**

*A recent study by two Baylor University professors claims that poor white males with emotional connections to gun ownership are the main impediment to stricter gun control laws.*

According to Dr. Paul Froese, one of the authors of the study, the most important findings were that white men feel that losing their gun rights is an attack on their masculinity because, as the study claims, "guns provide moral purpose to white males who have lost, or fear losing, their economic footing." "Guns provide moral purpose to white males who have lost, or fear losing, their economic footing." "There is something specific about white men and those emotionally attached to their guns," Froese told the Baylor Lariat. "They are the ones most likely to say it's okay to use violence against the government. This can be seen as a patriotic, but they also believe that the government is a force of potential evil."

*Campus Reform, December 4, 2017*



### [What do the new 'gay genes' tell us about sexual orientation?](#)

Two gene variants have been found to be more common in gay men, adding to mounting evidence that sexual orientation is at least partly biologically determined. How does this change what we already knew? We have known for decades that sexual orientation is partly heritable in men, thanks to studies of families in which some people are straight and some people are gay. In 1993, genetic variations in a region on the X chromosome in men were linked to whether they were heterosexual or homosexual, and in 1995, a region on chromosome 8 was identified. Both findings were confirmed in a study of gay and straight brothers in 2014. However, these studies didn't home in on any specific genes on this chromosome. For the first time, individual genes have been identified that may influence how sexual orientation develops in boys and men, both in the womb and during life. Alan Sanders at North Shore University, Illinois, and his team pinpointed these genes by comparing DNA from 1077 gay and 1231 straight men. They scanned the men's entire genomes, looking for single-letter differences in their DNA sequences. This enabled them to home in on two genes whose variants seem to be linked to sexual orientation.

*New Scientist, December 7, 2017*

### [Lesbian and Straight Twins May Provide Secret to Understanding Human Sexuality](#)



Scientists are studying identical twin sisters - one of whom is heterosexual, the other is homosexual - to try and gain a better understanding of human sexuality. 29-year-

old Sarah Nunn and Rosie Ablewhite are genetically identical and had the exact same upbringing. Rosie and Sarah are just two participants in a study of 56 pairs of twins with "discordant sexual orientations," all of whom grew up in the same home, published in the journal Developmental Psychology. Previous studies have found a genetic component to sexuality but the study's findings reveal this isn't wholly true. "What we can do is rule out a few things now," study author Gerulf Rieger said. "A lot of people jump to the conclusion it must be genetics. "This shows there is something early on, in the early environment, that has nothing to do with genes but can still have a tremendous effect on sexual orientation."

*The Independent, December 4, 2017*

### **Can Scrotal Vein Condition Hike Heart Risks?**

A common condition in men -- enlarged veins in the scrotum -- may raise the risk for heart disease and diabetes, a new study suggests. The problem is known medically as varicoceles. It affects about 15 percent of men and can cause pain and infertility. Stanford University School of Medicine researchers wanted to find out if varicoceles increases the risk for other health problems. "Varicoceles are associated with low testosterone, and low testosterone in turn is associated with metabolic risks and heart disease," study lead author Dr. Nancy Wang said in a university news release. Wang, a urology resident, and her colleagues analyzed the medical insurance records of 4,400 men with varicoceles and thousands of men without the condition. Overall, the researchers found that men with varicoceles seemed to have a higher risk of heart disease. They also appeared more likely to have metabolic disease such as diabetes and high levels of fat in the blood (hyperlipidemia).

*Medline Plus, December 1, 2017*

### **Women are naturally fitter than men: study**

While previous research has mostly indicated that men supersede women on the fitness front, researchers at the University of Waterloo in Canada have found that women are able to draw oxygen from the blood at a faster rate, meaning that they can actually outperform men.

*SAMAA TV, December 8, 2017*



### [HIV Diagnoses Occurring More Quickly, CDC Says](#)

U.S. health care providers are getting better at detecting new cases of HIV infection, although it still can take years for people to know they've acquired the dreaded virus, federal officials reported Tuesday. The average time between HIV infection and diagnosis was three years in 2015, seven months earlier than it had been in 2011, according to researchers from the U.S. Centers for Disease Control and Prevention. A seven-month improvement in four years is a considerable decrease and shows that the United States is on the right track, the CDC said.

*Medline Plus, November 28, 2017*

### [Early baldness higher heart disease risk factor than obesity, says study](#)

Male pattern baldness and premature greying are more of a risk factor for heart disease than obesity in men under 40, new research suggests. A study of more than 2,000 young men in India showed more who had coronary artery disease were prematurely bald or grey than men with a full head of hair. The European Society of Cardiology's study will be read at the Cardiological Society of India's annual conference. But the British Heart Foundation said other risk



factors were important. Dr Mike Knapton, associate medical director at the BHF, told the BBC: "This study suggests that identifying men with premature hair loss and greying may help identify those with an increased risk of developing heart disease. "However, this isn't something that people can change, whereas you can modify your lifestyle and risk factors such as high cholesterol and blood pressure. These are far more important things to consider."

BBC, November 30, 2017

### [For World AIDS Day, an urgent call for more attention to men and boys](#)



The Joint United Nations Programme on HIV/AIDS (UNAIDS) has bluntly titled its new report Blind Spot and notes in its first sentence that focusing on boys and men may seem "counterintuitive" given the

gender inequalities that often put girls and women at a disadvantage when it comes to infection and treatment. But data speak. Overall, more than 20 million of the 37 million HIV-infected people in the world now receive antiretroviral (ARV) drugs, which both save lives and prevent transmission. But in people 15 years of age or older, ARV coverage of males is only 47% compared with 60% for women.

Science Magazine, November 30, 2017

### [Some men tend to confuse sexual interest with consent, research suggests](#)

A study shows some men can assume a past sexual history with a woman implies automatic consent for future encounters.

Young men can find it difficult to tell the difference between sexual interest and consent from women, according to a new study. Researchers also found that some men can assume a past sexual history with a woman implies

automatic consent for future encounters, even when she directly refuses him. The team from Binghamton University and Rush University in Chicago created hypothetical sexual scenarios for their 145 young study participants, all of whom were students and identified as heterosexual males. They found "most men" confused sexual interest with consent, and that "situational factors" were more likely to affect perceptions of consent than the characteristics of the men themselves.



Bt.com, November 28, 2017

## We Asked 7 Guys to Explain Menopause-Here's What Happened



If you've ever witnessed a boyfriend or dad try to buy tampons at the pharmacy, you have a pretty good idea how out of their element dudes can be when it comes to the menstrual cycle. While making

this video, we learned that that actually extends beyond periods to menopause as well. To find out just how much average guys knew, we asked, What is menopause? "I think it has something to do with the hormones?" one participant stated (correctly, though not all that confidently).

Health.com, November 30, 2017

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## We've set the date! Mark your calendar!



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Washington Court Hotel, Washington, DC  
June 7th and 8th, 2018  
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## 'Our all-day singing lesson for male pupils transforms them'

We're providing a safe space for our boys to connect through song. Too often we hear about young males being disenfranchised or showing challenging behaviours.

Through music-making, we're part of a different narrative - one that showcases and celebrates their shared strength, passion and inherent creativity. When you see boys take part in singing and music, sometimes you see amazing transformations. We often get



students who are at risk of being excluded, and they are so engaged - singing everything from Bartok to Marvin Gaye. You just wonder: how are these the same children?

*Tes.com, December 3, 2017*

### **Experiencing Violence in Childhood Linked to High School Dropout**



Children who have been victims of violence are more likely to drop out of high school before graduation than their peers, according to a new study co-authored by a Duke scholar. Girls who had experienced childhood violence were 24 percent

more likely to drop out, while boys who had experienced violence were 26 percent more likely to drop out than their peers. One in five people in the United States drop out of high school before graduation, which decreases their lifetime earning potential by 20 percent. Yet there has been little previous research into the link between being a victim of violence before the age of 16 and dropping out of high school. The study, "Child Abuse, Sexual Assault, Community Violence and High School Graduation," was published in the November issue of the journal *Review of Behavioral Economics*.

*Duke Sanford School of Public Policy, December 1, 2017*

### **Sex, race, age disparities in survival for HPV-linked cancer**

The researchers found that the five-year age-standardized relative survival rates for cervical carcinomas, vaginal squamous cells carcinomas (SCCs), vulvar SCCs, penile SCCs, anal SCCs, rectal SCCs, and oropharyngeal SCCs were 64.2, 52.8, 66.0, 47.4, 65.9, 56.2, and 51.2 percent, respectively. Compared with black patients, white patients had consistently higher five-year relative survival for all HPV-associated cancers across all age groups, with the greatest differences by race seen for oropharyngeal SCCs among those aged <60 years and among those aged 40 to 49 years with penile SCCs. "There are large disparities in relative survival among patients with HPV-associated cancers by sex, race, and age," the authors write. "HPV vaccination and improved access to screening (of cancers for which screening tests are available) and treatment, especially among groups that experience higher incidence and lower survival, may reduce disparities in survival from HPV-associated cancers."

*Medical Xpress, November 28, 2017*

### **HPV vaccine is effective, safe 10 years after it's given**

*A decade of data on hundreds of boys and girls who received the HPV vaccine indicates the vaccine is safe and effective long term in protecting against the most virulent strains of the virus, researchers report.*

"We also needed to look at long-term efficacy, safety and immunogenicity," he says. "We needed to answer questions like if we vaccinate earlier in life, will it last. The answer is yes, this cancer prevention vaccine is working incredibly well 10 years later. A booster vaccine likely will not be needed by these young people. I think now we have come full circle." The study was the longest follow up to date on the vaccine. Follow-up data on safety and efficacy has been assessed at up to six years in women age 15-26 and the current team of investigators also looked at data on the large cohort of young people two years ago.

AAAS, November 29, 2017

### **Sexual Orientation Differences in Adolescent Health Care Access and Health-Promoting Physician Advice**

#### **ABSTRACT**

##### **Purpose**

Physician screening and advice on health-related behaviors are an integral part of adolescent health care. Sexual minority adolescents encounter more barriers to health services; yet, no prior research has examined whether they also experience disparity in physician screening and advice. We examined possible sexual orientation disparities in health care access, physician screening, and advice on six health-related behaviors.

##### **Methods**

Data were from a national sample of U.S. adolescents who participated in wave 2 of the NEXT Generation Health Study ( $n = 2023$ ). Poisson regressions were conducted separately for males and females to estimate sexual orientation differences in health care access and health-related screening and advice.

##### **Results**

Compared with heterosexual males, sexual minority males were more likely to report unmet medical needs in the past year (adjusted relative risk [ARR] = 2.23) but did not differ with respect to receiving physician advice concerning health-related behaviors. Compared with heterosexual females, sexual minority females were more likely to report no routine physical checkup in the past year (ARR = 1.67) but were more likely to receive physician advice to reduce or stop drinking, smoking, drug use, increase physical activity, and improve diet (ARRs = 1.56-1.99), even after controlling for corresponding health-related behaviors.

Sexual minority females were also more likely to receive advice about risk associated with sexual behavior (ARR = 1.35) and advice to avoid sexually transmitted diseases (ARR = 1.49).

#### Conclusions

Both sexual minority males and females experienced disparities in some aspects of health care access. Improved health-promoting advice would better serve sexual minority males.

*Journal of Adolescent Health, November 2017*

#### [College Students Misusing Painkillers Linked to Dating Violence](#)

College Students who abuse prescription drugs, like opioid painkillers, are prone to initiating or being victims of dating violence, a new study finds. In a nationwide survey of more than 10,000 College Students who had dated in the past year, the researchers found that non-medical use of prescription drugs by boys was associated with sexual dating violence.

*University Magazine, November 21, 2017*

Published paper:

[Adolescent Dating Violence and Nonmedical Prescription Drug Use](#)

*Pediatrics, November 16, 2017*

#### [Face of Erie County's opioid death toll: young, white, male and suburban](#)



To find the face of overdose drug deaths in Erie County, head to the suburbs and look for white millennials.

White men between the ages of 20 and 40 comprise the single largest death demographic - by far - of the more than 1,000 residents who have died of opioid-related drug overdoses in the past five years. Moreover, unlike last year, when the greatest percentage of victims lived in Buffalo, this year's death statistics show a greater percentage of victims lived in the suburbs.

*Buffalo News, November 23, 2017*

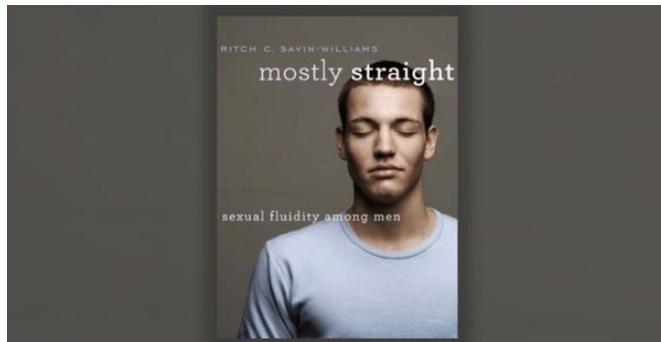
#### [OPINION: The Unexamined Brutality of the Male Libido](#)

After weeks of continuously unfolding abuse scandals, men have become, quite literally, unbelievable. Through sheer bulk, the string of revelations about men from Bill Cosby to Roger Ailes to Harvey Weinstein to Louis C.K. to Al Franken and, this week, to Charlie Rose and John Lasseter, have forced men to confront what they hate to think about most: the nature of men in general. This time the accusations aren't against some freak geography teacher, some frat running amok in a Southern college town. They're against men of all different varieties, in different industries, with different sensibilities, bound together, solely, by the grotesquerie of their sexuality. A healthy sexual existence requires a continuing education, and men have the opposite. There is sex education for boys, but once you leave school the traditional demands on masculinity return: show no vulnerability, solve your own problems. Men deal with their nature alone, and apart. Ignorance and misprision are the norms. Which is how we wind up where we are today: having a public conversation about male sexual misbehavior, while barely touching on the nature of men and sex.

*New York Times, November 25, 2017*

**Cornell Prof Says More Men Identify as "Mostly Straight" Than Bisexual or Gay Combined in New Book**

When many consider sexuality, they see it as a set of fixed categories - that we are all straight, gay or bisexual,



with nothing inbetween. However, Prof. Ritch Savin-Williams' research has found that this is not so accurate. Savin-Williams, professor emeritus in development psychology, has found young men increasingly admitting that these categories are too strict. Many young men identify as mostly straight, meaning that while they are straight, they acknowledge that they have some sexual desire or attraction to other men. Savin-Williams added he "wouldn't be surprised if hundreds of guys on the Cornell campus were 'mostly straight,'" and he believes that acknowledging this fluidity of sexuality would "only add to their lives."

*Cornell Sun, November 20, 2017*

**His Eye Makeup Is Way Better Than Yours**

Men  
like Mr.  
Starr  
have  
since



influenced a new generation of young men who are wearing makeup and posting about it. According to the Instagram data team, there has been a 20 percent increase since the start of the year in mentions of "makeup" by male accounts on the platform. In only a couple of years, these young men have gained sway in the industry. Cosmetics brands like Milk Makeup have built their offerings on genderless beauty; the skin-care company Glow Recipe hosts sold-out boy beauty mask classes; and in the fragrance aisle, unisex scent houses continue to grow.

*New York Times, November 22, 2017*

#### **Men living in cities "at greater risk of having lower sperm quality"**

Millions of men who live in British cities could be putting their chances of having children at risk according to new research which suggests living in areas with high levels of air pollution could lead to poorer sperm quality. Exposure to ambient air pollution "may serve as a risk factor of male reproductive health", researchers concluded. Their study examined sperm samples collected from nearly 6,500 Taiwanese men of "reproductive age" - 15 to 49 years. The international team of experts, led by researchers from The Chinese University of Hong Kong, examined sperm quality including total numbers, shape, size and movement. They also assessed levels of air pollution at the participants homes by measuring fine particulate matter that have a diameter of less than 2.5 micrometers (PM2.5). "Although the effect estimates are small and the significance might be negligible in a clinical setting, this is an important public health challenge." Study authors The study, published in the BMJ journal Occupational and Environmental Medicine, found a strong association between PM2.5 exposure and abnormal sperm shape. Increases in fine particulate matter across the two year average were associated with a significant drop in normal sperm shape and size - also known as sperm morphology.

*inews, November 21, 2017*

#### **AUSTRALIA: Male teens commit twice as many sex offences compared to other age groups, stats reveal**

Male Queensland teenagers sexually offended two to three times more than any other age group in the past financial year, according to annual police statistics. The Queensland Police Service annual statistical review, released in October, found the majority of sexual offenders were men - 2287 males compared to 119 female offenders.

*Brisbane Times, November 23, 2017*

### **Leaders Address Shortage of Black Men in Medical Profession**

Concerned with the disparities in the medical field, experts and university



administrators gathered in the nation's capital this week to strategize on solutions. The two-day National Academies of Sciences, Engineering and Medicine workshop titled, "The Growing Absence of Black Men in Medicine and Science: An American Crisis," convened on Monday and Tuesday to address low Black male enrollment in American medical schools.

"Hopefully we can come up with things that are brave and bold," said Dr. Cato T. Laurencin, a distinguished professor at the University of Connecticut and chair of the planning committee for the workshop. Attendees included faculty and university administrators as well as personnel from nonprofits and accrediting agencies. "There's a commonality in the belief that we have to attack this issue from a number of different standpoints," Laurencin said. A report published in June and co-authored by Laurencin shows declining numbers of Black males in medical schools since the 1970s.

*Diverse Education, November 20, 2017*

### **"Boys" for rent in Tokyo: Sex, lies and vulnerable young lives**



For over 35 years, men have visited the bar, one of around 400 gay establishments in Shinjuku Ni-chome - Japan's indubitable gay hub - to purchase the services of hundreds of young men like Hiroshi. While some want nothing more than a bit of company over dinner, others want a whole lot more,

performing acts that in some cases could be argued verge on abuse, even rape. "There are guidelines as to what I'm required to do," says Hiroshi, who entered the business partly for the money, partly in an attempt to work out his sexual orientation. "But I'm willing to keep an open mind. I have no problem with gay people and don't understand those who do. My sister is lesbian, and so is my aunt. ... I can tolerate pretty much anyone - except rorikon (adults sexually attracted to children). They disgust me."

*Japan Times, November 23, 2017*

#### [Gay-Straight Alliances in Rural High Schools Important But Still Controversial](#)

LGBT+ adolescents are at risk for issues such as truancy, abandonment and homelessness, partially because they often risk losing the support of friends and family when they decide to come out. Without emotional, financial and social support, these adolescents become more susceptible to many of the aforementioned risks. LGBT+ youth who are disowned, bullied and overlooked have needs including shelter, food, clothing, counseling and health-based education. In rural areas, resources tend to be limited, putting LGBT+ youth at greater risk for problems. A national survey compared the presence of LGBT+-related resources in rural, urban and suburban schools and found that urban and suburban schools noticeably surpassed rural schools with more supportive staff and administration, inclusive curriculum and reading materials, anti-bullying policies, GSAs and supportive community groups.

*Youth Today, November 20, 2017*

#### [High school athletes have high rates of hand, wrist injuries: Study](#)

"Stick and ball or puck sports and full contact sports have high

rates of hand/wrist injuries relative to other sports, which is indicative of a need for sport-specific prevention efforts," Dr. Bernadette Johnson of Children's Hospital Colorado in Aurora and her colleagues write online November 21 in Pediatrics. While playing sports has clear health benefits for children and teens, young athletes do run the risk of injury, the study team notes. Hand and wrist injuries represent 17% of pediatric and adolescent sports injuries, they add, and can affect students' ability to complete their school work in addition to keeping them off the field. The researchers looked at 11 academic years' worth of data from a large sample of high schools in the National High School Sports-Related Injury Surveillance Study, starting in 2005-2006 through 2015-2016.

*Deccan Chronicle, November 23, 2017*

**Janssen Announces U.S. FDA Approval of First and Only Complete, Single-Pill, Two-Drug Regimen, JULUCA® (Dolutegravir and Rilpivirine), for the Treatment of HIV-1 Infection**

*Provides New Treatment Option for Stable, Virologically Suppressed Adults Living with HIV-1*

Janssen Therapeutics, Division of Janssen Products, LP (Janssen), today announced that the U.S. Food and Drug Administration (FDA) has approved JULUCA®, the first, complete, single-pill, two-drug regimen for the treatment of human immunodeficiency virus type 1 (HIV-1) infection in certain adults living with the disease who are virologically suppressed.

*Cision PR Newswire, November 21, 2017*

**RISK OF SEXUAL TRANSMISSION OF HIV FROM A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD**

*Messaging Primer & Consensus Statement*

There is now evidence-based confirmation that the risk of HIV transmission from a person living with HIV (PLHIV), who is on Antiretroviral Therapy (ART) and has achieved an undetectable viral load in their blood for at least 6 months is negligible to non-existent. (Negligible is defined as: so small or unimportant as to be not worth considering; insignificant.) While HIV is not always transmitted even with a detectable viral load, when the partner with HIV has an undetectable viral load this both protects their own health and prevents new HIV infections.

*Prevention Access, November 19, 2017*

**Male virgins infected with HPV despite no intercourse**

Male virgins who did not have penetrative sex were nonetheless infected with HPV, although at a slower rate than did nonvirgins, according to a recent study. In addition, nearly half of men who

were previously virgins and had penetrative sex during the study were infected with HPV within 2 years, researchers wrote in the Journal of Infectious Diseases. "These findings highlight the rapid acquisition of HPV after sexual debut among men and thus emphasize the importance of HPV vaccination before sexual debut," researcher Zhiyue Liu, of the epidemiology department at the University of Texas Health Science Center in Houston, and colleagues wrote. "However, as men remain at risk for HPV infection throughout their lives, HPV vaccination at older ages provides benefit."

*Helio, November 20, 2017*

### [EHR Clinical Decision Support Alerts Increase HPV Vaccination Among Young Males](#)

Specifically, researchers analyzed visits by adolescents recommended to receive HPV vaccines to all office-based physicians including primary care physicians, pediatricians, internists, obstetricians and gynecologists, and other specialists.

Researchers studied visit samples for 3,388 patients aged 11 to 12 years; 14,354 patients 11 to 18 years; and 25,573 female and male patients aged 11 to 26 years and 11 to 21 years, respectively. Ultimately, study findings indicated physicians using clinical decision support with alert functions were more likely to order HPV vaccines. "Clinical reminder functions were particularly effective at increasing HPV vaccine use among adolescent males," noted researchers.

*EHR Intelligence, November 21, 2017*



**Don't forget, it's**

**#GIVINGTUESDAY**

**Tomorrow, November 28. Make your contribution to the Roundup now!**

**[CLICK HERE!](#)**

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### **Making juvenile justice a matter of public health**

*Executive signs order to examine approaches to keeping youth out of jail*

Thanks to a new executive order signed Thursday, King County will begin looking at juvenile justice through a public health lens. King County Executive Dow Constantine has signed an executive order to restructure the county's juvenile detention system. The county will become the first jurisdiction in the nation to treat youth detention as a public health issue for a brief study period. "In many ways, youth crime is a sign of ill health," said Seattle Mayor Tim Burgess at a Nov. 16 press conference. "So it makes perfect sense that public health officials would take the lead on this project." County law enforcement -and currently, several Seattle agencies as well, by spoken agreement - will deal with youth offenders differently, focusing on restorative justice, empathetic response and reduced recidivism until at least Feb. 15. The goal is keeping youth out of juvenile detention.

*Capitol Hill Times, November 17, 2017*

### **Can Girls Help Boost Boys' Reading Scores?**

Boys tend to pay more attention in school when there are girls around, and new research suggests it's not just about how the girls look. The study found that young men got better reading marks in school when they were outnumbered by young women in the classroom. Researchers reviewed the reading test scores of more than 200,000 15-year-olds. The teens came from more than 8,000 secondary schools with both boys and girls. The study found that boys did much better in schools where more than 60 percent of the students were girls. The study was published recently in the journal School Effectiveness and School Improvement. The findings suggest that the higher the number of girls in a school, the more productive the learning environment. Previous research has shown that a school's learning environment has a strong effect on boys.

*US News, November 17, 2017*

### **Migrant Boys Replacing Girls as Prostitutes in Gender-Equal Sweden**



Swedish and international research indicates that young boys are overrepresented in the sale of sexual services in Scandinavia's most populous

country, Suzann Larsdotter, sexologist at the Swedish Federation of Sexual Enlightenment (RFSU) told Swedish national broadcaster. According to Larsdotter, there are many misconceptions about men selling sex. For instance, the public tends regards male prostitutes as indiscriminately gay and fails to see their vulnerability. "Homosexuals are often seen as promiscuous and sometimes I hear comments like 'it's not too bad if they get a little reward for sex, which they love so much,'" Larsdotter argued. Anna Lagerdahl, a police officer who has extensive experience fighting human trafficking and prostitution, said she has almost exclusively dealt with girls selling sex in the street, yet argued that the police aren't as effective at getting in touch with boys and men. One of the reasons is the surrounding secrecy, as most sex-related transactions involving males are made via closed online forums, as opposed to "traditional" prostitution.

*Sputnik News, November 14, 2017*

#### Dating Teenage Girls Isn't Politically Toxic in the Bible Belt

Saturday  
Night



Live naturally made jokes about Alabama being backward this weekend, but it's fair to say the South generally has different attitudes about this stuff-and is bringing up the rear in some national trends. Teenage birth rates are declining everywhere, but remain highest in the South and Southwest. Child marriage is uncommon, but most often crops up in the same areas. Evangelical Christians, meanwhile, are the most likely to say children are better off with a parent (most likely the mother) staying at home. It's indicative not just of a culture that invites predation, but also one that undervalues the contributions of women. We are expected to be the guardians of spiritual purity, mothers, helpmates to our husbands, and not much else. If this is

the case, why not start early? And if you're not going to have a career, you're better off with a man who can already provide well for you-and he's likely to be older. Some people might think it's weird for grown men to date high school girls, as one of Moore's former colleagues has said of his past behavior, but people won't necessarily object, especially if a girl's parents don't.

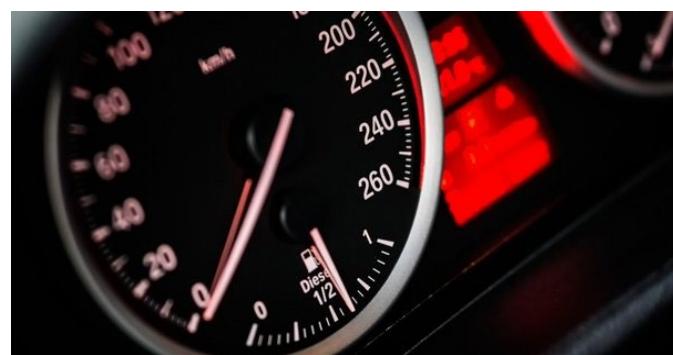
*Vice, November 13, 2017*

**Let boys wear tutus, girls wear superhero cloaks, says Church of England**

From tiaras to tutus, firemen's helmet and superhero cloaks, boys and girls should wear what they want without conforming to gender stereotypes, the Church of England said on Monday, in a bid to combat homophobic bullying in schools. The Church said schools should be a safe haven for play and exploration, and children's behavior should not be labeled "problematic just because it does not conform to gender stereotypes". "Children should be at liberty to explore the possibilities of who they might be without judgment or derision," the Church said in a report sent its 4,700 faith schools outlining ways to tackle lesbian, gay, bisexual and transgender (LGBT) bullying. "For example, a child may choose the tutu, princess's tiara and heels and/or the fireman's helmet, tool belt and superhero cloak without expectation or comment," it added. Although Britain is one of a handful of countries where LGBT people have equal constitutional rights, activists say abuse and discrimination remain rife.

*Reuters, November 13, 2017*

**Risk of distracted driving predicted by age, gender, personality and driving frequency**



New research identifies age, gender, personality and how often people drive as potential risk factors

for becoming distracted while driving. Young men, extroverted or neurotic people, and people who drive more often were more likely to report being distracted, while older women and those who felt that they could control their distracted behavior were less likely to report distraction. Published today in *Frontiers in Psychology*, this is the first study of how personal traits affect driver distraction. The study also proposes future directions for

interventions to reduce distracted driving.  
*Medical Xpress, November 17, 2017*

**Researchers to develop NIH-funded HIV prevention app for transgender women**

The app, which will be called Transwomen Connected, will also be designed as a resource for transgender women to speak with a network of supportive peers.



The project is funded by a recently awarded NIH grant. The project is one that Charles Klein, assistant professor in anthropology at Portland State University, and Tamara Kuhn, VP and research scientists at dfusion, said they have been looking to pursue a project like Transwomen Connected for nearly a decade. While before it was impossible for the pair to receive grant funding, the National Institute on Minority Health and Health Disparities' recent designation of sexual minorities as a minority health population now allows the pair and their organizations to move forward with a project that they said is long overdue.

*Mobile Health News, November 2, 2017*

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**We've set the date! Mark your calendar!**



**The 2018 National Summit on Adolescent and Young Adult Male Health**  
**Washington Court Hotel, Washington, DC**  
**June 7th and 8th, 2018**  
**[www.2018nationalsummit.org](http://www.2018nationalsummit.org)**

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**On November 10 a group of national leaders and male youth met in Washington, DC, to assist PMY in summit planning.**  
Read the report on that meeting [here](#).

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**Male body image pressure: Steroid health crisis looms,**

### expert warns



Health professionals have been warned to prepare for a potential anabolic steroid health crisis as more young men

use them to enhance their body image. Alarming scientific evidence is beginning to link long-term anabolic steroid use to major health harms including heart attack, says visiting United States expert Professor Harrison Pope at Harvard Medical School. "For more than 10 years now we have been worrying that we will soon start seeing the impact of long-term anabolic steroid use, and now it is beginning to happen," Professor Pope said. "Users need to be aware, clinicians need to be aware and services need to prepare. In the US, a potential public health crisis is looming."

*Sydney Morning Herald, November 14, 2017*

### IRELAND: #SOSManDown: New campaign launched to tackle male health crisis

The campaign, #SOSManDown, was launched by Fathers4Justice in Dublin, London and Edinburgh to coincide with International Men's Day on Sunday November 19. At prominent sites in all three cities, members of the public were greeted with the sight of the naked body of a man on a mat with the hashtag #SOSManDown and



were given real-life information about who that person represented and the circumstances which led to their death.

*Irish Examiner, November 17, 2017*

### BERMUDA: Wilson: men are dying too young

Men are five times more likely to be killed by homicide in Bermuda than the average from 44 developed countries, according to a new report. The statistic emerged this afternoon as

Minister of Health Kim Wilson launched the second edition of Health in Review. The report compares Bermuda's healthcare system indicators with those in Organisation for Economic Co-operation and Development countries. It also showed men are three times more likely to die in transport incidents in Bermuda than the average. However, road traffic related death in women in Bermuda was the lowest of all 44 countries reported. Life expectancy from birth in Bermuda was higher than average - the average across OECD countries reached 80.6 years but in Bermuda it is 81.1 years, higher than the United States and Britain, but lower than Canada and Portugal. Male life expectancy at birth is lower than females in Bermuda - for females the average is 84.9 years but for males it is 77.3 years. Ms Wilson said: "What has stuck out to me is that, as in many other countries, men's health needs to be improved. Men are dying more often from certain conditions than women, dying younger from external causes, and have a lower life expectancy rate. This is something of concern to all of us."

*Royal Gazette, November 16, 2017*

#### Taking The Long View: Millennial Disadvantage Relative To Other Generations

The resulting picture is not very pretty. Whereas nearly 80% of the young males of the prior generations were employed, the level for Millennial males was a notch below 70%. A similar cohort analysis shows that while early Boomers had a homeownership rate of about 37% in 1981 and Gen Xers had about the same homeownership rate in 2000, Millennials in 2016 had only a 24% homeownership rate. National Center for Education Statistics data show that the average level of student loan burden rose 63% from 2006 to 2016, with average debt levels now standing around \$35,000. However, the odds have gotten longer of having sufficient earnings to repay those loans. Generational analysis by Stanford's Raj Chetty calculates that for those born in the 1940s and 1950s, the odds were very high (between 75-90% chance) of out-earning your parents the same age; but for those born in 1980 and later, the odds had fallen to 50/50 chance.

*Forbes, November 14, 2017*

#### Association Between Adolescent Preventive Care and the Role of the Affordable Care Act

##### **Abstract**

Importance Despite decades of adolescent preventive well visit and services promotion (Guidelines for Adolescent Preventive Services and Bright Futures), rates are below recommended levels and little is known of the effect of the Patient Protection and Affordable Care Act (ACA) implementation on these care

rates.

**Objectives** To use Medical Expenditure Panel Survey data to determine (1) whether adolescent well visit rates increased from the pre-ACA period to post-ACA period, and (2) whether caregivers' reports of past-year preventive services delivery increased from the pre- to post-ACA period among adolescents with any past-year health care visit.

**Results** A total of 6279 (50.9%) and 6730 (50.8%) participating adolescents in the pre- and post-ACA period data were male, respectively. Under objective 1, we found that well-visit rates increased from 41% to 48% post-ACA implementation (odds ratio, 1.3; 95% CI, 1.2-1.5); minority and low-income groups had the greatest increases. Under objective 2, we found that among those with any past-year visit, most preventive services rates (8 of 9) increased post-ACA implementation (range, 2%-9%, absolute), with little or no change when controlling for demographic variables. Time alone with clinicians increased 1%, significant only when covariates were controlled (adjusted odds ratio, 1.2; 95% CI, 1.0-1.3).

**Conclusions and Relevance** Despite modest to moderate increases, with greatest gains for underserved youth, adolescent preventive care rates remain low, highlighting the need for increased efforts to bring adolescents into well care and improve clinician delivery of preventive care within their practices.

JAMA, November 6, 2017

### The Differential Effects of HIV and HCV on Bone Micro-Architecture and Fracture risk

#### **Abstract**

##### **Background**

HIV/HCV co-infected subjects have a significantly greater osteoporotic fracture risk than HIV-infected, despite the fact that HIV/HCV co-infection has not been associated with lower bone mineral density (BMD) than HIV or HCV alone. We evaluated if changes in bone microarchitecture , measured by trabecular bone score (TBS) could explain these differences.

##### **Design**

We performed a prospective, cross-sectional cohort study of virologically suppressed HIV, untreated HCV, HIV/HCV co-infected and non-infected controls.

##### **Results**

Despite both infections being associated with decreased BMD, only HCV, but not HIV was associated with lower TBS score.

Also, HIV/HCV co-infected subjects had lower TBS scores than HIV mono-infected, HCV mono-infected and uninfected subjects. Neither the use of TDF, , HCV viremia nor the severity of HCV liver disease were associated with lower TBS.

#### Conclusions

HCV infection is associated with micro-architectural changes at the lumbar spine as assessed by the low TBS score, suggesting that microstructural abnormalities underlie some of the higher fracture risk in HCV infection. TBS might improve fracture risk prediction in HCV infection.

*Oxford Academic, November 14, 2017*

#### Reduced Risk of Hepatic Steatosis in HIV/HCV Coinfection With Cannabis Use

Daily cannabis use was shown to be associated with a reduced risk for liver steatosis among individuals co-infected with HIV and hepatitis C, according to the results of a recent study published in the Journal of Viral Hepatitis. Daily cannabis use was more common among patients who were negative for steatosis compared with those who were positive (16.1% vs 10.7%; P =.08). After adjusting for body mass index, hazardous alcohol consumption, and current or lifetime use of lamivudine or zidovudine, daily cannabis use was correlated with a lower risk for steatosis (adjusted odds ratio [OR] 0.64; 95% CI, 0.42-0.99; P =.046). Other factors associated with liver steatosis included high body mass index (adjusted OR 1.93; P=.02), current or lifetime exposure for lamivudine or zidovudine (adjusted OR 1.51; P =.01), and hazardous alcohol consumption (adjusted OR 1.73; P =.03).

*Infectious Disease Advisor, November 15, 2017*

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#### Male adolescents use dietary supplements to increase sports performance and improve immunity; females to prevent illness and disease



Adolescents in developed countries frequently use dietary supplements despite a lack of knowledge about possible harmful effects or drug interactions. Often males turn to dietary supplements in an attempt to increase their performance for

sports while females are more concerned with preventing illness and disease. To understand the underlying reasons and sources of recommendation for dietary supplement use among adolescents, researchers studied both athletes and nonathletes. "According to the existing information, adolescents are the most susceptible and misinformed group of customers; thus this population is the target market for dietary supplements," said the lead author. "According to the existing information, adolescents are the most susceptible and misinformed group of customers; thus this population is the target market for dietary supplements," said another lead author.

*Science Daily, November 8, 2017*

### **Some Guys Can't Stay Away From Tanning Beds**

Indoor tanning appears to be more addictive for men than women, even though they use tanning beds less than females, a new study finds. The study was published online recently in the Journal of the



American Academy of Dermatology. The stereotypical tanning salon client is a young woman, so they are the focus of most research and health warnings about tanning. But the authors behind the new study concluded that anti-tanning efforts should also target men. The findings were "really surprising," said study author Sherry Pagoto, director of the University of Connecticut Center for mHealth and Social Media. "If they tan with the same frequency as women, why would tanning in men be more addictive?" The researchers surveyed more than 600 tanning bed users across the United States. One-third were male. Compared to women, men were more likely to say they felt anxious if they weren't able to tan, that they tanned to relieve stress and that they spent money on tanning even when they couldn't afford it.

Men were also more likely to agree with statements such as, "I'd like to quit, but I keep going back to it," according to the study. Almost 50 percent of the men displayed addictive behavior around tanning, a higher rate than that for women. The study revealed other gender differences between indoor tanners. Men also favored other risky behaviors more often than women. These included smoking, binge drinking, and consuming soda, the survey revealed.

*Medline Plus, November 8, 2017*

### [Boys do cry: Aussie school teaches teenagers it's OK to show emotions](#)



Boys who participate in the project work in small groups and produce radio segments to

investigate men's issues and come up with collaborative solutions to support their peers. "What I found out was that everyone is going through the same things and there are things I have done or said that wouldn't have seen me rejected after all," said 15-year-old Toby, who has been participating in the programme. According to non-profit mental health organisation Lifeline, the suicide rate was at a 10-year high in 2015 at 12.6 people per 100,000 people. Males are three times more likely to commit suicide than females. According to non-profit mental health organisation Lifeline, the suicide rate was at a 10-year high in 2015 at 12.6 people per 100,000 people. Males are three times more likely to commit suicide than females.

*Study International, November 9, 2017*

### [Male sexual abuse survivors conference to expose silence on problem](#)

The group's peer support model, for male survivors to help male survivors, has garnered international interest. "Even now in 2017, when we start working with a man he asks 'am I the only one', and we're able to say 'no'." It is believed at least one in six New Zealand boys are abused by the time they are 16. More than half the men coming for help have been abused by women. Research reveals it takes anywhere from 23 to 30 years for a man to disclose what's happened to him - and 74 per cent of men never tell anyone. However, there are very limited resources male sexual abuse victims can turn to for help.

*New Zealand Herald, November 5, 2017*



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Three important studies and one clinical recommendation relating to HPV were released last week:

**HPV educational program benefits college-aged males**

Implementation of an HPV educational intervention resulted in an increase of HPV knowledge, perceived-risk and intention to get the vaccine among college-aged male athletes, according to findings published in *The Nurse Practitioner*.

*Helio, November 8, 2017*

**Sex, age, race linked to survival disparities for HPV-associated cancers**

Researchers sought to determine how survival rates varied by demographics - such as sex - among each of the different HPV-related cancers. Women showed higher 5-year relative survival rates than men for anal squamous cell carcinoma (69.3% vs. 59.8%), and rectal squamous cell carcinoma (61.2% vs. 45.5%), but slightly decreased survival for oropharyngeal squamous cell carcinoma (49.8% vs. 51.7%).

*Helio, November 7, 2017*

**HPV Vaccine Linked to Drop in Cases of Rare Childhood Disease**

The human papillomavirus (HPV) vaccine, first developed to help guard against cervical cancer, also seems to protect against a rare, chronic childhood respiratory disease, a new study suggests. It's believed that the disease -- recurrent respiratory papillomatosis -- occurs in children when HPV type 6 or 11 spreads from mother to child around the time of birth.

*US News, November 9, 2017*

**European AIDS Clinical Society strengthens HPV vaccination advice**

The European AIDS Clinical Society (EACS) has recommended HPV (human papillomavirus) vaccination for everyone living with

HIV aged under 26 and all men who have sex with men up to the age of 40, because of growing evidence of anal cancer risk in HIV-positive men who have sex with men.  
*aidsmap, November 8, 2017*

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### **Men Now Consider Mental Health More Important Than Physical Health 'We can all help each other.'**

Men are three times more likely to die from suicide than women in UK, but a new report suggests education on suicide prevention and mental health is starting to pay off. A new masculinity audit shows men now view their mental health as more important than their physical health, regardless of their age. The youngest men involved in the survey were found to place the most importance on mental health, with a total of 46.2% of men aged 18-29 saying they consider mental health to be "very important". In comparison, just 32.1% of men in the same age group said they believe their physical health is "very important". The findings present a sharp contrast to previous audits on masculinity, many of which suggested men were not prioritising their mental health, or perhaps didn't know how to. A report conducted by HuffPost UK and charity CALM in 2016 found barely half of men who admitted to feeling "very depressed" had told anyone about it, compared with 67% of women. Meanwhile a survey conducted by Mind earlier this year found 43% of women have taken time off for poor mental health at some point in their career, compared with just 29% of men.



The men surveyed were also asked about the core values they aspired to in their professional, personal and

private lives. Attaining the perfect body was the least desired of all core values, with only 7.42% ranking it as very important. Instead, top of the list of core values were selfless qualities such as reliability and dependability, with 97% of men saying these

were moderately to very important to them. The survey also identified what makes men happiest in life, which the researchers said could be used within strategies to improve mental health. Among men who were found to be above average in positivity, 78% said they are satisfied with their work, making a rewarding job by far the strongest predictor of positive state of mind.

The statistics come from The Harry's Masculinity Report, a major University College London study led by male issues campaigner Martin Daubney and psychologist John Barry. Dubbed an "emotional census for men", the masculinity report is the largest-ever ethically approved academic study of its kind, with more than 2,000 men asked about their core values. The Harry's Masculinity Report will be formally launched at an event at the Houses of Parliament on November 16, attended by MPs, mental health campaigners and celebrities.

*Huffpost UK, October 30, 2017*

#### **MEN AREN'T ONLY TO BLAME: YOUNG WOMEN RESIST CONDOM USE AS WELL**

There's been much public health research about the millions of excuses men come up with to avoid condom use. However, new research suggests that heterosexual women are also culpable of promoting this risky bedroom behavior. A study published in the October issue of The Journal of Sex Research on 235 heterosexual women finds roughly half of women took some sort of action to avoid condom use with a partner. The study is based on self-reported questionnaires from women aged 18 to 21 and used an adapted version of the Condom Use Resistance Survey initially developed to study men's behaviors and beliefs about unprotected sex. The revised questionnaire asked female participants about their sexual history and condom use since age 14. The researchers found roughly half of women in the study engaged in unprotected sex. Nearly 40 percent of women who fell into this group said they downplayed the risks with their male partners, while 33 percent said they used "seduction tactics," which the authors described as getting a man sexually aroused enough that he gave into her request for unprotected sex.

Roughly 3 percent of women in the study avoided condom use through manipulation, such as withholding sex or actually destroying the condom.

*Newsweek, October 31, 2017*

#### **Eating alone is BAD for your health - especially if you're a man, study shows**

- Researchers from Seoul, South Korea, studied men and women who ate alone and compare it to their health

- They found that men who ate alone increased their chances of developing obesity by 45 percent
- These men also increased their risk of developing high blood pressure or another metabolic syndrome by 64 percent
- More than 27 percent of households in the US are one person, which has steadily increased since 1920

Researchers from Dongguk University Ilsan Hospital in Seoul, South Korea, studied 7,725 adults on how often they eat alone and compared it to their health. The study, published in



Obesity Research & Clinical Practice, revealed that men who ate alone had a 45 percent increased risk for being obese and 64 percent for developing a metabolic syndrome. More than 27 percent of the population was living alone in 2013, according to the United States Census. Also, 15 percent of households in the US are women living alone. But men are more vulnerable to the side effects of the single life because social isolation can lead to health risks and a higher mortality rate. Researchers have found men are more likely than women to have increased mortality rates and poorer health. A study by researchers at Brigham Young University determined that loneliness can increase your risk of death by 45 percent. People are more likely to feel lonely and socially isolated if they live alone as opposed to living with others.

*Daily Mail, October 31, 2017*

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## [\*\*Hollywood has a 'rampant' problem of men sexually abusing young boys, say insiders\*\*](#)

*One actor says most boys in the entertainment industry will encounter predatory behaviour*



Young male actors face a "rampant" and "pervasive" problem of men sexually abusing boys in Hollywood, actors and lawyers have said. More actors are speaking up about misconduct and harassment in the wake

of allegations against actor Kevin Spacey. Actor and director Alex Winter told The Guardian he was sexually abused as a pre-teen child actor.

*The Guardian, November 1, 2017*

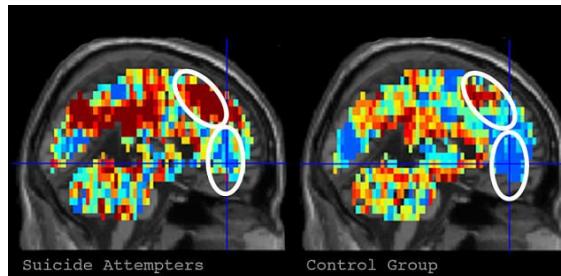
## [\*\*Brain scans can spot suicidal thoughts with 91% accuracy, groundbreaking study claims\*\*](#)

- Suicide is the second-leading cause of death among young people in the US
- However, it is notoriously difficult to predict, and rates are rising
- This study by Carnegie Mellon has shown suicidal thoughts can be spotted on brain scans

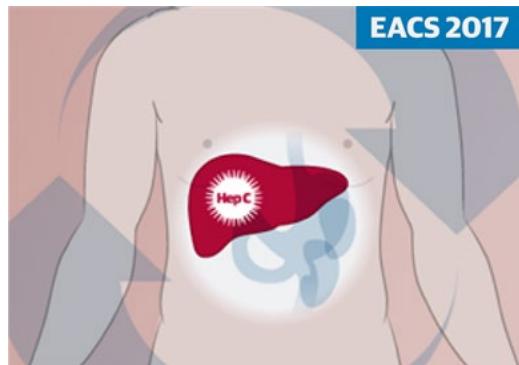
Using machine-learning algorithms, the team was able to identify how brain activity is affected by suicidal ideation and behavior, and how it compares to 'healthy' brain

activity. 'This gives us a window into the brain and mind, shedding light on how suicidal individuals think about suicide and emotion related concepts,' said lead author Professor Marcel Just of the university's psychology department. 'What is central to this new study is that we can tell whether someone is considering suicide by the way that they are thinking about the death-related topics.'

*Daily Mail, October 30, 2017*



## [High rate of hepatitis C reinfection in German men who have sex with men](#)



Around one in seven gay and bisexual men cured of hepatitis C at major treatment centres in Germany has become reinfected since 2014, according to findings from the German Hepatitis C Cohort presented on Friday at the 16th

European AIDS Conference (EACS 2017) in Milan. At least half of these men became reinfected within a year of completing treatment and all reinfections occurred within 18 months. The risk of reinfection is thought to be highest among men who share drug injecting equipment during sex - chemsex - but Dr Stefan Mauss of the Center for HIV and Hepatogastroenterology in Dusseldorf said that sharing drug injecting equipment during sex might explain only a quarter of these cases of reinfection.

*aidsmap, October 28, 2017*

## [This Week in HIV Research: Test-and-Treat Ain't Just for HIV](#)

This week, we learn encouraging news on a range of topics across the HIV research realm. We take a quick look at how the test-and-treat approach so widely employed in HIV can be of value in addressing hepatitis C coinfection as well; the latest data regarding a late-stage fixed-dose combination drug; a dramatically falling HIV incidence rate among gay men in London; and new findings that explore HIV's ability to hijack effector memory T-cells.

To beat HIV, you have to follow the science!

*The Body Pro, November 3, 2017*

## [Drumming program improves boys' mental health and delinquent behaviour](#)

An innovative, ten-week program that combines hand drumming and therapeutic talking has been found to significantly assist disadvantaged boys' mental health and



antisocial behaviour. The study, recently published in Children Australia, found that boys who participated in the program

reported significantly better mental health and lower post-traumatic stress symptoms after they completed the ten-session program. Notably, antisocial behaviour of the boys also significantly dropped, by an average of 25 percent, once they had been in the program. Teachers noted that the students who participated in DRUMBEAT were more respectful, calm and considered towards their peers and teachers after being in the program. Some boys reported the program to be life changing and that the activities helped them learn how to better connect with other people, control their anger and improve their communication and relationships with peers, teachers and their families.

*Medical Express, November 3, 2017*

### Burger King's new campaign to tackle bullying has people talking



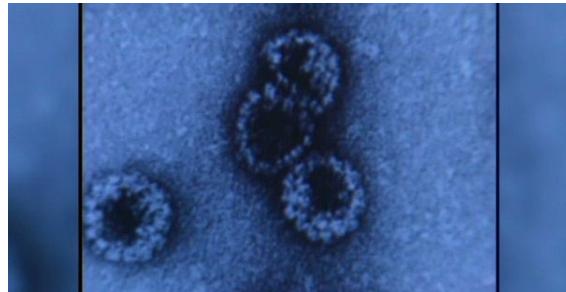
Burger King is asking customers if they'd rather stand up for a bullied child than a bullied burger in its latest advert. Filmed in the style of a hidden camera show, the fast food chain 'bullied' a Whopper burger while a young teen was being bullied in the restaurant. The aim of the experiment was to see who would intervene about their burger being messed about with,

and who would step up to defend the child. It is all in aid of National Bullying Prevention Month in the US, which raises awareness about the damage of bullying throughout the month of October. According to nobully.org, 30% of children are bullied each year in the country. As the video begins to draw to a close, it looks like no-one is going to stand up for the boy, who is being teased and pushed around by other boys. However, then come two kind people who intervene. According to the advert, only 12% of those in the restaurant stood up for the child being bullied, but 95% complained about their burger.

*Independent ie, October 22, 2017*

### One in nine American men has oral HPV, study finds

About one in nine American men is infected with the oral form of human papillomavirus (HPV), according to a [new study](#) published in the journal Annals of Internal Medicine. Nationwide, rates for oral HPV infections are 11.5% of men and 3.2% of women: 11 million men, compared with 3.2 million women, the researchers estimated. An infection with this common virus, which is transmitted through intimate skin-to-skin contact, can cause cancer in several areas of the body, including the throat, anus, penis and vagina. Nearly all men and women will become infected with at least one type of HPV, a group of 150 related viruses, at some point in their lives, according to the US Centers for Disease Control and Prevention. Previous studies have shown that men have higher rates of overall HPV infections than women. The research published Monday reveals the higher rates of oral HPV infections occurring among men, said Ashish A. Deshmukh, senior author of the study and an assistant professor at the University of Florida's College of Public Health and Health Professions.



*Annals of Internal Medicine, October 17, 2017*

**Men who have performed oral sex on 5 or more partners have a far higher risk of head and neck cancer than sexually-active women**

- New research by Johns Hopkins has identified a man's risk of contracting cancer-causing oral HPV compared to a woman's
- They found the risk is highest among sexually-active men, while sexually-active women do not have a very elevated risk
- Men who smoke and have had at least five oral sex partners have the highest risk
- The researchers warn this is essential information since the rate of HPV-related oral cancer is set to overtake the rate of HPV-related cervical cancer by 2020

Men who have performed oral sex on five or more partners have the highest risk of HPV-related head and neck cancer, a new study shows. While the current rate of diagnoses is low - affecting just 0.7 percent of the male population - researchers at Johns Hopkins warned men may not be aware that they have a far higher risk than women, especially if they smoke. The study, released today, is the latest piece of evidence to show that boys do need the HPV vaccine as much as girls - and in some cases it is more pressing for males. When the vaccine was first rolled out,

it was only provided to teenage girls to protect them from HPV-related cervical cancer. But data suggest the incidence of oropharyngeal cancer will overtake cervical cancer in the US by 2020 - and sexually active men have a high risk.

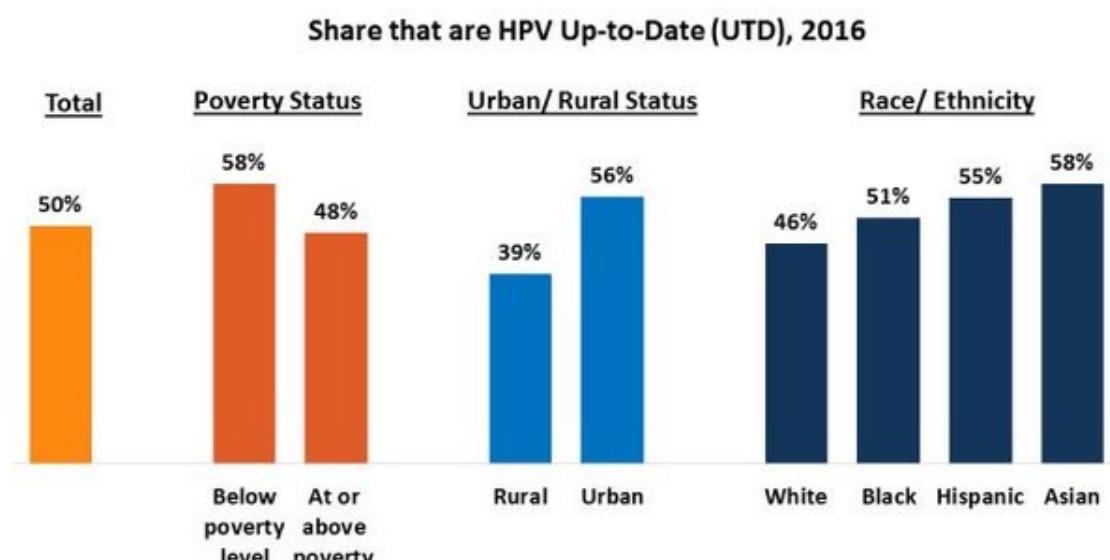
*Daily Mail, October 19, 2017*

**Rising rates of HPV in men may explain why throat cancers in men now more common than cervical cancer in women**

Roughly one in nine U.S. men has an oral infection of the cancer-causing human papillomavirus (HPV), more than triple the infection rate for women, a new study suggests. HPV is among the most common sexually transmitted diseases. Most infections don't cause symptoms and go away on their own. But the virus can cause cancers of the throat, anus, penis, cervix, vagina and vulva, as well as genital warts and lesions in the upper respiratory tract. Among U.S. adults ages 18 to 69, approximately 11 million men and 3.2 million women have oral HPV infections, researchers estimates. Men were at the highest risk of developing oral HPV when they had oral sex with other men or also had genital HPV infections. Rising rates of HPV infections among men may help explain why throat cancers in them are now more common than cervical cancer in women, said senior study author Ashish Deshmukh, a public health researcher at the University of Florida in Gainesville.

*CBC.ca, October 17, 2017*

**REPORT: The HPV Vaccine: Access and Use in the U.S.**



Since HPV vaccines were first introduced in the U.S. in 2006 there have been changes in the range of protection they offer and the dosing regimen. Furthermore, the vaccines were originally recommended only for girls and young women and were

subsequently broadened to include boys and young men. This factsheet discusses HPV and related cancers, use of the HPV vaccines for both females and males, and insurance coverage and access to the vaccines.

*Kaiser Family Foundation, October 19, 2017*

### **Nearly a Third of College Kids Think ADHD Meds Boost Grades**

Many college students who abuse ADHD drugs mistakenly believe that doing so will lead to better grades, a new survey suggests. Past research has found that college students commonly misuse stimulant medications such as Ritalin and Adderall as "study aids." That's despite the fact that there is no evidence the drugs help kids who do not have attention-deficit hyperactivity disorder (ADHD). The new study said that roughly 29 percent of students at nine U.S. colleges thought that stimulant medications boost school performance. Many others -- 38 percent -- were "unsure." And that misperception was especially common among students who admitted to abusing the drugs.

*Health Day, October 16, 2017*

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**We've set the date! Mark your calendar!**



The 2018 National Summit on  
Adolescent and Young Adult Male Health  
Washington, DC June 7,8 2018

[www.2018nationalsummit.org](http://www.2018nationalsummit.org)

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### **Could this explain why boys are more likely to have autism?**

**Study provides first evidence of a 'protective effect' in females**

- Figures suggest that around 4 boys are diagnosed with autism to every 1 girl
- This has long puzzled researchers who have been unsure as to why this is
- The new University of Iowa study on mice provides one possible reason



University of Iowa scientists believe they have collected the first ever evidence of a 'protective effect' in females. Trials on mice showed

males who had a known genetic cause of autism showed signs of being on the spectrum. However, females weren't affected. This genetic deletion, or a missing stretch of DNA, plays a role in one in every 200 cases of autism spectrum disorder (ASD), experts claim. Figures suggest four boys are diagnosed with autism - which often causes sufferers to struggle with social interaction - to every one girl. University of Iowa scientists believe they have collected the first ever evidence of a 'protective effect' in females which explains why they are less likely to be autistic. The new research suggests that the medical community are 'on the right track' in finding a cure for ASD.

*Daily Mail, October 17, 2017*

#### **Young jobless males might expect poorer health in adulthood**

*A link between lack of work and health has been seen in Swedish men, even among those who later find employment.*

Young men who are unemployed in the age group 16 to 21 report more health problems than others as the years go by. They are more apt to suffer from headaches, stomach troubles, muscle pains and insomnia, according to a Swedish doctoral dissertation. Such problems can sometimes be linked to mental afflictions.

Plenty of research has already linked unemployment with deficient health compared to others, both in mind and body. This was seen, for instance, in a large international study published in the Journal of Applied Psychology. But the Swedish PhD dissertation indicates that the damage can be lasting. However, in general joblessness seem to only afflict men long-term - not women.

*Science Nordic, October 20, 2017*

#### **CHILDREN'S MENTAL HEALTH: NEARLY HALF OF U.S. KIDS HAVE EXPERIENCED TRAUMA**

Almost half the school-age children in the United States



had experienced at least one severely traumatic event like losing a parent or witnessing domestic abuse in the home in 2016. These findings, published by the Child and Adolescent Mental Health Initiative (CAMHI) at Johns Hopkins give a clearer picture of the scope of a well-known issue whose health effects are now emerging more clearly: childhood trauma. The CAMHI reported in 2016 almost half of all children between the ages of 10 to 17 experienced at least one ACE. These include the death or incarceration of a parent or guardian, witnessing domestic violence in the home, and racially motivated mistreatment. Analyzing data from the 2016 National Survey of Children's Health (NSCH), the researchers found that these events are common across children from all income groups. (Still, more than half of U.S. children with ACEs come from households 200% below the federal poverty line.)

*Newsweek, October 20, 2017*

**A third of Americans in national survey say focus on diversity has overlooked white men**



More than a third of Americans in a new national survey said they think the heightened focus on diversity at work has overlooked

white men, according to the consultancy firm Ernst & Young. Thirty-two percent of male respondents, meanwhile, reported feeling "personally excluded" in the office. Employment data, however, show men continue to dominate the top ranks of virtually every field, including business, politics and academia. Karyn Twaronite, EY's global diversity and inclusiveness officer, said the company wanted to better understand why some male workers said they did not feel engaged in efforts to boost employees who have been historically underrepresented in higher roles.

*Washington Post, October 16, 2017*

## **ABSTRACT**

### **Adolescent to Adult HIV Health Care Transition From the Perspective of Adult Providers in the United States**

#### **Purpose**

The HIV Care Continuum highlights the need for HIV-infected youth to be tested, linked, and maintained in lifelong care. Care engagement is important for HIV-infected youth in order for them to stay healthy, maintain a low viral load, and reduce further transmission. One point of potential interruption in the care continuum is during health care transition from adolescent- to adult-centered HIV care. HIV-related health care transition research focuses mainly on youth and on adolescent clinic providers; missing is adult clinic providers' perspectives.

#### **Methods**

We examined health care transition processes through semi-structured interviews with 28 adult clinic staff across Adolescent Trials Network sites. We also collected quantitative data related to clinical characteristics and transition-specific strategies.

#### **Results**

Overall, participants described health care transition as a "warm handoff" and a collaborative effort across adolescent and adult clinics. Emergent transition themes included adult clinical care culture (e.g., patient responsibility), strategies for connecting youth to adult care (e.g., adolescent clinic staff attending youth's first appointment at adult clinic), and approaches to evaluating transition outcomes (e.g., data sharing). Participants provided transition improvement recommendations (e.g., formalized protocols).

#### **Conclusions**

Using evidence-based research and a quality improvement framework to inform comprehensive and streamlined transition protocols can help enhance the capacity of adult clinics to collaborate with adolescent clinics to provide coordinated and uninterrupted HIV-related care and to improve continuum of care outcomes.

*Journal of Adolescent Health, October 2017*

*Finding the Roundup to be informative? Want to know more about what has been published and written about AYA male health in your own area of interest? Check out our five year archive of Weekly Roundup issues and search by your own keywords, [here](#). Ours is the only online database of its kind, and access is free.*

## [Disturbing trends in men's reproductive health demand urgent action](#)

Urgent action is needed to investigate disturbing trends in men's reproductive health, argues an expert in The BMJ today. Professor Niels Skakkebaek at the University of Copenhagen points to research showing significant declines in sperm counts among men in the Western world, and says we must act now to find out what could be causing such disturbing trends. The research, published in July, reviewed thousands of studies and concluded that sperm concentration had fallen by 52 percent among men in Western countries between 1973 and 2011.

*Medical Express, October 10, 2017*

## [Global Sexual and Reproductive Health Package for Men and Adolescent Boys](#)

The Global Sexual and Reproductive Health Service Package for Men and Adolescent Boys has been developed to support providers of sexual and reproductive health services. It aims to increase the range and quality of sexual and reproductive services provided that meet the specific and diverse needs of men and adolescents boys. It covers men and adolescent boys in all their diversity, and takes a positive approach to sexual and reproductive health, seeing this not just as the absence of disease, but the positive expression of one's gender, sex and sexuality.

*UN Population Fund, October 10, 2017*

## [Why don't men seek help for eating disorders?](#)

*In the last six years, men admitted to hospitals for eating disorders increased by 70%, but experts believe many more are being overlooked*

Anorexia and bulimia are often thought of as female conditions, but according to the National Institute for Health and Care Excellence 11% of males suffer from an eating disorder. The eating disorders charity Beat recognises that exact statistics are difficult to collate, but says that up to 25% of people affected by eating disorders are male. And according to NHS Digital, the number of adult men admitted to hospital with an eating disorder increased by 70% during the past six years - equal to the increase among women.

*The Guardian, October 11, 2017*

## [Raging Bull: First study to find link between testosterone and stock market instability](#)

In the U.S. today, the majority of professional stock market traders are young males and new evidence suggests biology strongly influences their trading behavior. According to a new study in the INFORMS journal Management Science, this could be a significant contributor to fluctuations in the market, as high testosterone levels can cause these traders to overestimate future stock values and change their trading behavior, leading to dangerous price bubbles and subsequent crashes. The study, "The Bull of Wall Street: Experimental Analysis of

Testosterone and Asset Trading," was conducted by Amos Nadler of the Ivey Business School at Western University, Peiran Jiao of the University of Oxford, Paul Zak and Veronika Alexander of the Center for Neuroeconomics Studies at Claremont Graduate University, and Cameron Johnson at the Behavioral Health Institute at Loma Linda. *American Association for the Advancement of Science, October 10, 2017*

**Medical male circumcision has health benefits for women, review finds** *Procedure shown to reduce transmission of HIV, other sexually transmitted diseases*

Expanding access to voluntary medical male circumcision in sub-Saharan Africa may help protect women against not only HIV but other sexually transmitted infections, a literature review published Monday in *The Lancet Global Health* shows. Researchers from the U.S. Centers for Disease Control and Prevention, the Johns Hopkins Bloomberg School of Public Health, and global health nonprofit and Hopkins affiliate Jhpiego analyzed 60 publications and found consistent evidence that male circumcision is associated with decreased risk in women for cervical cancer, cervical dysplasia, herpes simplex virus type 2 (the main cause of genital herpes), chlamydia, and syphilis. They also found additional evidence that male circumcision is associated with decreased risk for human papillomavirus, or HPV, which causes cervical cancer and genital warts. *The Hub, Johns Hopkins University, October 10, 2017*



**Adolescent boys who are victims of physical assaults also need help for emotional trauma**



Boys and young men of color experience a disproportionate burden of assaults. It's easy to imagine that they would be unwilling to seek support for mental health concerns after these injuries. But

when my colleagues and I at the Children's Hospital of Philadelphia explored that idea, we were surprised by our results. In a recent paper in the *Journal of Adolescent Health*, we discovered the range of needs that adolescent boys express following violent injury. Nearly all of the young men ages 12 to 17 who were participating in a voluntary post-injury case management program wanted access to mental health care, and identified diverse other goals for their recovery.

*Stat, October 9, 2016*

**Boys do cry - but sometimes we need help in practising how**

"Man Up" has recently become something of a toxic and divisive epithet, and the debate over its usage points to a deeper uncertainty about what it means to be a man these days, a complex question which



concerns identities, roles and behaviours. As for me, I know that the black dog has a kennel in my back yard, and moods and despairs or gnawing doubt and worries will come and go, but these days I also know that Speak Up is a far more useful ideational device than Man Up.

*The Telegraph, October 10, 2017*

**Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?**



Over the last decade, anxiety has overtaken depression as the most common reason college students seek counseling services. In its annual survey of students, the American College Health Association found a significant increase - to 62 percent in 2016 from 50 percent in 2011 of undergraduates reporting "overwhelming anxiety" in the previous year. Surveys that look at symptoms related to anxiety are also telling. In 1985, the Higher

Education Research Institute at U.C.L.A began asking incoming college freshmen if they "felt overwhelmed by all I had to do" during the previous year. In 1985, 18 percent said they did. By 2010, that number had increased to 29 percent. Last year, it surged to 41 percent.

*New York Times, October 11, 2017*

**How to Talk to Your Teen About Testicular Cancer He should know how to do a self-examination by age 15**

Testicular cancer generally appears out of the blue in healthy young men aged 15 to 35. Although learning your son has cancer is profoundly frightening, there's reason to be optimistic with this diagnosis: When testicular



cancer is discovered early, it is nearly 100 percent curable. "Testicular cancer doesn't require testing to be discovered, since it can be felt as a lump," says pediatric urologist Jeffrey Donohoe, MD. "This is why you need to teach your son how to perform a testicular self-examination when he reaches puberty and encourage him to do it monthly until he is out of danger at age 45."

*Cleveland Clinic, October 10, 2017*

### **Remaining 'In the Closet' at Work Stresses Gay Couples**

*Men had more negative consequences by staying quiet*



Clark, an assistant professor of psychology, said that both men and women benefited when they disclosed their sexual orientation at work. But men experienced more negative consequences when they weren't fully open about their sexual orientation, she said.

*Medline Plus, October 9, 2017*

### **Men Are More Satisfied By 'Bromances' Than Their Romantic Relationships, Study Says**

Young men get more emotional satisfaction out of "bromances"- close, heterosexual friendships with other males-than they do out of romantic relationships with women, according to a small new [study](#)



[published in Men and Masculinities](#). Intimate male friendships have become more socially acceptable in recent years, say the study authors, and that's largely a good thing. But they caution that the shift could lead to weaker bonds among dating or married couples, or even reduce the likelihood of men and women pairing up at all.

*Time, October 12, 2017*

### **GENDER BRAIN DIFFERENCES MAY EXPLAIN WHY WOMEN ARE KINDER THAN MEN**

Brain differences between the genders do exist, and they play a role in how kind or generous we may or may not be, a new study says. According to the research from the University of Zurich, such differences may cause female brains to be more inclined to prosocial helpful behavior, but make male brains more inclined to selfish behavior. These inclinations aren't innate, but rather appear to be learned as boys and girls begin to settle into their assigned gender roles.

*Newsweek, October 9, 2017*

### D.C. Takes Lead in Empowering Young Black Men



One of the Ed Fund's most successful initiatives, Empowering Males of Color, or EMOC, is an example of the transformative and long-lasting effect that can occur when strategic investments are used to address systemic challenges. "Launched in January 2015 with the support of Mayor Bowser and city business leaders, the Empowering Males of Color initiative devotes significant resources and attention to accelerating African American and

Latino male student achievement, ensuring all young men in our nation's capital can realize their full potential," said Rauch.

*Afro, October 11, 2017*

### Gender norms expose adolescents to health problems

*Researchers identified gender norms that influence adolescent health*

- They found that boys are prone to injuries while girls are viewed as victims
- Experts call for a need to address challenges faced by young adolescents

Culturally enforced gender norms that could lead to lifetime pain and suffering in teenagers need to be tamed at early adolescence, a [study](#) says. The study, conducted by a consortium of fifteen countries and published in the Journal of Adolescent Health last month (20 September) involved interviews with early adolescents and their parents or caregivers to explore how gender norms are formed in adolescence, and how they eventually lead young people to sexual and other health risks.

*SciDevNet, October 13, 2017*

### Doctors need to know how to treat opioid addicted CHILDREN, experts warn as the death toll from America's worst drug epidemic continues to rise

- A rising number of teenagers in the US are dying from drug overdoses
- Few rehabilitation facilities accept patients under the age of 18 and pediatricians are rarely qualified to treat opioid use disorder
- As a result, teenagers hooked on heroin and prescription drugs rarely have access to treatment paths that can help them get and stay clean

*Daily Mail, October 10, 2017*

### **Good news about the HPV vaccine**

A recent [study](#) reports some impressive trends in the years since HPV vaccinations began:

- Between 2009 and 2015, HPV infections among women 18 to 59 fell by 32%; and the drop in infection rates was most dramatic (65%) among women 18 to 26.
- And... rates of HPV infection fell even among women who were not vaccinated. Among unvaccinated women 18 to 26, HPV infections fell by 50% (from nearly 20% to about 10%).
- Rates of other sexually transmitted diseases (such as gonorrhea and herpes) did not fall during the years of this study, so the use of condoms or other changes in sexual practices were considered unlikely causes of the drop in HPV.

It may seem strange that unvaccinated women experienced fewer HPV infections since approval of the vaccine. The likely explanation is "herd immunity." When an infection becomes less common in a population, there is less opportunity for that infection to spread; when the drop is significant enough, even unvaccinated people benefit.

*Harvard Health, October 11, 2017*

### **Merck Sharp and Dohme reports long-term efficacy data for Gardasil**

Merck Sharp and Dohme has announced the findings of a long-term study that demonstrates the benefits offered by its human papillomavirus (HPV) vaccine Gardasil. Results from a final analysis of the pivotal phase III efficacy, immunogenicity and safety clinical trial for Gardasil 9 showed that the vaccine was able to deliver sustained efficacy for up to six years in the per-protocol population.

*Zenopa, October 12, 2017*

### **Collaboration to Combat HPV-related Throat Cancers Ahead of ADA 2017**

In continuation of a novel collaboration to improve patient outcomes related to oral and oropharyngeal cancer, the American Dental Association (ADA) and The University of Texas MD Anderson Cancer Center are joining forces to host a symposium, "Working Together

"Against Oropharyngeal Cancer," on Wednesday, October 18 from 11 a.m. to 5 p.m. ET, immediately preceding ADA 2017 - America's Dental Meeting®. "This symposium provides a wonderful opportunity to educate a variety of health care professionals about HPV-related oropharyngeal cancers, which are rising at epidemic proportions," said Erich Sturgis, M.D., professor of Head and Neck Surgery at MD Anderson. "The vast majority of these cancers could be prevented by a safe and effective vaccine. Together with the ADA, we hope to be able to increase childhood vaccination rates while raising awareness to promote earlier diagnosis of these cancers."

*Business Insider, October 11, 2017*

#### **Brianna Norton, DO: Challenge with Co-Infected HCV, HIV Patients**

Now most of these folks who have HIV, are in HIV care and whether they're in it erratically or in it consistently, most people are. And so if we can get HIV docs, which I am, if we can get any HIV docs to really invest also in Hep C. care, rather than just send them to specialists. I think that we're not going to have huge barriers to getting HIV co-infected patients treated, and given the fact that they do worse, have rapid progression to liver fibrosis, it's going to be key to treat them. And it's so simple now, that really it's access more than anything.

*MD Magazine, October 10, 2017*

#### **Rapid fibrosis progression in large proportion of HIV-positive gay men after acute HCV**

Over a third of HIV-positive gay men develop significant liver fibrosis after an episode of acute hepatitis C virus (HCV) infection, German investigators report in the Journal of Viral Hepatitis. Over three years of follow-up, 39% of individuals developed fibrosis stage F2 or higher. Risk factors included older age, alcoholism and non-response to therapy based on interferon during acute infection.

*aidsmap, October 11, 2017*

#### **Merck Joins with the American Liver Foundation to Educate U.S. Veterans on Chronic Hepatitis C Virus (HCV) Infection**

*Events Across the Country Will Raise Awareness of Veterans' Increased Risk for Chronic HCV Infection*

Merck today announced a collaboration with the American Liver Foundation to raise awareness among U.S. veterans about their increased risk for chronic hepatitis C virus (HCV) infection. Chronic HCV infection can slowly damage the liver and may cause serious liver disease decades following initial infection, often without apparent symptoms. Through the initiative, the American Liver Foundation will join events in cities across the country to educate veterans about risk factors for chronic HCV infection, as well as how they can be tested and treated, if appropriate.

*Business Wire, October 12, 2017*

#### **NHS patients to be asked about sexuality**

Health professionals in England are to be told to ask patients aged 16 or over about their sexual orientation, under new NHS guidelines. NHS England said no-one would be forced to answer the question but recording the data would ensure that "no patient is discriminated against". The guidance applies to doctors and nurses, as well as local councils responsible for adult social care. A spokeswoman said: "It will have no impact on the care [people] receive." She added: "All health bodies and local authorities with responsibility for adult social care are required under the Equality Act to ensure that no patient is discriminated against." She said the information would help NHS bodies comply with equality legislation by "consistently collecting, only where relevant, personal details of patients such as race, sex and sexual orientation." NHS England recommends health professionals - such as GPs and nurses - ask about a person's sexual orientation at "every face to face contact with the patient, where no record of this data already exists".

*BBC, October 15, 2017*

**The harrowing culture of Bacha Bazi - where young boys are auctioned to the highest bidder for sex**

The trafficking of young girls and women is a global human rights violation, but in Afghanistan young boys are exclusively the targets of sex slavery. It's an underground world that operates in secrecy from misguided extremism, and is gaining leverage at alarming rates. The boys who are trafficked into these sex rings are called 'bacha bazi,' which means 'boy play.' To the unassuming bystander, a dancing boy looks harmless as he performs for the elders around him. In reality, the idea is to arouse the men they dance for and eventually be sold to the highest bidder. A boy as young as 10 years old can be made into a 'bacha bareesh' - a dancing boy, who will spend the rest of his formative years as a sex slave. Typically, a boy should be 13 years old when he is first trafficked, and is considered desirable until he is 18.

*Plaid Zebra, October 10, 2017*

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**When an Epidemic Is Personal**

*A mother's hopes for her addicted son*

Judy Chicurel, New York Times, October 7 2017



Credit: Jacqueline Tam, New York Times

Here's how I imagined it would go over the summer: He would have come up to stay with me and my husband for a long weekend, maybe a week even, away from the friends who gave him shelter when he was using drugs. From the specter that seemed to surface every few months like clockwork. We'd known him since he was in the womb, but that wasn't the same as knowing him now. Still, we thought he'd come to stay and go to the beach nearby and body surf and stroll along the esplanade, smoking, gazing out at the swans and the geese he loved to feed back when he was a little boy and would come to visit.....

.....We'd talk about everything and nothing; we would avoid speaking about the future or rehab or anything that would cause him to crawl back into himself and become invisible.....

.....A friend, reflecting on his own son's opioid journey, once remarked, "I wish I'd held him closer."

Is it ever close enough?

### **Increases in PrEP Prescribing in NYC, but Disparities Persist**

Pre-exposure prophylaxis (PrEP) prescribing rose a striking 976% between 2014 and 2016, according to electronic health record (EHR) data from 602 medical practices in New York City, researchers said at IDWeek 2017 (abstract 898). However, in the same data, gathered and analyzed by The New York City Department of Health and Mental Hygiene, researchers found prescriptions increased most for younger white men living in Manhattan, while prescriptions for black men, older



patients and women increased much less. CDC guidelines published in 2014 recommend PrEP (emtricitabine/tenofovir disoproxil fumarate, Truvada, Gilead) for HIV-negative individuals at high risk of HIV, including those who are in a relationship with an HIV-positive partner; gay or bisexual men who have sex without a condom or who have been diagnosed with a sexually transmitted disease within the past six months; heterosexual men or women who do not always use condoms when having sex; and injection drug users. "CDC guidance released in 2014 and demonstration projects and research that came out and that continues to demonstrate the safety and efficacy of PrEP, along with our campaigns at the health department, are having an impact and increasing PrEP prescribing rates, but we need to remain vigilant and make sure everybody who could benefit from PrEP has access to that," said Paul Salcuni, MPH, lead author of the study and lead data analyst for prevention, Bureau of HIV/AIDS Prevention and Control at the New York City Department of Health and Mental Hygiene, Long Island City.

*Infectious Disease Special Edition, October 7, 2017*

#### **Australian children to get anti-cancer vaccine Gardasil 9**

An updated vaccine that will protect recipients against almost all cervical cancers will be given free to Australian students. The federal government has approved Gardasil 9 to be given to 12- and 13-year-olds from 2018. The improved vaccine will protect recipients against nine strains of human papillomavirus (HPV), instead of the current four, and prevents 90 per cent of the virus strains that contribute to cervical cancer. The vaccine also offers protection against anal, vulvar and throat cancers caused by HPV, as well as genital warts. "The new vaccine will make sure that even more people are protected against cancer," vaccine co-creator Professor Ian Frazer told reporters in Sydney on Sunday. "More importantly, those women who have screening for cervical cancer are much less likely to have an abnormal test they'll need treatment for. "There's a real prospect that over time, the viruses that cause the cancer will disappear from the community and the cancer will go too." Prof Frazer said the existing vaccine already protected against HPV strains responsible for about 75 per cent of cervical cancers.

*Sydney Morning Herald, October 8, 2017*

#### **AAP chapters team up with health departments, coalitions to improve HPV vaccination rates**

Seven AAP chapters have committed to improving HPV vaccination rates through collaboration with their state health departments, use of vaccine registry data and partnerships with local stakeholders. Every year, about 31,000 women and



men in the U.S. are diagnosed with a cancer caused by HPV infection. Most of these cancers could be prevented by timely HPV vaccination, according to the Centers for Disease Control and Prevention. The Arkansas, Florida, Georgia, Iowa, Minnesota, Uniformed Services East and Utah chapters are using education grants supported by Merck to promote adolescent HPV vaccinations. Several chapters are using information from their state health departments and vaccine registries to determine factors affecting immunization rates and where rates are low so they can target their efforts accordingly.

AAP News, October 4, 2017

### Sperm banking is underutilized by adolescent and young adult cancer patients



A comprehensive study of adolescent and young adult cancer patients found just 43.8 percent of those at risk for infertility banked sperm prior to cancer therapy, suggesting that patients might benefit from efforts to increase awareness and understanding of the option. The study was led by St. Jude Children's Research Hospital and

appears today in the Journal of Clinical Oncology. "Research has found that the majority of males who survive childhood cancer desire biological children," said lead author James Klosky, Ph.D., an associate member of the St. Jude Department of Psychology. "Fertility preservation is also associated with a variety of benefits for survivors, including increased optimism about the future. While sperm banking is not for everyone, it is an effective method for preserving male fertility. Yet this study shows that sperm banking remains underutilized by at-risk patients with cancer." Survey results identified factors that influenced the likelihood of patients making sperm collection attempts as well as successfully banking sperm.

Medical Express, October 4, 2017

### NHS saves sperm of transgender teenagers aged 12 so they can be fathers after changing sex

- Adolescent boys who believe they are female are having their sperm frozen
- NHS clinics are freezing the eggs of girls from the age of 16 before treatment
- Critics said cash-strapped health authorities should not be spending large sums on helping transgender patients have babies

Professor Gary Butler, head clinician for Britain's only NHS service for young people with gender dysphoria - the belief a person is inhabiting the wrong sex - said: 'There needs to be national guidelines to allow equal access to fertility treatment across the country for transpatients. Transgender people are not making a lifestyle choice. They are

following their biological and psychological make-up about their identity. 'If they want to become parents and raise a family the science and medicine is there. It's the right of the individual to be able to do that.' Prof Butler said dozens of 'trans girls' - those born male - who attend his Gender Identity Development (GID) NHS clinic for under-18s at London's University College Hospital are freezing their sperm.

*Daily Mail, September 30, 2017*

### Hugh Hefner's Legacy from a Gay Male Perspective

When Hugh Hefner proposed that men stop feeling bad about the primacy of lust in their thought process, he may have been talking to heterosexual men, but gay men heard the message as well. It enabled us to grasp that whom we were attracted to, gender-wise, counted less, experientially speaking, than the way we were attracted to them. Straight men staring at centerfolds of naked



women manifested the same basic urge as gay men staring at the boys in physique magazines. Our attraction to other men didn't make us any less men, in fact, how we were attracted to them confirmed how male we were. However, we all know women are sexually and economically exploited, and it is unquestionable that this was the dark side of Hefner's glorification of the erotic male gaze. That's why the feminist critique resonates. It's a very big dark side.

*Huffington Post, October 1, 2017*

### Tights, Tutus and 'Relentless' Teasing: Inside Ballet's Bullying Epidemic

*'If this were not the arts, it would be considered a child health crisis.'*



The statistics on boys, ballet and bullying are staggering. According to a study by dance sociologist Doug Risner of Wayne State University in Detroit, 93 percent of boys involved in ballet reported "teasing and

name calling," and 68 percent experienced "verbal or physical harassment." Eleven percent said they were victims of physical harm at the hands of people who targeted them because they are boys who study dance. In Risner's study, teenage boys reported having been teased "forever" and "ALLLLLLL the time," and more than half said the most significant challenge they confront as boys in ballet is the harassment that serves to police their masculinity - "the homophobic

attitude of some" and "the assumption that ballet is only for girls and gay men." More than 85 percent said more boys would study dance if boys and men weren't teased and harassed so much for dancing.

A documentary produced by Scott Gormley, [Danseur](#), captures the contrast between the passion so many boys feel for their art form and the rejection they feel when their fathers don't support them. "It's so poignant in the film because you watch these young men, these boys who are so present and engaged and into dance and the physicality and the creative expression," Risner says, "and then you get them talking about their experiences of bullying and harassment and the lack of support, and you can see that it just wrings them out. They just lose everything. They become ashen."

*Huffington Post, October 5, 2017*

#### **Scotland: WHAT SORT OF MEN DO WE WANT?**

*Scottish Tory MSP is telling people to 'man up' as levels of male applicants to nursing reaches new lows*

The Scottish Conservative Shadow Health Secretary Miles Briggs has said it is time for men to step up as new figures reveal NHS staffing crises. The latest ISD Scotland numbers show nursing vacancy levels are the highest on record as the NHS continues to spend tens of millions of pounds each hire plugging gaps with agency and bank staff. It comes as the numbers of male applicants to nursing was revealed to have decreased recently. But the Shadow Health Secretary Miles Briggs has said that more men should be encouraged to go into stereotypically female professions to plug the gap.

*The Scottish Sun, October 1, 2017*

#### **Boys in the Life**

*Sex trafficking affects youth regardless of gender or sexual orientation.*

Even though she primarily works with girls and young women, Nola Brantley is concerned about another hidden demographic of trafficked children: boys and trans youth. "Sex trafficking of young men and LGBTQ youth is just as prevalent as it is for girls, if not more," Brantley said. "We shouldn't be paying attention to one group more than the other." Despite the narrative that commercial sex traffickers prey on girls, advocates and survivors say that known risk factors - like sexual abuse, foster care and juvenile justice involvement, homelessness and childhood trauma - can affect all youth, regardless of gender and sexual orientation. As they seek to fill their basic needs for money, food, shelter and acceptance, many system-involved young people fall into the hands of commercial sex traffickers, experts say. Survivors and service providers say transphobia, homophobia and other biases prevent a large but ultimately unknown percentage of trafficked youth - whether boys or girls - from getting the help, support and counseling they need to survive and thrive later in life.

*The Chronicle of Social Change, October 5, 2017*

#### **People with HIV/HCV co-infection have an increased risk of**

### cardiovascular disease compared to people with HIV alone

People with HIV/hepatitis C virus (HCV) co-infection are between a quarter and a third more likely to develop cardiovascular disease compared to people of a similar age with HIV mono-infection, according to the results of a meta-analysis published in the Journal of Viral Hepatitis. Co-infection increased the risk of stroke by 24% and the risk of heart attack by 33%. "In this meta-analysis of 33,723 participants from four cohort studies, HIV/HCV coinfection was associated with a 24%-33% increased risk of CVD [cardiovascular disease] compared to HIV monoinfection," write the investigators. 'In coinfected individuals, it has been postulated that both viruses may act synergistically through persistent inflammatory responses to increase the risk of CVD."

*nam aidsmap, October 5, 2017*

### Researchers Learn More About Gender's Role in Autism Risk

*When oldest female child has the disorder, risk is raised for younger siblings, especially boys: study*

Having a daughter with autism is linked to an increased risk that younger siblings will also have the disorder, new research suggests. And that's especially true if the younger siblings are boys, the study authors said. It had been known that having one child with autism raised the chances of having another child with autism, but the role of gender in that risk was unclear. Having this information can help doctors and genetic counselors in assisting families who have a child with autism, the researchers said. "It is important to be able to provide worried parents who have one child with the condition some sense of what they can expect with their next child. That information is critical given how much better we've become at screening for the disease earlier and earlier in life," said study first author Nathan Palmer. He's an instructor in biomedical informatics at Harvard Medical School. But the researchers emphasized that autism affects only about 1 percent of the general population. "Even for the group at highest risk -- males with an older female sibling with autism -- the odds are still about five to one that the child will be unaffected," Palmer said in a Harvard news release.

*Medline Plus, October 2, 2017*

### **Department of Paradoxicality**

### Pregnant vegetarians are three times more likely to have kids who abuse drugs and alcohol, study finds

- A new study has found that the children of pregnant women who are vegetarian have a higher risk of struggling with addiction
- The report's researchers observed 15-year-old children whose mothers did not eat meat during their pregnancies
- These children were twice as likely to engage in underage drinking and smoking

Women who avoid meat during pregnancy dramatically raise the risk of

their children becoming hooked on drugs and alcohol, according to new research. A study from the National Institute on Alcohol Abuse and Alcoholism found that adolescents aged 15 whose mothers refrained from eating meat while they were pregnant were more prone to substance abuse. Specifically, they were almost twice as likely to indulge in underage drinking and smoking, and nearly three times as likely to use cannabis. While recent health trends reflect larger numbers of people converting to vegetarianism, researchers are warning of the adverse affects of the lifestyle that could harm children.

*Daily Mail, October 4, 2017*

*Finding the Roundup to be informative? Want to know more about what has been published and written about AYA male health in your own area of interest? Check out our five year archive of Weekly Roundup issues and search by your own keywords, [here](#). Ours is the only online database of its kind, and access is free.*

### How the anal cancer epidemic in gay and bi HIV-positive men can be prevented



Almost 620,000 gay and bisexual men in the United States were living with HIV in 2014, and 100,000 of these men were not even aware of their infection. These men are 100 times more likely to have anal cancer than HIV-negative men who exclusively

have sex with women. Yet, no national screening guidelines exist for anal cancer prevention in any population. Anal cancer is predominantly caused by chronic or persistent human papillomavirus (HPV) infection. HPV infection can lead to the development of anal precancer which, if remains undetected or not adequately treated, may lead to anal cancer. Likewise, HPV infection is also responsible for causing cervical, vaginal, vulvar, oropharyngeal, penile and rectal cancers.

*The Conversation, September 26, 2017*

### Increased coffee consumption lowers mortality risk in HIV/HCV coinfection

Elevated coffee consumption of three or more cups per day halved the all-cause mortality rate among patients with hepatitis C and HIV coinfection, according to a recently published study. "Polyphenols and caffeine in coffee have several hepatoprotective properties. In people at risk of liver disease, previous research has shown that coffee consumption is associated with better liver function, and less fibrosis, cirrhosis and liver cancer," Maria Patrizia Carrieri, PhD, from the Aix-Marseille Université, France, and colleagues wrote. "In patients coinfected with HIV/HCV, individuals with elevated coffee consumption (defined as drinking three cups or more per day) have a reduced risk of insulin resistance and lower levels of liver enzymes."

*Helio, September 26, 2017*

### **8 top stories on injection drug users, HIV/HCV coinfection**

At the recent International Symposium on Hepatitis Care in Substance Users, researchers presented new data on injection drug users and their unique risk factors for hepatitis C infection and transmission, including younger age, and the critical need for HCV education among addiction clinic workers.

Additionally, recent news focused on the efficacy of HCV treatment in HIV/HCV coinfection, the barriers to treatment that patients with HIV/HCV face, and the fact that patients with HIV/HCV coinfection remain marginalized despite progress in screening and therapy.

*Helio, September 29, 2017*

### **Heavy Alcohol Use Affects Young Men and Women's Brains Differently**

It's no secret that long-term, heavy alcohol consumption alters brain function. In a recent study from researchers from Finland, young men and women who consume alcohol heavily are suggested to have an increased risk for long-term harm. The risks are thought to



be different for men and women, and men are associated with a higher risk than women. Outi Kaarre, of the University of Eastern Finland and Kuopio University Hospital, said the study's results weren't what the researchers were expecting. "We found more changes in brain electrical activity in male subjects, than in females, which was a surprise, as we expected it would be the other way around," Kaarre said in a press release. "This means that male brain electrical functioning is changed more than female brains by long-term alcohol use."

*Vital Updates, September 24, 2017*

*Photo Credit: Kristoffer Trolle/Flickr, CC BY 2.0*

### **PSYCHOPATH SIGNS IN CHILDREN: NOT LAUGHING WITH OTHERS COULD BE EARLY TRAIT IN BOYS**



We don't know why people become psychopaths and because they are dangerous, psychologists are eager to spot early warning signs. A team of researchers from the University College London wondered if not laughing with others could be such a trait when it accompanies other types of concerning behaviors. In the results, published in Current Biology, boys who displayed both persistent disruptive behaviors and high levels of callous-unemotional traits were less likely to laugh when they heard recordings of both genuine laughter and posed

trait when it accompanies other types of concerning behaviors. In the results, published in Current Biology, boys who displayed both persistent disruptive behaviors and high levels of callous-unemotional traits were less likely to laugh when they heard recordings of both genuine laughter and posed

laughter. Because laughter is a social cue—we laugh when others laugh—that lack of response raises red flags among psychologists trying to spot early warning signs of problematic patterns.

*Newsweek, September 28, 2016*

Related:

**Have You Ever Seen Donald Trump Laugh? As Trump himself might say, there's something going on.**

Not just smile or make funny faces. He does plenty of that. But really laugh—a guffaw, a belly laugh, even a chuckle sustained for more than a syllable's worth? Not likely. But for a single verifiable sighting, this possible next president of the United States does not laugh in public. We don't know what he does behind closed doors, but before the cameras, the candidate hasn't emitted deep, jocular bursts of air in nearly a year and a half. This isn't funny. It's creepy. Or as Trump himself might say, There's something going on.

*The Nation, September 26, 2017*

**As the editor of ShortList, I've watched the most emotional generation of men in history come to the fore**

*The Rock, our planet's most masculine life form, specialises in ultra-positive, self-help tirades that reveal his biggest muscle to be not his bicep but his heart*

In the world of men, Good is great again. Never in our lifetimes have male role-models been so proud to march under the banner of positivity. It's Anthony Joshua, looking at peace-with-himself in front of a game of chess, it's Gary Lineker facing down tabloid indignation over the refugee crisis, it's The Rock opening up about his mental health issues. It's no longer about the race for success. We are, instead, on a journey towards fulfilment. The fashion for goodness is, on some level, a reaction to the monstrous turd-lords that currently run our world. The nice-guy shtick of Blair, Clinton and Cameron is gone, in its place brazen wickedness. Donald Trump and Vladimir Putin have utilised their rank unlikability as a means to power and our heroes have adapted accordingly.

*Independent, September 24, 2017*

**Can an All-Boys, Afrocentric Education Close the Achievement Gap?**

Ron Brown College Preparatory School, located in Washington's Deanwood neighborhood, was built to tackle a singular issue: raising the low graduation rates of the city's young men of color. The school just started its second year; last year it served about 100 ninth-graders. It's 96

percent black, and most students hail from wards 7 and 8, home to many of Washington's poorest neighborhoods.

*The Root, September 24, 2017*



## SCOTLAND: Concern over rise in online sex crimes

The Scottish government has published analysis showing that the crime of "communicating indecently" has increased from 605 to 1,166 since 2013/14. And the offence of "causing to view sexual activity or images" increased from 229 to 1,030 over the same period. The two offences now account for a fifth of all sexual crimes, with the victims and perpetrators generally being school-age teenagers. More than three-quarters (79%) of victims were female and more than half (59%) were under 16, while the vast majority of perpetrators were male.

*BBC, September 26, 2017*

## How To Engage The Millennial Market? Engage Young Men

What's the best way to build influence among the Millennial generation? Engage young men. In a surprising twist, Millennial men are 50% more likely than the women of their generation to drive brand conversations, and not just in a few select categories. They're emerging as key consumer influencers across the board, from sports and auto to travel and children's products. Most surprisingly, young men are now more influential in several categories that women have long dominated. In our new research, we uncovered some unexpected facts that illustrate just how much Millennial men are breaking away from gender stereotypes.

*Media Post, September 26, 2017*

## Guys Are Getting Botox in Their Balls to Enhance Sex (for Both Partners)-But Does That Really?



Few drugs have more varied applications than Botox. Aside from its FDA-approved uses to ease crossed eyes, chronic migraines, excessive sweating, neck spasms, overactive bladder, and, of course, crow's feet, it is used off-label to battle

depression and cold hands. The latest off-label use that's been gaining attention has been dubbed "Scrotox." As in, Botox injections into a guy's scrotum. Nuts, right? But what was good for a laugh just a few years ago is apparently now a thing among millennial men seeking testicles that look smoother, sweat less, and hang lower and look larger. It's even touted to enhance sex (for both partners). How? Apparently, with freer-swinging balls, more scrotal skin comes into contact with a partner's skin, thus enhancing sensation and pleasure. Plus, having "the testicles of the bulldog" (in the words of one purveyor of Scrotox) may help a guy channel his inner alpha, thereby boosting confidence. In an age in which vaginal rejuvenation is big business, it seems only fair that the boys come in for some cosmetic love, too. The procedure is relatively straightforward: The scrotal sack is cleaned, a topical anesthetic applied, and then the needles work their magic. Costs range from \$500-\$1,000 and beyond per session, with results lasting about four months. Aside from the usual caveats applied to Botox injections (such

as the neurotoxin inadvertently spreading to surrounding tissue), some experts warn of potential affects on sperm count. Since Scrotox is done off-label on a strictly cosmetic basis, there is no research available on the effectiveness or long-term safety of the procedure.

*Health.com, September 28, 2017*

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### **PMY Awarded Grant for Project on Young Male Mental Health**

The Partnership is pleased to announce that it has been awarded a community grant from The Allergan Foundation to address mental health disorders that are unique to young males. The project will aim to both engage young males in discussions about emotional health and equip providers and caregivers with the information and tools they need to address young males' emotional needs. "As evidenced by the completed suicide rate among young males that is four times that among young females, a number of mental health issues that are unique to young males deserve much greater attention. Young males' hesitancy to seek help for emotional issues further hinders our ability to adequately address them," said Dennis Barbour, President of the Partnership. "This grant from The Allergan Foundation will allow us to begin working to break down the barriers that cause young males to suffer in silence. That silence leads to a range of both mental and related physical health disorders. We're looking forward to working with our Partners to develop innovative means to begin addressing this challenge."

To hear young males speak in their own voices about how they experience depression and other mental health issues, visit the PMY mental health video library [here](#).

### **More U.S. Kids Landing in ER With Opioid Addiction**

*Researcher calls findings an emerging public health issue*

A growing number of children and teens are turning up in U.S. emergency departments dependent on opioids -- including prescription painkillers and heroin, a new study finds. Researchers found that in 2013, nearly 50,000 ER patients aged 21 and younger were diagnosed with opioid dependence or addiction. That was up from just over 32,200 in 2008. By that final year, roughly 135 kids were testing positive for opioid dependence each day in the nation's emergency departments, the researchers said. Child health experts said the findings offer the latest glimpse into the national opioid epidemic -- and, specifically, its impact on kids.

*Medline Plus, September 15, 2017*

### **Parents Say Schools Don't Help Kids With Mental Health, Chronic Disease**

Many parents don't believe schools are prepared to help students with mental

health problems and serious physical health issues, a new survey finds. While 77 percent of parents were certain that schools would be able to provide first aid for minor issues such as cuts, they were less confident that schools could respond to more challenging health situations. For example, only 38 percent believed schools could assist a student suspected of having a mental health problem. The national poll on children's health was released Monday by the C.S. Mott Children's Hospital at the University of Michigan.

*Medline Plus, September 18, 2017*

**Boston University study: Kids who play football triple their chances of suffering from depression later in life**



Boston University researchers have presented the most convincing evidence yet that playing contact football as an adolescent may lead to behavioral problems and brain damages later in life, per the Boston Globe. Scientists from BU's Chronic Traumatic Encephalopathy Center

looked at 214 former football players who did not play any other organized contact sports, including 103 who played through college and 43 who played through high school. The other 68 played in the NFL. The average age of the subjects was 51. According to study's results, which were published Tuesday in Nature magazine's journal, Translational Psychiatry, there's a "robust relationship between (playing football before age 12) and long-term clinical dysfunction." Those who participate in tackle football before turning 12 double their chances of developing behavior problems and triple their risk of experiencing depression.

*Sports Radio Network, September 19, 2017*

**Teens risk suicide, drugs and AIDS due to gender "straitjacket": study**

Gender stereotypes put girls as young as 10 at risk of HIV/AIDS and depression, and lead boys to abuse drugs and commit suicide, a major study across 15 countries said on Wednesday. Children around the world - in liberal and conservative cultures - internalize damaging beliefs that boys are aggressive troublemakers, while vulnerable girls need protection, at a much younger age than previously thought, the research found. "Before this study, there was a general belief that at 10 or 11 years of age, (adolescents) were not clued into any issues around gender norms and values," Robert Blum, director of the Johns Hopkins Urban Health Institute, said. "Young adolescents do not live in the world of childhood... they live in a transitional era where they're acutely aware of what's going on," he told the Thomson Reuters Foundation.

*Reuters, September 20, 2017*

**Victimization of transgender youths linked to suicidal thoughts, substance abuse**

In two peer-reviewed papers, researchers at The University of Texas at Austin have found that transgender adolescents are twice as likely to have suicidal thoughts as the general population, and they are up to four times as likely to

engage in substance use. Depression and school-based victimization factored heavily into the disparities in both cases. The papers are the first set of studies using representative, population-based data to examine whether bias against transgender youths is associated with higher levels of suicidal thoughts and greater alcohol, cigarette and drug use.

*Eureka Alert, September 19, 2017*

### **Same-sex marriage could 'prevent 3000 teen suicide attempts a year', say health groups**

Five of Australia's most respected mental health groups have joined forces to wage an unprecedented public campaign in favour of same-sex marriage, claiming the reform could prevent up to 3000 high school suicide attempts every year.

The groups - ReachOut,

Headspace, Orygen, the Black Dog Institute and Sydney University's Brain and Mind Centre - will launch their #mindthefacts information campaign on Thursday in a bid to cut through the noise and emotion of the divisive postal survey debate with tangible research about the human toll of LGBTIQ discrimination. This claim draws on peer-reviewed research by some of America's top adolescent mental health experts, published in JAMA Paediatrics, that showed a strong correlation between same-sex marriage policies and high school suicide. The introduction of state same-sex marriage was associated with a 7 per cent relative reduction in suicide attempts.

*Sydney Morning Herald, September 21, 2017*



### **The HPV Vaccine Gains Ground Among U.S. Teenagers**

More than half of all American teenagers are getting vaccinated against human papillomavirus, and the rate is rising over time, according to a new report from the Centers for Disease Control and Prevention. Sixty percent of adolescents received one or more doses of the HPV vaccine in 2016, an increase of 4 percentage points from 2015, researchers found. About a decade ago, the figure was less than 30 percent. "We're really encouraged to see this finding," said Shannon Stokley, a co-author of the report and associate director for science at the Immunization Services Division of the C.D.C.

*New York Times, September 22, 2017*

### **HIV and Smoking a Lethal Combo for the Lungs**

HIV patients who take their medication but also smoke are about 10 times more likely to die from lung cancer than from AIDS-related causes, a new study estimates.

*Health Day, September 18, 2017*

### **Fighting HIV on Multiple Fronts Might Lead to Vaccine**

*Combination strategy fully protects lab monkeys, studies find*

A combination antibody strategy could be the key to halting the spread of HIV,

according to results from two promising animal studies. Two separate research groups completely protected their own sets of lab monkeys from HIV infection using this combination vaccination strategy, albeit in two very different ways. One group inoculated their monkeys with a "cocktail" of two HIV antibodies, while the other group genetically engineered a single antibody capable of attacking HIV in three different ways. There's just one downside: Because these antibodies are injected into the body rather than naturally created by the immune system, people will have to receive shots on a regular basis to retain their protection against the AIDS-causing virus.

*Medline Plus, September 20, 2017*

### **National Gay Men's HIV/AIDS Awareness Day - September 27, 2017**



National Gay Men's HIV/AIDS Awareness Day is observed each year on September 27 to direct attention to the ongoing and disproportionate impact of human immunodeficiency virus infection (HIV) and acquired immunodeficiency syndrome (AIDS) on gay, bisexual, [and other men who have sex with men](#).

(MSM) in the United States. MSM represent approximately 2% of the U.S. population (1); however, in 2015, MSM accounted for 69.8% of all new diagnoses including 3.0% who were also persons who inject drugs (2). In 2014, among all persons living with HIV infection, an estimated 615,400 were MSM (3). Of these MSM, an estimated 17% had undiagnosed HIV infection. Among 358,151 MSM living with diagnosed HIV in 38 jurisdictions with complete reporting of CD4 and viral load data at year-end 2014, 58% were retained in continuous care, and 61% were virally suppressed (<200 copies of HIV RNA/mL detected at the most recent viral load test) (3). CDC supports [a range of measures](#) to reduce HIV infection among MSM. Information about National Gay Men's HIV/AIDS Awareness Day is available [here](#).

*Centers for Disease Control and Prevention, September 22, 2017*

### **REPORT: HIV Care Outcomes Among Men Who Have Sex With Men With Diagnosed HIV Infection - United States, 2015**

*Centers for Disease Control and Prevention, September 22, 2017*

### **AAP Publishes First Guidance on Tattooing, Piercing for Adolescents**

The American Academy of Pediatrics (AAP) has released its first recommendations on adolescent tattooing and piercing. The clinical report addresses the subjects of medical complications, risk behaviors, and differentiating between nonsuicidal self-injury (NSSI) and body modification. It's unclear how many American teenagers have tattoos and piercings. The report cited a [Pew Research Center study](#) that said about



38 percent of young people ages 18 to 29 have at least one tattoo. The sharp increase in hepatitis C cases in the last few years has intensified states' concern about sterile and sanitized needles and equipment and associated health and safety training.

*Empr.com, September 18, 2017*

### **AAP's Bright Futures update focuses on health promotion, social determinants**

*When it comes to setting the tone for wellness, health promotion, and disease prevention, Bright Futures is a valuable resource for both clinicians and families.*

Bright Futures is an evidence-based and theory-based set of tools, strategies, and principles that promotes the health and well-being of children. Geared toward offering guidance to clinicians, families, communities, the health system, and policymakers, the program focuses on the health promotion and disease prevention aspect of the medical home.

*Contemporary Pediatrics, September 17, 2017*

### **Researchers document changes in male teenage parenthood**

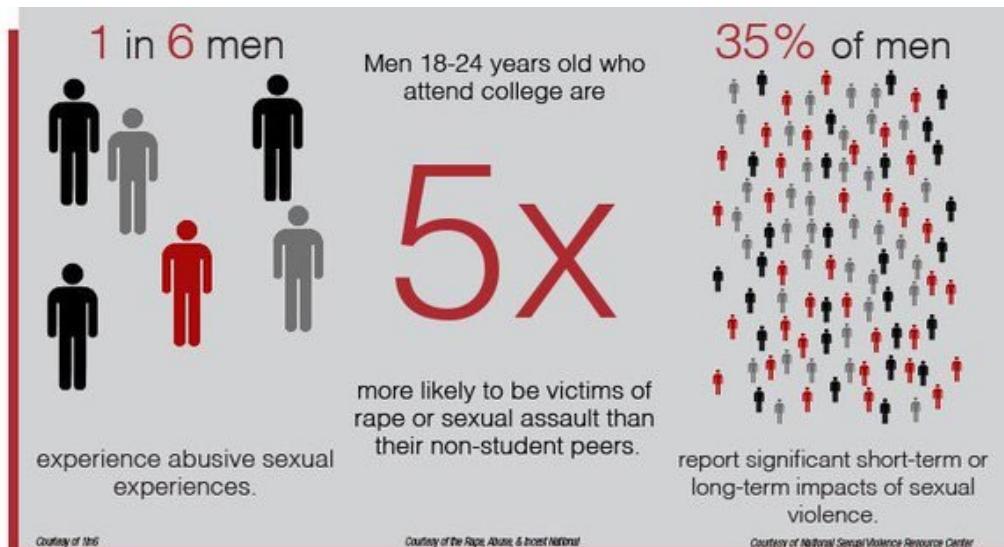
The US birth rate hasn't changed for two generations of teenage girls, but other aspects of young parenthood are shifting, especially regarding young fathers, according to new Indiana University research. The researchers analyzed parenthood, education and income statistics over a long time span from two groups of about 10,000 people -- those born in 1962-64 and those born in 1980-82. These are the key findings:

- Teen fathers and mothers came increasingly from single-mother families with disadvantaged backgrounds.
- The proportion of teen mothers or fathers living with their partners didn't change, but far fewer were married.
- The birth rates to teenage girls across the two groups didn't change, but the reported rate of teenage fatherhood increased, a seemingly contradictory conclusion. For example, 1.7 percent of the men in the older group were fathers by the time they were 17, while in the younger group, nearly double that number were dads. About 8 percent of the 17-year-old females in both groups were mothers.

"In what might be called the 'cougar effect,' we may be seeing more young males partnering with older females," said researcher Maureen Pirog of IU's School of Public and Environmental Affairs. This phenomenon has been popularized in the media by television shows such as "Cougar Town" and "Extreme Cougar Wives" and on dating websites like CougarLife.com.

*Eureka Alert, September 19, 2017*

### **Male sexual assault prominent and stigmatized**



The video "Yeah, Maybe, No' incorporates a lot of good information," Vigna said. "It talks about consent and it also talks about sexual assault from a perspective that happens, but is not heard of very often, which is the male perspective of sexual assault." While sexual assaults and rapes perpetrated against males are less common than those perpetrated against females, they still compose a statistically significant portion of overall sexual assaults and rapes. Males are more likely to be preyed upon on college campuses than off.

*The Crimson, University of Alabama, September 20, 2017*

### Douglas Todd: Men do well in science and tech, but lag elsewhere



It's assumed that men generally do well in the fields of science, technology, engineering and mathematics, collectively known as STEM. In light of this, high-profile efforts are usually aimed at encouraging more girls and women to move into STEM. But there's a big kicker to men's success in STEM: Young males aren't doing at all well in other fields. New Canadian research

says high-school girls are, on average, doing as well as boys in STEM - plus they're outperforming boys in almost every other sphere. A large study by David Card and Abigail Payne has found that girls and boys in Grade 12 end up roughly equally prepared to go into science, technology, engineering and mathematics programs. But girls also excel in the languages, humanities and other subjects, while boys do not. "The conventional wisdom is that the gender gap is about women and the forces - discrimination, sexism, parenting, aptitudes and choices - that make women less likely to study in STEM fields," says Alex Tabarrok, a high-profile Canadian-American economist who has reviewed the study. But the real reason more males complete STEM degrees, says Tabarrok, of George Mason University, is that, to put it too bluntly, "the only men who are good enough to get into university

are men who are good at STEM. Women are good enough to go into non-STEM and STEM fields." The findings of Card, of the University of California, Berkeley, and Payne, of McMaster University, are consistent with wider concerns about the under-representation of men in higher education and in many sectors of the labour market, says Tabarrok.

*Vancouver Sun, September 22, 2017*

### **As Men's Weight Rises, Sperm Health May Fall**

*But shedding pounds may bring them back to normal, researcher says*

A widening waistline may make for shrinking numbers of sperm, new research suggests. Indian scientists studied more than 1,200 men and found that too much extra weight was linked to a lower volume of semen, a lower sperm count and lower sperm concentration. In addition, sperm motility (the ability to move quickly through the female reproductive tract) was poor. The sperm had other defects as well, the researchers added. Poor sperm quality can lower fertility and the chances of conception. "It's known that obese women take longer to conceive," said lead researcher Dr. Gottumukkala Achyuta Rama Raju, from the Center for Assisted Reproduction at the Krishna IVF Clinic, in Visakhapatnam. "This study proves that obese men are also a cause for delay in conception," he added.

*Medline Plus, September 20, 2017*

### **For Men, Fitness Can Often Last a Lifetime**

*Activities enjoyed when younger are often continued, but lots of men take up walking as they age*

"Early engagement in sport and structured exercise may be vital for developing the necessary motor skills needed to establish a lifelong habit for physical activity. However, it may also be important to provide opportunities to take up other forms of activity, such as walking, during the transition to old age," study lead author Daniel Aggio, from University College London (UCL), said in a journal news release. The research included nearly 3,500 British men, aged 40 to 59 at the start of the study. The researchers followed the men's health for 20 years. Those who were physically active in mid-life were nearly three times more likely to be active at the end of the study period. Men who played sports in mid-life were more likely to be active in old age than those who did other types of physical activity in mid-life. That was especially true of those who played sports for many years, the findings showed. Men who played sports for 25 years or more were nearly five times more likely to be physically active in old age than those who didn't play sports, the study authors said.

*Medline Plus, September 21, 2017*

### **Silly Stuff**

#### **Boy's ~Get a Leg Up" in Physics Because They Pee Standing Up, Researchers Claim**

*An odd hypothesis holds that "playful urination" allows boys to grasp projectile motion more readily than girls, which advantages them in physics education.*

In a recent article published in TES (a UK weekly that was formerly the Times Educational Supplement), titled "Taking the pee out of physics: how boys are getting a leg up," the authors hypothesize that "playful urination" practices allow boys to comprehend projectile motion more easily than girls. This is worth noting, they say, because most physics curricula begin with the concept of projectile motion.

Seeker, September 20, 2017



### **Is Internet Porn Making Young Men Impotent?**

*Thousands of men claim that porn addiction has led to erectile dysfunction - but many in the medical community are skeptical*



Many young men on the Internet have diagnosed themselves with porn-induced erectile dysfunction (PIED). PIED is not in the DSM, which is typically considered the gold standard of diagnostic medicine; nor have there been many comprehensive peer-reviewed studies attesting to

the phenomenon. Yet many young men in their twenties and thirties are turning to sites like Reboot Nation as well as similar websites like Your Brain On Porn and the subreddit NoFap, to report experiencing symptoms of erectile dysfunction. And the one thing they have in common, they say, is a healthy diet of Internet porn. For Tony, it was nothing short of a eureka moment. "I discovered porn could have made some damage in my brain," he says. "It was a bit like how a tire wears down and down over constant use, until suddenly, one day, it bursts."

Rolling Stone, September 21, 2017

*Finding the Roundup to be informative? Want to know more about what has been published and written about AYA male health in your own area of interest? Check out our five year archive of Weekly Roundup issues and search by your own keywords, [here](#). Ours is the only online database of its kind, and access is free.*

**Male suicide: Many suffer in silence. Movember speaks out.**

Staying mute about mental health is killing men. Time to Unmute and Ask Him, stresses Movember.com's newest campaign on suicide prevention. Sometimes just a conversation can save a life. Suicide is the current leading cause of death for men between the ages of 15-39 in Canada, and, shockingly, men make up 75% of all suicide deaths in Canada. "Eight men die by suicide in Canada every single day," says Craig Martin, global director of Mental Health & Suicide Prevention for the Movember Foundation, a stellar charity raising funds and awareness about men's health. "Our research has shown that a majority of men say they are there for their friends when they need support, yet considerably fewer men are prepared to go to someone when they're struggling themselves - bringing to life the need for those around men to take themselves off 'mute' and start the conversation," says Martin. Getting support can help fix things. Check out [movember.com/iwanttoask](http://movember.com/iwanttoask) - they've just launched three short videos that are disguised as how-to tips on everyday life tasks, like changing a bike flat or checking the BBQ propane level, but all have a call to action accessed by un-muting the video. Each video demonstrates the importance of taking the initiative to ask men how they are doing - don't just assume everything is ok!

*Toronto Sun, September 17, 2017*



### Googling Depression

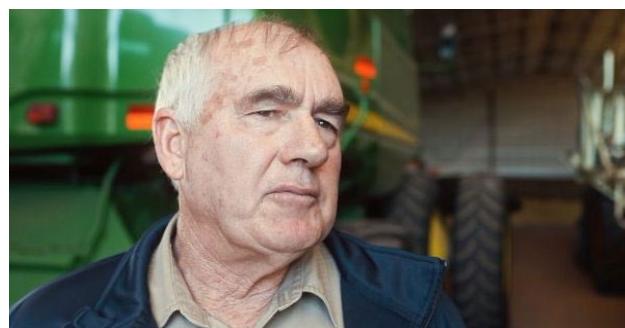


In the USA, when googling "depression" patients will be presented with a link to the PHQ-9 screening test. Google has developed this in collaboration with the National Alliance on Mental Illness - and Ken Duckworth, the alliance's medical director, debates the merits of this approach with Simon Gilbody, from the Department of Health Sciences at the University of York. Also joining this podcast is David Gilbert, mental health services user and director of InHealth Associates, who argues that it's only through patient involvement that real improvements to mental health can be obtained.

*Sound Cloud, September 14, 2017*

### AUSTRALIA: Boys do cry: West Australian farmers break silence on mental health issues

"Boys aren't meant to even cry, but I can assure you I've seen plenty of them do it - and I've even been to that point myself," Wally Newman, a farmer for over 40 years, says as he vows to do his bit to tackle the high suicide rates in rural WA. Topping a national average, suicide is the leading cause of death for West



Australians aged 15-54, according to the Australian Bureau of Statistics. Mr Newman, who is also a director at WA's grain handling co-op CBH, has banded together with his colleagues John Hassell, Brian McAlpine and Simon Stead to tackle the sensitive issue with a series of candid and personal videos to be published on the company's social media pages.

*WA Today, September 11, 2017*

### **Australian teens doing well, but some still at high risk of suicide and self-harm**



The Growing Up in Australia: Longitudinal Study of Australian Children (LSAC) has been going since 2004, following the lives of thousands of children into adulthood and gathering data from parents, teachers, carers and the children themselves. The latest LSAC Annual Statistical Report provides a window

into how the lives of Australian teenagers are changing. One in ten 14-to-15-year-olds had self-harmed in the previous 12 months, and 5% had attempted suicide. Girls appeared to be at greater risk than boys of both self-harm and suicidal behaviour. However, boys were much more likely to act impulsively and make an unplanned suicide attempt. Other issues examined in the study include alcohol use, employment status, caregiver status and absence from school.

*The Conversation, September 11, 2017*

### **AUSTRALIA: Young men most likely to be in serious crashes**

Two in five motorists catastrophically injured on WA roads last financial year were young men, making them and their families the biggest beneficiaries of the State's no-fault insurance scheme in its first year. Almost 70 per cent suffered a brain injury, while 29 per cent had spinal injuries.

Commission secretary Kane Blackman said almost half of the crash victims were aged 15 to 34 and three-quarters were men, showing that young males continued to be vulnerable on the road.

*The West Australian, September 11, 2017*



### **High blood pressure reasons differ by gender in teens; young adults**

While current treatment recommendations for hypertension do not differ by gender across all ages, this study suggests potential benefits to prescribing blood pressure-lowering medications with consideration for gender differences in the underlying physiology of elevated blood pressure in young and middle-aged adults. Researchers found:

- In females, stroke volume explains 55 percent of the variance in systolic blood pressure (the top number in a blood pressure reading), versus only 35 percent in males.

- In males, the major determinant of systolic blood pressure was total peripheral resistance, which explained 47 percent of the variance, versus only 30 percent in females.
- These gender differences were seen across most of the 52-minute protocol, being most prominent during standing and least evident during mental stress, according to the abstract.

*Medical Express, September 16, 2017*

### **IRELAND: The HPV propaganda battle: the other side finally fights back**

*30,000 parents will decide this month whether their daughters should get the HPV vaccine*

The battle for the hearts and minds of the 30,000 parents who will decide this month whether their daughters should receive the vaccine is long under way. For five years now opponents of the vaccine have been exploiting the potential of social media to deliver their emotion-laden message directly to parents. Central to their case is the claim that hundreds of girls have suffered chronic ill-health after taking the Gardasil vaccine. What has changed this autumn is that the Health Service Executive (HSE) has - finally - awoken from its slumber. Late last month it used the occasion of the annual launch of the immunisation programme to tell the anti-vaccine lobby "the gloves are off". With Minister for Health Simon Harris telling groups to "butt out" of debate and HSE boss Tony O'Brien accusing them of "emotional terrorism", the stage is set for a vitriolic struggle between the two sides.

*Irish Times, September 16, 2017*

### **HIV/HCV Coinfection Remains Marginalized Despite Progress**

The population of patients coinfected with HIV and hepatitis C in the U.S. remains largely marginalized for one reason or another. They are opioid drug users, Medicaid recipients, men who have sex with men; often, they are all the above. The fact that there are medications in the marketplace that can control or cure their dual infections makes their predicament even more frustrating. These are people who, clinically speaking, should be leading normal, healthy lives. Yet they are not.

*HCV Next, September/October 2017*

### **UK: GAY MEN WITH HEPATITIS C ARE SUFFERING STIGMA NOT SEEN SINCE THE HIV/AIDS CRISIS**



In the October issue of Attitude - available to download and in shops now - we hear from gay men living with hep C about the devastating consequences stigma can have, as well as the healthcare professionals currently battling to raise greater awareness of the disease in the LGBT community. Paul identifies how PrEP on the one hand has liberated gay men from the fear of contracting HIV, while at the same time almost blinding them to the issues around other STIs, including HCV. "I have all the praise in the world for PrEP, but the subliminal message of it is: you can

now have bareback sex, because PrEP will protect you from HIV. "It will, which is brilliant. But it's not going to protect you from gonorrhea, syphilis or hep C," he adds.

*Attitude UK, September 11, 2017*

## **Semen Harbors Wide Range of Viruses**

*Researchers find 27 infectious agents, but it remains unknown how many can be transmitted sexually*

The analysis of current medical literature revealed genetic evidence of 27 infectious viruses found in semen, including dread-inducing agents like Zika, Ebola, Marburg, Lassa fever and chikungunya, along with mumps, Epstein-Barr and chicken pox.

"Clinicians and researchers need to consider the possibility that traditionally non-sexually transmitted viruses can persist in semen, and this therefore raises the possibility of sexual transmission," said lead researcher Alex Salam. He is a clinical researcher with the University of Oxford's epidemic diseases research group in the United Kingdom. "Detection means that evidence of viral genetic material or viral protein was found in semen," Salam said. "It's important to note that this does not mean that the virus is viable, i.e., capable of replicating. To prove this, the virus needs to be isolated and grown in cells or animals. For many of the viruses, this test has not been done, so we don't know whether virus is viable or not."

*Medline Plus, September 13, 2017*



## **Department of Silly Studies**

### **Look to the hand - it might reveal just how athletic you are**

*A new study on finger length in males points to similar sporty findings*



A new study from a professor at the University Of North Dakota (in tandem with his son) has found a link between finger length and athleticism in adolescent boys. The study examined 57 boys while also testing their muscular strength through a grip exercise. The results showed that there was a noticeable relationship between athleticism in the

boys and the length ratio of their fourth digit (ring finger). Typically, in males, the ring finger is longer than the index finger, while they are often the same length in females. The longer the ring finger, the higher the handgrip strength amongst tested participants. The researchers then extrapolated grip strength as a sign of muscular strength, which is a key ingredient in most athletic performances as well as an indicator of greater overall health. This finger/athleticism relationship is not merely coincidence, researchers believe what causes the finger length is also what enhances strength and athleticism; testosterone.

*CBC, September 15, 2017*

### **Drug combination reduces risk of HIV infection among teen males**

*NIH-funded study suggests PrEP therapy, approved for adults, is safe for youth.*

# PrEP

A National Institutes of Health network study has confirmed that a combination of two drugs taken daily to reduce the chances of HIV infection among high-risk adults also works well and appears safe in males ages 15 to 17 years.

Truvada, a single pill containing the drugs

tenofovir and emtricitabine (TDF/FTC), is currently approved for daily use in adults. The drug is the cornerstone of pre-exposure prophylaxis (PrEP), a strategy in which healthy people at risk for HIV infection take one or more anti-HIV drugs to reduce this risk. The study published in JAMA Pediatrics, was funded by NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), National Institute on Drug Abuse, and National Institute of Mental Health.

*NIH News Release, September 5, 2017*

## Pharmaceutical Giant Donates \$1 Million To HIV Organizations Impacted By Hurricanes

Gilead Sciences announced at the 21st annual U.S. Conference on AIDS on Thursday that it is pledging \$1 million to help HIV organizations that have been impacted by hurricanes Harvey and Irma. The grants will be coordinated by the National Minority AIDS Council and AIDS UNITED, which also



announced it will distribute \$150,000 from its Southern HIV Impact Fund to help the hurricane relief efforts. "Gilead's generous contribution will make a tremendous difference for people living with HIV and for organizations serving them that were ravaged by Hurricanes Harvey and Irma," NMAC Executive Director Paul Kawata said in a statement. "We must make sure that we reach the organizations most in need as rapidly as possible." According to the U.S. Centers for Disease Control and Prevention, the South is an epicenter of the HIV epidemic, with over half of new AIDS diagnoses and deaths taking place in the southern region of the country. "Hurricane Harvey adds a heightened sense of urgency to the organizations serving people living with HIV/AIDS," said John Barnes, executive director of Funders Concerned About AIDS. "We are calling on organizations across the country to join Gilead Sciences and others in supporting the work that must be done to reverse these troubling trends."

*Logo, September 7, 2017*

## Demonstration Project Amplifies Transgender Leadership in Fight Against HIV

Through the generous support of Janssen Therapeutics, Division of Janssen Products, LP, eight organizations in six states, DC and Puerto Rico were awarded AIDS United's first-ever demonstration grants to increase transgender leadership within organizations, in community planning bodies and in local networks to aid the response to HIV. "The transgender community faces unique challenges in HIV prevention, treatment and care that are compounded by insensitivity and a shocking lack of culturally competent providers, as well as racial and ethnic health disparities, discrimination and stigma," said AIDS United President & CEO Jesse Milan Jr. Transgender women, especially transgender women of color, are more heavily

affected by HIV than any other group in the United States, relative to their population size. Community leaders and policy makers must be made aware of the many barriers to good health faced by the transgender community, including violence and discrimination in areas such as housing, education and when accessing health care. From a mentorship project for people living with HIV in Florida to providing job-readiness and advocacy training to individuals who have been recently released from prison or jail in San Francisco - the eight grantee organizations are working to amplify the power of transgender people to address the HIV epidemic and make a difference in their communities.

*Benziga, September 6, 2017*

### **NCI's Lowy and Schiller win Lasker prize for developing HPV vaccine**

Douglas Lowy and John Schiller have won the 2017 Lasker-DeBakey Clinical Medical Research Award for research that led to development of the human papillomavirus vaccine. Lowy, who is completing his stint as the NCI acting director, becomes the first head of the institute-permanent or acting-to win the award, which is described as America's Nobel Prize. The Lasker awards were announced Sept. 6. Lowy and Schiller, deputy chief of the Laboratory of Cellular Oncology and head of the Neoplastic Disease Section at the NCI Center for Cancer Research, developed the vaccine against HPV infection.

*Cancer Letter, September 6, 2017*

### **RI still leads country in HPV vaccination rate**

Nearly 90 percent of Rhode Island teenagers have received at least one dose of the human papillomavirus virus, or HPV, vaccine. Rhode Island continues to have the highest HPV vaccination rate in the country, according to new data released by the Centers for Disease Control and Prevention. The data was gathered from a survey of teens between 13 and 17 years old. Questions were answered by parents and guardians, and information provided was confirmed with a health care provider. In Rhode Island, 90 percent of females and 88 percent of males received at least one dose of the HPV vaccine. That far outpaces the national average of 65 percent for females and 56 percent for males. Mounting evidence has shown the effectiveness and safety of vaccinating youth against HPV. But the decision by the state Department of Health to mandate students receive the vaccine for the start of the 2015 school year stirred controversy in part because the virus is sexually transmitted. Some called the mandate government intrusion and voiced concerns about side effects of the vaccine. Only Rhode Island, Virginia and the District of Columbia mandate the vaccine. Rhode Island does allow parents to request an exemption.

*Providence Journal, September 8, 2017*

### **Study: Let Me Run Fosters Healthy Masculinity**



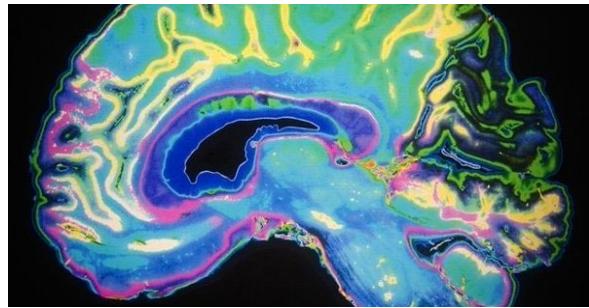
A recent independent study conducted by University of North Carolina at Greensboro's Institute found Let Me Run is making a substantial positive impact in boys' lives. A review of the professional literature revealed UNCG's groundbreaking study to be the first published to examine healthy masculinity in boys, as well as a

program's ability to improve it. [Let Me Run](#) is a nonprofit wellness program that inspires boys to be themselves, be active and belong. With a comprehensive curriculum that applies the power of running, the program encourages boys to develop their psychological, emotional and social health, in addition to their physical health. Twice a week for seven weeks, two trained volunteer coaches lead an elementary or middle school team through practice. Designed to amplify confidence, self-expression and respect for others, each practice includes a lesson from the Let Me Run curriculum that incorporates running, games and activities. Each fall and spring season culminates in a 5k race festival that celebrates the boys' personal growth.

*SBG Media, September 5, 2017*

### [Long-term alcohol use changes brain functions differently in young men and women](#)

Scientists have found that brain functions in young men and women are changed by long-term alcohol use, but that these changes are significantly different in men and women. This indicates not only that young people might be at increased risk of long-term harm from alcohol use, but also that the risks are probably different in men and in



women, with men possibly more at risk. This work is presented today at the ECNP meeting in Paris. "We found more changes in brain electrical activity in male subjects, than in females, which was a surprise, as we expected it would be the other way around. This means that male brain electrical functioning is changed more than female brains by long-term alcohol use," said one of the researchers.

*Medical News, September 4, 2017*

### [Opioid Use May Explain 20% of Drop in American Men's Labor-Force Participation](#)

Opioid use by American men may account for one-fifth of the decline in their participation in the U.S. labor force, according to a study by Princeton University economist Alan Krueger. "The opioid crisis and depressed labor-force participation are now intertwined in many parts of the U.S.," Krueger, who was chief economist at the Treasury Department in the Obama administration, wrote in the study released Thursday at a Brookings Institution conference in Washington. Krueger's study linked county prescription rates to labor force data from the past 15 years, concluding that regional differences in prescription rates were due to variations in medical practices, not health conditions. In previous research, he found that nearly half of men in their prime worker ages not in the labor force take prescription painkillers daily. Krueger's study echoes previous research that attributes most of the decline in labor force participation since the early 2000s to an aging population and young people choosing school over work. The opioid crisis is exacerbating the problem, Krueger wrote. "Addressing the decades-long slide in labor force participation by prime-age men should be a national priority," he wrote.

*Bloomberg, September 7, 2017*

### [The Movember Foundation launches suicide prevention campaign](#)

"Our research has shown that a majority of men say they are there for their friends

*"when they need support, yet considerably fewer men are prepared to go to someone when they're struggling themselves," said Craig Martin, Global Director for Mental Health & Suicide Prevention at the foundation.*

The Movember Foundation, a global men's health charity, today launched a suicide prevention campaign called Unmute -- Speak Up. The Movember Foundation was established in 2003 and is the only global charity focused solely on men's health and is known for challenging men to grow mustaches during the month of November to highlight and raise money for men's health initiatives. Since 2003, the Movember Foundation has raised \$769 million and funded more than 1,200 breakthrough men's health projects in 21 countries, including prostate and testicular cancer research and mental health and suicide prevention programs. The Movember Foundation has launched its Unmute -- Speak Up campaign, a month-long campaign leading up to World Suicide Prevention Day on September 10.

*UPI, September 7, 2017*

#### **UK: CPS makes commitment to male victims of sexual and domestic abuse**

The Crown Prosecution Service has published its first ever public statement recognising the needs and experiences of male victims of offences including rape, domestic abuse, harassment, stalking and child sexual abuse. Many male victims of these crimes never come forward to report them to the police. This can be for a variety of reasons, including fear that their masculinity may appear to be diminished if they report domestic abuse or that homophobic assumptions will be made around their sexuality if they are raped by a man.

*Cps.gov.uk, September 6, 2017*

#### **Advocates Raise Awareness about the Hidden and Ignored Suffering of Male Sex Trafficking Victims**

The National Center on Sexual Exploitation, Washington College, and The U.S. Institute Against Human Trafficking held a historic press conference at the National Press Club Thursday to kick off the first ever symposium on the sexual exploitation harming boys and men. The government, NGOs, and society at large have overlooked male victims of sexual exploitation, the organizations argued, leaving the victims without adequate resources. Haley Halverson, Director of Advocacy and Outreach at the National Center on Sexual Exploitation, cited some very troubling research showing that these victims have been largely left behind by society. She explained that children who experience sexual abuse are at an increased risk of being sex trafficked, but that this is especially true for boys. Halverson cited a 2017 study from the American Journal of Public Health which "found that girls who were sexually abused as children were 2.5 times more likely to be sex trafficked, but for boys their risk factor of being sex trafficked was over eight times greater if they had been sexually abused." Halverson added that "research is showing that when boys report sexual abuse they're met with more mistrust than girls and, upon analysis, media stories about abuse or sex trafficking regularly focus on young, white females instead of addressing more complex narratives." She also cited one study that surveyed 37 service providers for sexual trafficking victims across the United States and found "between them there were only 28 beds for sex trafficked males, this despite the fact that estimated range of male trafficking victims hovers in the hundreds of thousands."

*Townhall, September 7, 2017*

#### **The best men's health blogs**



Men are often reluctant to seek health-related help, according to the age-old stereotype. And whether that long-standing typecast is true or false, blogs are promoting male healthcare measures that are a must-read if you are determined to reach your ultimate health and fitness goals. Some health complications, including erectile dysfunction and prostate cancer, are unique to men, while other health issues are more likely in men than women, such as lung cancer, coronary heart disease, Parkinson's disease, and HIV infection. In a snapshot of men's health in the United States, the Centers for

Disease Control and Prevention (CDC) report that 12.4 percent of adult males are in fair or poor health, 55.6 percent meet aerobic physical activity guidelines, and 17.8 percent currently smoke cigarettes. Furthermore, 32.6 percent of adult men have high blood pressure, and 34.5 percent are obese. Men's health blogs can provide advice on anything from nutrition and exercise to managing stress and preventing disease, and they can ultimately help you to make healthier decisions regarding your health and wellness. Medical News Today have selected the 10 best sites in the men's health blogosphere.

*Medical News Today, September 7, 2017*

### **6 in 10 of America's Single Guys 'Take Responsibility' for Contraception**

*Most rely on condoms, but use of another method has doubled, study finds*

About six in 10 sexually active single men in the United States are taking responsibility for birth control, government health officials say. When they have sex, these unmarried males are using a condom (45 percent), vasectomy, "withdrawal," or a combination, according to a new report released Thursday from the U.S. Centers for Disease Control and Prevention. For the study, the researchers surveyed about 3,700 unmarried and sexually active men, aged 15 to 44. The researchers found that use of any male birth control method rose from about 52 percent in 2002 to more than 59 percent by 2011-2015. Male-method contraception was highest (75 percent) among men who had never married, followed by formerly married men (55 percent) and men currently living with their partner (36 percent), said study lead author Kimberly Daniels.

*Medline Plus, August 31, 2017*

### **A Boy's Need For Massiveness - Adolescent Bigorexia**



With a growing gym culture in adolescent boys, getting 'tonked,' 'jacked up' and 'mahoosive' is an integral part of the lives of an increasing number of my peers. Whilst a healthier lifestyle is certainly desirable, if it potentially comes at the expense of psychological wellbeing and physical health, could this "largeness-mania" be doing more

harm than good? Bigorexia, also known as muscle dysmorphia, is a psychological illness under the category of body dysmorphic disorder. Defined by Oxford

Dictionaries as 'a psychological disorder marked by a negative body image and an obsessive desire to have a muscular physique,' a BBC Newsbeat documentary indicated that it affects 1 in 10 gym-goers. With an increasing youth presence in the gym, these statistics are concerning.

*Huffington Post UK, August 30, 2017*

### [Royal Academy of Dance aims to break stereotypes, get more young boys into dance](#)

BOYS up and dancing is the aim of a global campaign which has its national kick-off in Adelaide with a boys-only dance school. World leading ballet educators the Royal Academy of Dance has launched Project B, which links dance to sport and gaming, and arrives in Adelaide in January to stage its first Australian summer school. Nichola Hall, RAD's SA manager, said internationally only 1.8 per cent of all RAD exam candidates were male, with the figure rising only marginally, from four to six per cent, in the upper levels.

*The Advertiser, August 28, 2017*



### [John Legend Calls for an End to the Pressures of "Toxic Masculinity"](#)



The men's grooming brand AXE recognizes that the atmosphere of the hallways, locker rooms, parties and social media channels often push insecurities to the forefront as young guys struggle to figure out who they are within the confines of "who they're supposed to be." According to AXE, this pressure to conform can churn

out unhealthy thoughts and behaviors. In fact, the company reported that of the young guys who find themselves facing this inner turmoil, 81 percent turn to bullying, 71 percent to sexual harassment and 51 percent experience depression. To help empower young guys to confidently embrace their true selves, AXE announces Senior Orientation, a program dedicated to bringing a message of self-expression and inclusivity directly to high school students.

*BET, August 29, 2017*

### [How parents can help teenage boys stay focused and pay attention to their feelings](#)

It's not that teen boys are from Mars and teen girls are from Venus, exactly. But according to science, the two genders seem to travel in different orbits. While research on the subject is still in its early stages, a growing number of studies point out subtle differences between adolescent boys and girls, ranging from the ability to focus and organize to emotional empathy. A 2012 Yale University School of Medicine study of 49 teenagers, for example, showed boys scored worse than girls when it came to "mentalizing," which the study described as the ability to sense a person's mental state and what they're thinking. A 2015 study in the Journal of Personality and Social Psychology looked at nearly 5,000 adolescents worldwide and found young teen girls were likelier to pay attention than boys. Other studies show teen girls can remember and come up with words quicker than teen boys.

*Dallas News, September 1, 2017*

### Teen Drug Use Is Down, But Fatal Opioid Overdoses Are Up

Drug overdose deaths among older American teens rose in 2015, after declining for several years, a new federal report finds. This comes even as overall drug use among this group continues to fall.

The report this month from the Centers for Disease Control and Prevention (CDC) found that between 1999 and 2015, drug overdose death rates for 15- to 19-year-olds more than doubled. In total, there were 772 drug overdose deaths among older teens in 2015, with two-thirds more deaths among males than females. Between 2014 and 2015, the overdose death rate for males in this age group rose 15 percent. For women the rate increased 35 percent between 2013 and 2015. Opioids made up the bulk of deaths for all years, vastly outpacing deaths due to cocaine, benzodiazepines, and psychostimulants with potential for abuse.

*Health Line, August 30, 2017*



### The Opioid Epidemic Needs A Strategy For Teens

Addiction is frequently a childhood onset condition. Any forward-thinking national overdose strategy needs to invest heavily early in the life course -- that is, in children and adolescents. To be successful, the strategy must prevent teens from initiating problematic opioid use in the first place, and expand access to evidence-based treatment for teens. The 21st Century Cures Act, passed in December 2016, appropriates \$1 billion to states over two years to address opioid addiction. Most funds, however, will be allocated to treatment services for adults, with very little dedicated to preventive and treatment services for adolescents.

*Common Health, August 29, 2017*

### Massachusetts launches campaign to help parents talk to teens about opioids

Massachusetts state health officials are trying to enlist parents in combating the opioid epidemic, with an advertising campaign urging them to talk to their adolescent children about prescription drug misuse and addiction. The Massachusetts Department of Public Health has launched a series of TV spots, social media postings, and billboards titled "Stop Addiction Before It Starts." The campaign, using \$520,000 from the state Bureau of Substance Abuse Services and scheduled to run through mid-October, links parents to a web page ([www.mass.gov/stopaddiction](http://www.mass.gov/stopaddiction)) offering tips on how to start a conversation about drugs and such information as how to safely dispose of unused pain pills and where to get help for addiction and recovery.

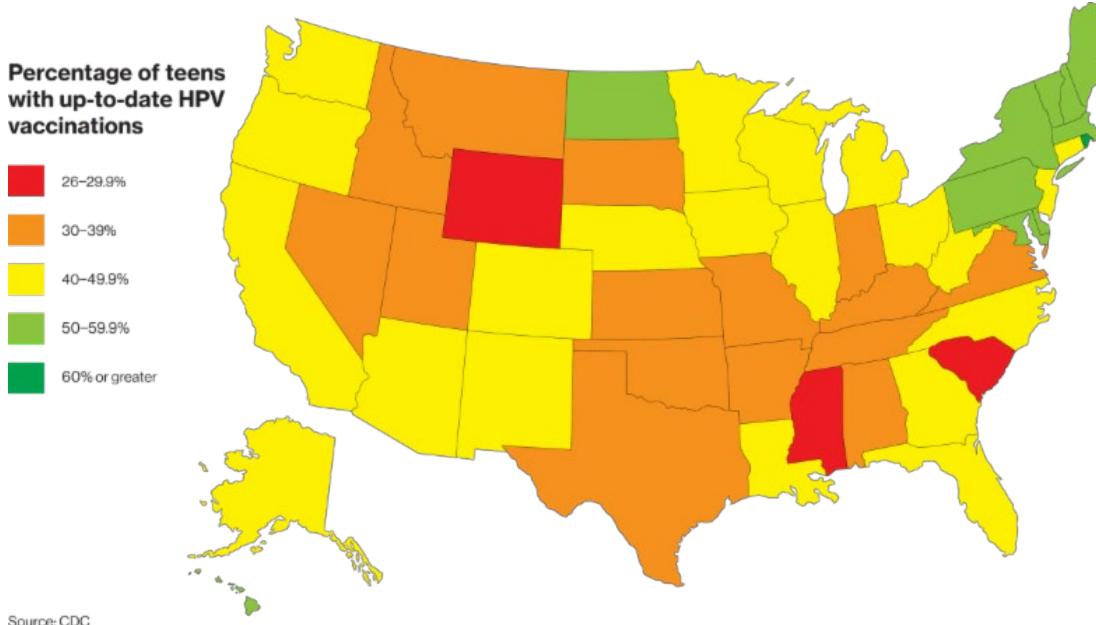
Most people who become addicted started using drugs in adolescence.

*Boston Globe, September 3, 2017*

### Why HPV Vaccination Rates Remain Low in Rural States

State vaccination rates were as high as 73 percent among girls in Rhode Island and as low as 31 percent in South Carolina for all three doses in 2016. Among boys, Wyoming had the lowest rate, with only 20 percent getting the full round of shots.

Overall, teens living in major metropolitan areas were far more likely to get the vaccine than those living in rural areas, which may be more socially conservative and lack access to certain health-care services. In some of these places, average household incomes are lower than the national average, and parents might not be able to afford to take their pre-teens or teens to get the vaccine. In some states with low vaccination rates, HPV-caused cancers are the among the highest. In Mississippi, for example, only about 34 percent of girls and 25 percent of boys get all required doses of the vaccine. The state also has one of the highest rates of HPV-related cervical cancer in the country. Wyoming tells a similar story, with high rates of HPV-associated cancers in both men and women.



*MIT Technology Review, September 1, 2017*

### Bivalent vaccine reduces HPV prevalence in younger men

The prevalence of HPV in younger men was significantly lower among those who received the bivalent HPV vaccine than in those who did not, according to recent study findings.

"The results of this observational, post hoc study suggest protective efficacy against vaccine type HPV 16/18 and cross-protected and/or low risk type HPV 6/11/31/33/45 for the bivalent HPV vaccine in males," the researchers concluded.

"Vaccine efficacy of the bivalent vaccine in males has yet to be established. Our findings motivate randomized efficacy studies in males for the bivalent HPV 16/18 vaccine in a larger sample size in populations with higher HPV prevalence."

*Helio, August 31, 2017*

### Few young cancer survivors are up to date with HPV vaccines

Childhood cancer survivors in the U.S. are much less likely to have had human papillomavirus (HPV) vaccinations compared to their peers, despite being at increased risk from the virus, according to a new study. Only 24% of teen and young adult cancer survivors, versus 41% of their age group in the general population, had received the vaccine, researchers found. Not getting a recommendation from a healthcare provider and concerns that the vaccine wouldn't be covered by insurance were the two biggest predictors of being unvaccinated.

HPV infections are the most common sexually transmitted disease in the U.S., and several subtypes of the virus are responsible for cancers of the cervix, vagina, penis, tongue, throat and anus, according to the Centers for Disease Control and Prevention. The CDC estimates that 90% of sexually active men and 80% of sexually active women will be infected with HPV at some point in their lives. A vaccine to prevent HPV infection has been available since 2006 and is recommended for all adolescents, the study team notes in the Journal of Clinical Oncology, online August 26.

*Reuters, September 1, 2017*

### **Depression's Transcriptional Signatures Differ in Men vs. Women**

*Divergent illness processes may point to sex-specific treatments*

Brain gene expression associated with depression differed markedly between men and women in a study by NIMH-funded researchers. Such divergent "transcriptional signatures" may signal divergent underlying illness processes that may require sex-specific treatments, they suggest. Experiments in chronically-stressed male and female mice that developed depression-like behaviors largely confirmed the human findings.

*NIMH, August 28, 2017*

### **Young adults, especially men, fall behind in high blood pressure treatment and control**

Young adults, particularly men, lag behind middle-aged and older adults in awareness and treatment of high blood pressure, putting this population at an increased risk for heart attack and stroke, according to new research in the American Heart Association's journal Hypertension. High blood pressure is a leading risk factor for heart attack and stroke and is also a significant public health burden, costing the United States about \$110 billion in direct and indirect costs in 2015, according to American Heart Association estimates. American Heart Association guidelines define blood pressure as normal at less than 120/80 and high blood pressure as 140/90 or above. "While hypertension awareness, treatment and control have improved overall since the early 2000s, all three remain worse in young adults - those aged 18-39," said senior study author Andrew Moran, M.D., M.P.H., an assistant professor at Columbia University Medical Center in New York.

*Medical Express, August 28, 2017*



### **Lesbian, gay and bisexual teenagers at much greater risk of depression**

Adolescence can be tough for young people, but it can be especially hard for teenagers who aren't straight. Our latest study reveals that lesbian, gay and bisexual young people (LGB or "sexual minority youth") have about three times the risk of being depressed compared with their heterosexual peers. Our results are based on a meta-analysis of over 165,000 adolescents from eight countries, including the US, UK and New Zealand. Prior research in the field has focused on samples predominantly drawn from LGB community events and online sources - so-called convenience-based sampling. But studies using LGB events and related websites to obtain participants are more likely to be skewed towards certain

demographic groups, such as males.

Because there is scant data available on transgender and intersex young people, we had to exclude these groups from our study.

*Medical Express, August 30, 2017*

### **Bicyclist Deaths Rise in U.S., Men Are Likely Victims**

*Fatal crashes jumped 12 percent in 2015, report says*

Bicyclist deaths on U.S. roadways are up significantly, and men -- not kids -- are commonly the victims, a new report finds. Biking deaths rose 12 percent in 2015, the latest year for which figures are available, according to the Governors Highway Safety Association. This jump was the largest among any group that uses roadways. Historically, most fatal bicycle crashes involved children and teens. Now, 85 percent of bicyclists killed on the road are men, the report said. And of the 818 bicyclists killed in 2015, the average age was 45.

*Health Day, August 24, 2017*



### **Would you get on a pilotless plane? These people would**



Young, well-educated American males are the most comfortable with the idea of traveling by a pilotless plane, according to a new UBS survey of 5,000 people. The study is an expansion on the UBS note released earlier this month that suggested the aviation industry could save \$35 billion a year by ditching on-board human control.

*CNBC, August 30, 2017*

### **Dads are getting older and the impact on kids' health can be 'significant'**

The average age of an American baby's father has risen by almost four years since the 1970s, from 27.4 to 30.9, a study published Wednesday in the journal Human Reproduction found. It's a big deal to see that kind of change over a relatively short period of time - basically a generation, said Dr. Michael Eisenberg, study co-author and an assistant professor of urology at the Stanford University School of Medicine. Older fathers tend to sire "geekier" sons - boys who have higher IQs, a strong focus on their interests and little concern about fitting in, a separate study recently found. These characteristics are "strongly predictive of academic, and thus likely also career success," the authors noted.

*Washington Post, August 30, 2017*

### **Abstinence-only education doesn't work. We're still funding it.**

Buried among the many changes to health programs in this year's federal budget was an important one for young people. Congress added new funding for abstinence-only-until-marriage programs, bringing the annual total to \$90 million.

And then in July, the Department of Health and Human Services announced it would end funding for the Office of Adolescent Health's evidence-based Teen Pregnancy Prevention program next year. That program's mission is to test and evaluate new and old prevention programs based on the best available science. But there's no testing needed before the office shuts down to evaluate abstinence-only education. Research about abstinence-only programs is already quite clear, as we document in [two new scientific papers](#) in the Journal of Adolescent Health. They don't work, and they don't prepare young people for life.

*Washington Post, August 21, 2017*

### **Pediatric primary care could be key to solving teen opioid crisis**

A new primary care pediatric practice model designed to treat teens with substance-use disorder is showing promise, even as a disturbing new federal report finds that drug-overdose deaths increased in 2015 among U.S. adolescents aged 15-19. The nation's health system is struggling to cope with the toll of substance-use disorder as there are too few pediatric or adolescent medicine physicians specializing in addiction medicine and too few inpatient treatment beds, according to Sharon Levy, MD. She is director of the Adolescent Substance Abuse Program at Boston Children's Hospital. One solution that is starting to gain momentum is integrating treatment programs into pediatric primary care, Dr. Levy said in an interview with AMA Wire® and, previously, in an essay she co-wrote for The Lancet. "Addressing the opioid crisis will require innovative strategies, including some that should prompt dramatic rethinking of the role and training of pediatric generalists," Dr. Levy and her colleagues wrote. "With its neurobiological, molecular and genetic aspects, addiction is a disorder that falls squarely into the set of common conditions in which pediatric providers should have competency. It is incumbent on providers who care for young people to do their part to address the opioid crisis before more young lives are lost."

*AMA Wire, August 24, 2017*

### **HPV vaccination of adolescents increases; suburban, rural areas lag**

A majority of U.S. parents are getting their kids vaccinated against HPV, or human papillomavirus, according to a new study by the U.S. Centers for Disease Control and Prevention. Georgia's rate was even higher. The CDC recommends all people be vaccinated at about 11 or 12 years old. The report estimates that full vaccination could prevent 90 percent of related cancers.

*Atlanta Journal Constitution, August 25, 2017*

### **This Report Says More LGBT People Were Killed So Far In 2017 Than In All Of 2016**

*Advocates said the statistic - which doesn't include the Pulse nightclub shooting - "should be a wake-up call."*

More LGBT people have been killed in what advocacy groups categorize as hate-violence-related homicides so far in 2017 than in all of 2016, according to data from an LGBT rights organization. As of August 2017, there have been 33 hate-violence-related homicides of LGBT people, according to the National Coalition of Anti-Violence Programs' count. In 2016, there were 28 - that number excludes the 49



people killed in the Pulse nightclub shooting in Orlando. The numbers translate to roughly one hate-violence-related death every 13 days in 2016. So far in 2017, the pace of those deaths is at about one every six days. Fifteen of those who were killed in 2017 were transgender women of color, and at least 12 were cisgender gay men. The reports came from all over the US, from Texas to New York to Wisconsin.

*Buzzfeed, August 10, 2017*

### Male ice users at 'double' risk of stroke

Young men who abuse methamphetamine are twice as likely to suffer a stroke compared to female users, a study has found. A research review by the National Drug and Alcohol Research Centre (NDARC) at the University of New South Wales investigated the connection between meth use and stroke. The analysis, published in the Journal of Neurology Neurosurgery & Psychiatry, found a haemorrhagic stroke - caused by a bleed into the brain - rather than a clot (ischaemic) is the most common type of stroke associated with taking the drug.

*sbs.au, August 23, 2017*

### Why young males are likely to be grumpy in the afternoon: Study reveals they experience a slump in mood at around 2pm



Researchers from Swinburne University of Technology in Australia looked at the activation of reward-processing brain regions at various times throughout the day. They found that the activation of this region peaks in the morning and evening, but dips at 2pm. To come to this conclusion, the researchers compared activation of

the brain's reward system in 16 men during a gambling task at 10am, 2pm and 7pm. They found that activation in the left putamen - a brain region related to reward response - was lowest in the early afternoon.

Ms Jamie Byrne, who led the study, told MailOnline: 'While the left putamen had greatest activation at 10am and 7pm it had significantly lowered activation at 2pm in the afternoon. 'The left putamen is particularly responsive to unexpected rewards, so our data suggest that the brain's reward centres might be primed to expect rewards in the early afternoon, and be "surprised" when they appear at the start and end of the day.'

*Daily Mail, August 21, 2017*

### No limits turn our boys into "boofheads"

Let's face it, Australian boys have always been boofheads. But the once benign term of endearment has taken a darker turn. A reluctance by parents to set limits and restrictions for their adolescent sons is blamed for a growing culture of young boys displaying negative, anti-social and disrespectful behaviour. In his new book released this week, *The Prince Boofhead Syndrome*, psychologist Dr Michael Carr-Gregg outlines what he describes as a "growing and worrying trend" of young boys increasingly allowed to behave without consequences for poor behaviour.

*The West Australian, August 24, 2017*



### The Movement That Has Men Dropping Out of Society in a 'Sexodus'

Some are calling it the sexodus. "It" is the growing trend among young men to opt out of relationships with women and with society. Men who find the philosophy attractive eschew dating, leave the traditional workforce and spend a lot of time alone or online. There's even a group devoted to the practice called Men Going Their Own Way(MGTOW, pronounced "mig-tow"). In the U.S., the economy has transitioned over the past century from one based on manufacturing to one based on service. For guys, that means the loss of strong, burly-man jobs such as trucking and factory work. In its place are service-based jobs that rely predominantly on soft skills such as collaboration, empathy and listening - skills typically associated with females. A four-year study of 55,000 professionals from 90 countries by Korn Ferry's Hay Group, showed that women scored better than men in 11 of 12 emotional intelligence competencies. These included adaptability, coaching and mentoring, conflict management, emotional self-awareness and empathy. (Men and women scored the same in the final competency, emotional self-control.)

*How Stuff Works, August 23, 2017*

### 13 Common Health Conditions That Affect Men and Women Differently

Heart disease is the number one killer of both men and women in the United States, but men are more at risk at an earlier age. On average, women develop heart disease about a decade later due to the protective effects of the female hormone estrogen. Heart attack symptoms are often less vague and specific in women, often including shortness of breath, nausea, jaw, neck or back pain, and fatigue rather than classic chest pain. The traditional risk factors for heart disease are generally the same for both genders: family history, smoking, diabetes, hypertension, obesity, and diabetes or metabolic syndrome. "Ironically, however, women have a higher mortality from heart disease than men due to both underdiagnosis and undertreatment," Poulima Uddin, MD, a cardiologist at Scripps Women's Heart Center in San Diego. Women are also more likely than men to develop small vessel disease, a condition where blockages occur in the tiny vessels within the heart muscle rather than in the large, surface arteries. "Postmenopausal women, in particular, are subject to a sudden and unusual change in the shape of the heart muscle known as Takotsubo cardiomyopathy that occurs in response to severe emotional stress," says Mehran Movassaghi MD, urologist and men's health specialist at Providence Saint John's Health Center in Santa Monica, California. "Also called 'broken heart syndrome,' the condition is characterized by chest pain and changes in the heart's electrical activity that mimic a heart attack." Knowing your risk factors for heart disease may save your life, whatever your gender.

*Reader's Digest, August 23, 2017*

New PMY Partner: [The Canadian Men's Health Foundation](#)



The Partnership is pleased to announce that the [Canadian Men's Health Foundation](#) has joined us as a partner. The Foundation (CMHF) is a national not-for-profit organization empowered with the mission to inspire Canadian men to lead and live healthier lives.

We're delighted that CMHF has joined the Partnership. The Foundation's work has been innovative and groundbreaking, and can serve as a model for similar male health efforts in the states and other countries. - *Dennis Barbour*

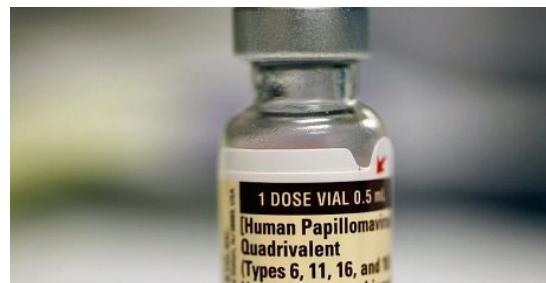
#### **One-fourth of parents, patients deem teen vaccination nonessential**

The belief that vaccinations are primarily important for infants is held by 23% of parents and 23% of teenagers, with less than 50% of male and 65% of female teenagers vaccinated against human papillomavirus, according to a [recent survey](#) conducted by Unity Consortium. "We all have a common goal to keep our teens healthy now and in the future, and with the advances in science, we have a great ability to do that," Judy Klein, president of Unity Consortium said in a release. "We understand the confusion that can come with something new or how seeing a health care provider when healthy may be a low priority, but ignoring these steps has real consequences." To assess the areas for improvement regarding adolescent vaccination, the organization conducted a survey that included 515 parents of teenagers between the ages of 13 and 18 years in the United States. The survey also included 506 teens aged 13 to 18, 405 physicians who treat teenagers and 105 pharmacists. The survey results demonstrated that nearly one in four teenagers and one in four parents believe that vaccinations are more important for infants and that 34% of teenagers are unaware of the benefits of adolescent vaccination. Additionally, 41% of parents responded that their children should see the doctor only when ill. Concerning consultation with doctors, 47% of adolescents dislike speaking with health care providers, although 92% trust their opinion. Approximately six in 10 parents and teens had concerns about the safety of vaccinations, and only 44% of physicians have implemented reminders about missed or upcoming vaccinations.

*Helio, August 14, 2017*

#### **Study Finds Parents of Teens Don't Know Vaccination Schedules**

Most parents of teenagers believe (wrongly) their children have all the vaccinations needed for their age, despite national data suggesting otherwise. According to the C.S. Mott Children's Hospital's National Poll on Children's Health, 79% of parents surveyed reported their children



definitely had received all the recommended vaccines for the child's age, while an additional 14% said their child was "probably" up-to-date. These findings, however, are in stark contrast with national data on immunization trends. According to [the report](#), recent CDC data suggests that only one-third of teens have received the second dose of the meningitis vaccine by the time they reach the age of 17; national data for the HPV vaccines among teenagers also remains low. Part of discrepancy is a significant lack of knowledge among parents of teens in regard to the recommended vaccination schedules. The results of the poll indicate than more than one-third- 36%-of parents surveyed did not know when or if their child was due for another vaccination.

*Drug Topics, August 14, 2017*

### **Cases of HPV-related oral cancers have risen significantly in Canada, study finds**

*Incidence of HPV-related oral cancers increased by about 50% between 2000 and 2012*

The proportion of oral cancers caused by the human papillomavirus has risen significantly in Canada, say researchers, who suggest the infection is now behind an estimated three-quarters of all such malignancies. In a cross-Canada study, published Monday in the Canadian Medical Association Journal, the researchers found the incidence of HPV-related oropharyngeal cancers increased by about 50 per cent between 2000 and 2012. "It's a snapshot of looking at the disease burden and the time trend to see how the speed of the increase of this disease (is changing)," said co-author Sophie Huang, a research radiation therapist at Princess Margaret Cancer Centre in Toronto.

*CBC, August 14, 2017*

### **From the AAFP**

August 15, 2017

### **Wealth of Resources Available to Help Boost Vaccination Rates**

#### Tools for Family Physicians

A range of resources is available to help family physicians learn more about vaccines, from apps and websites to social media campaigns and articles. Here are just a few:

- AAFP.org: The Academy's website offers general vaccine information, policies on immunization and immunization exemptions, recommendations about specific vaccines, practical information about immunization registries and more.
- American Family Physician: AFP is the go-to resource for evidence-based review articles on the full spectrum of care, and vaccines are no exception. Summaries of the annual updates to the CDC's Advisory Committee on Immunization Practices (ACIP) immunization schedules, along with the revised schedules, are published every February. You can find these and a host of other well-written articles in the AFP by Topic collections on immunizations and influenza.
- AAFP and AAFP Foundation videos: This past year, both the AAFP and the AAFP Foundation launched videos to help family doctors talk with patients about vaccines. AAFP adult immunization videos focusing on influenza, zoster and pneumococcal vaccines demonstrate techniques for educating patients through reflective listening, increasing patient knowledge,

supporting patient autonomy and making a strong recommendation. The Foundation has created a resource library([www.aafpfoundation.org](http://www.aafpfoundation.org)) with videos and other tools to support vaccinating teens.

- Shots app: A new version of the popular Shots mobile app will soon be released as a joint venture of the AAFP and the Society of Teachers of Family Medicine. The free app will contain key point-of-care information about immunizations schedules, contraindications and resources.

### **Fatal Opioid ODs on the Rise Among U.S. Teens**

*The rate of drug overdose deaths was consistently higher for males. In 2015, the death rate was 70 percent higher than the rate for females, the report found*

The rate of opioid drug overdose deaths among older teenagers in the United States has taken a turn for the worse, a new federal report finds. The number of drug overdose deaths among 15- to 19-year-olds rose 15 percent for males from 2014 to 2015 and 35 percent for females from 2013 to 2015, according to the report from the U.S. Centers for Disease Control and Prevention. But the disturbing numbers may not simply be a case of the well-publicized epidemic of opioid painkiller abuse spreading to another age group. "These trends fit into the overall picture: Overdose of opioid pills is the bigger problem among middle age and older age groups, while heroin and heroin contaminated by fentanyl are a huge problem among younger people," said Dr. Daniel Ciccarone, a professor at the University of California, San Francisco, who studies drug use. The report, from the CDC's National Center for Health Statistics, looked at drug overdose deaths among people aged 15 to 19 from 1999-2015. According to the report, the drug overdose death rate more than doubled from 1999-2007, then fell by about a quarter from 2007-2014 among 15- to 19-year-olds, particularly males. In 2015, however, there were 772 total drug overdose deaths among people aged 15 to 19, the report said. Those deaths included about 500 males and almost 300 females. Heroin was the most common cause of fatal opioid overdose in the 15-to-19 age group.

*Web MD, August 16, 2017*

### **Why teens are prone to risky behavior: Experts say brain development is NOT to blame, as it's instead driven by a desire to learn about the world**

- Teenagers have a heightened attraction to novel and exciting experiences
- This risk-taking behavior is often guided by the desire to learn about the world
- Teenage risk taking and the experience gained from it play a role in development
- And, it doesn't mean they're more likely to suffer from issues like substance use



A new study suggests that the risk-taking behavior that teenagers engage in is often guided by the desire to learn about the world .A literature review conducted by researchers at the University of Pennsylvania and Cornell University suggests that teenagers have a heightened attraction to novel and exciting experiences - called sensation seeking - which peaks during

adolescence. But teenagers who show this tendency alone are not necessarily more likely to suffer from health issues like substance use or gambling addiction. The rise in adolescent levels of the neurotransmitter dopamine, which may be the cause for the increased drive for sensation seeking, also supports the brain's ability to exert greater control and to learn from experience. The researchers propose a theory that emphasizes the role that risk taking and the experience gained from it play in adolescent development. This model explains much of the apparent increase in risk taking by adolescents as 'an adaptive need to gain the experience required to assume adult roles and behaviors.'

*Daily Mail, August 16, 2017*

#### **Patients with HCV engage in risky behavior, causing excess mortality**

*NOTE: HIV MSM are at higher risk for co-infection with HCV. Studies also indicate that MSM are at higher risk for alcohol abuse, cigarette smoking and unhealthy diets*

Health risk behaviors, such as alcohol use, cigarette smoking and unhealthy diets, contributed equally toward mortality risk for patients with chronic hepatitis C as the infection itself, according to a recently published study. "Individuals with [chronic HCV] infection in the U.S. exhibit a considerable excess mortality risk. Yet, about half of this excess may reflect high levels of [health risk behaviors] as opposed to the effects of [chronic HCV] infection itself," Hamish Innes, MD, from Glasgow Caledonian University, and colleagues wrote. "This study therefore highlights the importance of a public health response to hepatitis C that includes action on [health risk behaviors] as well as access to antiviral therapy."

*Helio, August 14, 2017*

#### **School exclusion 'linked to long-term mental health problem' - especially among boys: study**

*Research shows that exclusions can amplify pupils' psychological distress and encourage behaviour it intends to punish*

Excluding children from school may lead to long-term psychiatric problems and psychological distress, a major new study has shown. The research by the University of Exeter also finds that poor mental health can lead to school exclusion. The study found a "bi-directional association" between psychological distress and exclusion: children with psychological distress and mental health problems were more likely to be excluded but their exclusion acted as a predictor of increased psychological distress three years later on. The research, described as the most rigorous analysis of its kind, will be published this week in the journal Psychological Medicine. It warns that exclusion can contribute to a range of mental disorders, such as depression and anxiety as well as behavioural disturbance. "For children who really struggle at school, exclusion can be a relief as it removes them from an unbearable situation with the result that on their return to school they will behave even more badly to escape again. As such, it becomes an entirely counterproductive disciplinary tool as it encourages the very behaviour it intends to punish. By avoiding exclusion and finding other solutions to poor behaviour, schools can help children's mental health in the future as well as their education." Studies show that exclusion is more common among boys, secondary school pupils and those living in socio-economically deprived circumstances. Poor general health and learning disabilities, as well as having parents with mental illness, may also be factors.

*The Guardian, August 19, 2017*

#### **Trump's move to ax teen pregnancy prevention programs focused on males**

## [hits Philly](#)

From Seattle, to right here in Philadelphia, organizations testing and evaluating programs meant to lower teen pregnancy rates are losing funding earlier than expected. The Trump administration will end funds for some teen pregnancy-prevention programs started under President Barack Obama. Philadelphia's Public Health Management Corporation is losing its grant two years early. The organization is working on one of the only interventions focused on boys and young men. It's an adaptation of an HIV/AIDS prevention program that had success in the '90s. Instead of ending in 2020, the project will end in 2018. "My reaction was shock and surprise," said Archana Bodas LaPollo, the senior project director. Teen pregnancy has been on the decline for two decades, but among African-Americans in Philadelphia - which this program focuses on - the teen birth rate is four times as high as for their white counterparts, she said. This study in particular was focused on addressing African-American teen boys and young men with more effective interventions. But without those two years for rigorous analysis and evaluation, Bodas LaPollo said, that can't happen.

*Newsworks, August 14, 2017*

## [Logic's Video for '1-800-273-8255' Features Young Gay Man's Powerful Story](#)

Rapper Logic has released a moving video for his song "1-800-273-8255," which features a young gay man coming to terms with his sexuality while faced with bullying and initial pushback from his family. Nickelodeon star Coy Stewart plays the young man who meets and falls for another boy played by Modern Family's Nolan Gould while Oscar nominee Don Cheadle and Matthew Modine play the boys' dads. Luis Guzmán plays the boy's supportive coach. The video follows a structure similar to that of the Oscar-winning film Moonlight, which focused on three stages of its protagonist's life. The video for Logic's song, which is the actual National Suicide Prevention Hotline number, depicts Cheadle as the dad holding his infant son before centering mostly on the child's teen years that include falling for a boy, being bullied, and contemplating suicide. Finally, it closes on a flash-forward to when the boy is fully grown, has been accepted by his family, and accepts himself. While Logic has not commented on this powerful video, which also features Alessia Cara and Khalid, one of his reps said, "It speaks for itself," according to Variety. The song includes the number for the National Suicide Prevention Hotline, but it's also important to note that The Trevor Project is a wonderful resource for struggling LGBT youth.

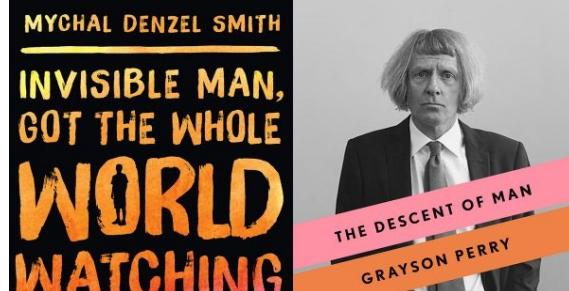


*Advocate, August 17, 2017*

### [11 Books About Toxic Masculinity, Gender Norms And Feminism, Written By Men](#)

In the months since Donald Trump has become president, more and more people have become inspired to join the Resistance - whether that means volunteering, campaigning, donating, making calls, educating themselves and others on the issues, or otherwise. Bustle's 31 Days of Reading Resistance takes a look at the role of literature and writing in the Resistance, both as a source of inspiration and as a tool for action. Gender and feminism continues to play a hugely important role in the resistance for a myriad of reasons. Whether we're looking at issues of women's access to healthcare, or trans individuals right to their identity, or overcoming the dangers of toxic masculinity to benefit the lives and safety of all genders, we can't ignore the realities of gender disparity as we continue to fight back against injustice everywhere. Books, as always, play a huge role in bringing these important issues to light. But when you think of books about breaking down gender norms, fighting against the patriarchy, and working with men, too, are taking a look at modern masculinity, and speaking out about the importance of becoming feminist allies. The 11 books below take looks at many different aspects of the intersections of race, gender, and feminism, for enlightening and crucial resistance reads.

*Bustle, August 18, 2017*



## Only About One-Third of Americans Use Condoms: CDC

*But their use among men has risen*

The researchers interviewed 11,300 women and more than 9,300 men about condom use between September 2011 and September 2015. During that time, about 24 percent of women and 34 percent of men used a condom during their last sexual intercourse. That's an increase for men since 2002, when about 30 percent reported using a condom, Copen said. Among those who used condoms, nearly 60 percent of women and 56 percent of men said condoms were the only means of contraception used in the past year. Another 25 percent of women and 33 percent of men used condoms plus hormonal methods such as birth control pills or implants. Fifteen percent of women and 10.5 percent of men used condoms plus nonhormonal contraception. Copen also found that during past month intercourse, 18 percent of women and nearly 24 percent of men used a condom every time.

*Medline Plus, August 10, 2017*

## Male Sexual Health Is Hard To Talk About



Men like to talk about sex almost as much as we like having it. But we'd sooner giggle at a Cialis commercial than admit to our friends, and maybe even our doctors, that we have a problem with erectile dysfunction. Is it normal? It doesn't happen in porn. Most of our friends never talk about it, so how would we know? And therein lies

the problem: when it comes to male sexual health, most of us know very little about it.

*Huffington Post, August 8, 2017*

## How To Make Boys Feel Good About Their Bodies

*Girls aren't the only ones who struggle with body image issues.*

While we have long been aware that girls struggle with body image issues, only recently have we turned our attention to boys.

Our sons face similar pressures to meet today's standards for body perfection, too. Just as girls suffer in trying to attain the "thigh gap" ideal, for example, our boys yearn to be tall, lean, and ripped. Of course, it's a rare few who can reach these impossible standards, so the great majority of our teen boys suffer feelings of insecurity about their looks. Body image issues can create low self-esteem and even depression and some boys take extreme measures by using and abusing anabolic steroids, diet schemes, and other dangerous methods to either bulk up or slim down. These can pose serious health risks for a boy's growing body. Unfortunately, boys are also socialized to be tough and strong so they are less likely to discuss dissatisfaction with their body image or to ask for help in dealing with their issues - they suffer privately.

*Huffington Post, August 10, 2017*



## American Girl's Hugely Successful Body Book For Girls Now Has a Male Counterpart



Released August 8, *Guy Stuff* seeks to help boys ages 8 and up prepare for the changes their bodies will go through - acne, pubic and facial hair, voice cracking - and gives them tips, pointers, and insight into handling everything from body odor and emotions to peer pressure and bullying in an age-appropriate and practical manner.

*Guy Stuff* aims to empower young boys to take control over their health in having open conversations with their parents and other trusted adults, something that was very important to the book's author, Dr. Cara Natterson.

*PopSugar.com, August 7, 2017*

## Bronze Age Teens Ate Dogs to Become Men

Some 4,000 years ago in the Russian steppe, the relationship between man and dog was, you could say, complicated. It seems in that time and place, as a rite of passage into manhood, teenage boys were sent to a ritual site to "transform" into dogs by eating their flesh. This is the new interpretation, presented in an upcoming paper in the Journal of Anthropological Archaeology, of roasted and chopped bones from at least 64 dogs and wolves, found at the Bronze Age site of Krasnosamarskoe (Kras-no-sa-MAR-sko-yeh), north of the Caspian Sea in the Russian steppe. Initiation rites, in which boys lived in the wild, acting like wolves and dogs, are described in ancient texts of Greek, Latin, Germanic, Celtic, Iranian, and Vedic Sanskrit-all Indo-European cultures that descended from the same ancestral group.

*Discover, August 8, 2017*

## Do pets really benefit children's health? Large study investigates



A wide range of small studies have lately been suggesting that children who own or interact with a pet have better physical and psychological health. But the largest study of its kind to date now disproves this hypothesis. The new study was carried out by researchers at RAND corporation, a nonprofit think tank and part of RAND Health, which is an independent healthy policy research program.

*Medical News Today, August 12, 2017*

## What happens in the womb affects our health as adults, but girls and boys respond differently

A recent Finnish study examined how maternal smoking affected children's mental health at ages 25 to 27. It found adult men whose mothers smoked during pregnancy had worse problem-solving skills and vocabulary than men not exposed to maternal smoking. But no negative effects were seen in the female children of mothers who smoked. Many other studies show how different sexes may respond differently to adverse exposures during pregnancy. These studies are difficult to explore in humans due to the number and range of adverse exposures one accumulates after birth. So they only offer associations between the two events, rather than evidence one caused the other. A possible reason for these sex differences may hark back to our evolutionary past when relatively few males survived to adulthood and reproduced. Those who did tended to be the biggest and strongest and most able to compete to pass on their genes to the next generation. Females, on the other hand, were more likely to survive to adulthood because that level of competition wasn't there, and the vast majority would reproduce.

*The Conversation, August 9, 2017*



### [This Study Reveals the Shocking Connection Between Opioids and Teen Suicide](#)



It's no secret that the recent opioid epidemic is creating all sorts of problems. But you might not know about the particular demographic it is having a major effect on - teenagers. As a Chinese study reveals, misuse of opioid painkillers is more closely connected with the intentional deaths of young adults than many people

might expect. According to the Centers for Disease Control and Prevention, there is little evidence to support that long-term opioid therapy has a positive impact on chronic pain. So continuing to take opioids for any long stretch of time only makes you more dependent. It's no wonder these drugs are so often misused. Especially among teens. A U.S. News report revealed that teen suicide in general is the highest it's ever been in 40 years, especially for girls. The report on findings from the CDC states that there was a spike in instances of teenage suicide between 2007 and 2015. While there was an increased number of suicides for boys, the increase was greatest for teen girls ages 15-19. While many factors come into play when discussing this increase - bad economy, lack of support, bullying - substance misuse is one of the biggest factors. Enter, opioid misuse among teens.

*Cheat Sheet, August 11, 2017*

### [Health Care for Transgender Youth Is Taking Root in the US](#) *A growing number of clinics are providing specialty care to transgender kids, who are at a higher risk of suicide and substance abuse than their cisgender peers.*

Almost 30 percent of transgender patients have been harassed in a medical setting, according to a report by the National Center for Transgender Equality and the National Gay and Lesbian Task Force. Half of the patients polled said they had to educate their doctors about transgender health care.



"When you're going through medical school," said Lewis, "you get taught about all sorts of rare and very not-common diseases." But, he added, "Very rarely are people given more than an hour lecture, if an hour, on transgender health." Lewis continued his outreach to transgender patients during the remainder of his medical fellowship. Now, five years later and with Lewis's help, Washington University and St. Louis Children's Hospital opened the Transgender Center of Excellence, the first health clinic for transgender youth in St. Louis. The clinic is part of a growing network of roughly 40 clinics nationwide serving transgender youth and their families.

*Seeker, August 8, 2017*

### **Answers to "critical questions" may personalize treatment of HPV-associated head, neck cancer**

Incidence of cancers that develop in the back of the throat, including the base of the tongue and tonsils, traditionally had been driven by tobacco and alcohol use. Now, more than 70% of these cancers - known as oropharyngeal cancers (OPC) - are linked to HPV infection. An estimated 16,400 new cases of HPV-associated OPCs are diagnosed in the United States each year, according to the CDC. Eighty percent of them occur in men. "By the year 2020, it is projected that the oropharyngeal cases we see in this country will [surpass] cervical cancer as the number-one HPV-related cancer in the United States," Nabil F. Saba, MD, FACP, director of the head and neck medical oncology program and professor in the department of hematology and oncology at Emory University, told HemOnc Today. "This has been deemed an epidemic and is a problem of magnificent proportions."

*Helio, August 10, 2017*

### **Do Parents Accept Community Pharmacists as Immunization Providers?**

Studies in Alabama and North Carolina have proven that a health care provider's recommendation influences parents' decisions to vaccinate their children. The journal Papillomavirus Research has published a study further investigating barriers to vaccine adherence. It shows that educating parents to accept pharmacists as immunizers increases the likelihood that an adolescent will complete the HPV series.

*Pharmacy Times, August 10, 2017*

### **MAYO: KNEE OCD ON THE RISE IN YOUNG MALES?**

A new population-based study from Mayo Clinic has found that when it comes to osteochondritis dissecans (OCD) lesions of the knee, there is a trend toward increased incidence in this condition in younger males, as well as a decrease in surgical management in females over the last 10 years. The study, "Incidence of symptomatic osteochondritis dissecans lesions of the knee: a population-based study in Olmsted County," was published online July 12, 2017 in Osteoarthritis and Cartilage.

*Orthopedics This Week, August 7, 2017*

## **NEW REPORTS**

### **Recommendations for HIV Screening of Gay, Bisexual, and Other Men Who Have Sex with Men - United States, 2017**

*The new recommendations do not change the existing recommendations that MSM should be tested on an annual, and not necessarily more frequent, basis.*

"CDC concludes that the evidence, programmatic experience, and expert opinions are insufficient to warrant changing the current recommendation (annual screening for MSM) to more frequent screening (every 3 or 6 months). Therefore, CDC's 2006 recommendation for HIV screening of MSM is unchanged; providers in clinical settings should offer HIV screening at least annually to all sexually active MSM. Clinicians can also consider the potential benefits of more frequent HIV screening (e.g., every 3 or 6 months) for some asymptomatic sexually active MSM based on their individual risk factors, local HIV epidemiology, and local policies (9). Additional research is needed to establish the individual- or community-level factors that might increase the risk for HIV acquisition for MSM and merit more frequent HIV screening. For MSM who are prescribed preexposure prophylaxis, HIV testing every 3 months and immediate testing whenever signs and symptoms of acute HIV infection are reported (10) is indicated. MSM who experience a specific high-risk sexual exposure or have symptoms of recent HIV infection should seek immediate HIV testing, and clinicians should be alert for the symptoms of acute HIV infection and provide appropriate diagnostic testing. CDC encourages researchers to conduct studies to evaluate the benefits and harms of more frequent screening for MSM. Findings from these studies will inform future assessment of recommendations. CDC will continue to monitor the evidence on the effectiveness of various HIV screening intervals and consider the need to revise current recommendations in light of new evidence."

**1.1 million**  
people living with HIV in the United States

**85%**  
diagnosed

**49%**  
virally suppressed

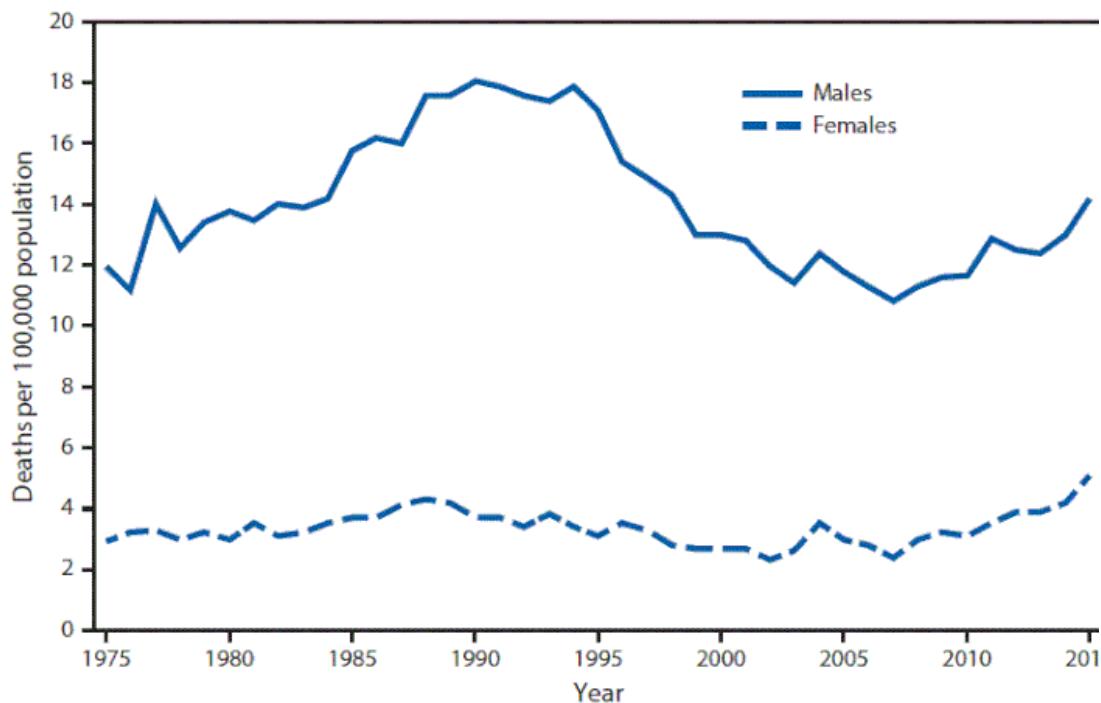
Source: Centers for Disease Control and Prevention

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Substance Abuse and Mental Health Services Administration

A SNAPSHOT OF BEHAVIORAL HEALTH ISSUES FOR ASIAN AMERICAN/  
NATIVE HAWAIIAN/PACIFIC ISLANDER BOYS AND MEN : JUMPSTARTING  
AN OVERDUE CONVERSATION

Suicide Rates For Teen Boys And Girls Are Climbing



The suicide rates for adolescent boys and girls have been steadily rising since 2007, according to a new report from the U.S. Centers for Disease Control and Prevention. The suicide rate for girls ages 15 to 19 doubled from 2007 to 2015, when it reached its highest point in 40 years, according to the CDC. The suicide rate for boys ages 15 to 19 increased by 30 percent over the same time period. The analysis looked at data from 1975 to 2015, the most recent year those statistics were available. The suicide rate for teen boys increased from 12 suicides per 100,000 individuals in 1975 to 18 suicides per 100,000 people in 1990, when it reached its highest point. The numbers then declined from 1990 to 2007 and then climbed again by 2015. The suicide rate for teen girls was lower than for teen boys, but also followed a similar pattern; increasing, then declining, then sharply spiking by 2015. The numbers are further proof that teens are an increasingly vulnerable group when it comes to mental health. Research shows that teen depression rates are on the rise , yet stigma or fear of asking for help often prevents people from getting medical support. Untreated mental health conditions are among the leading causes of suicide .

*Huffington Post, August 4, 2017*

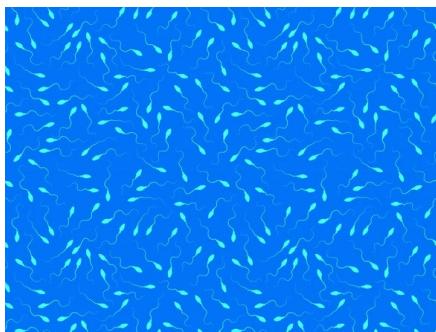
### **UK: Eating Disorders In Men Rise By 70 Percent In NHS Figures**

Recent figures show that eating disorders have risen by 70 percent among men over the last six years, in line with increases among women. Hospital diagnoses in men over the age of 19 rose by 338 between 2010-11 and March of last year. While the increase was slightly higher among older men, it was discovered that anabolic steroid use (which may contribute to cases of eating disorders) had quadrupled among young people in the last year, with an added 19,000 males between 16 and 24 taking the drug. Experts believe

pop culture and social media may have helped add pressure on men to look good, though it's also argued that heightened awareness means that long-term sufferers of eating disorders (such as those in the older bracket) are now coming forward.

*Lad Bible, August 1, 2017*

### **Scientists Found Sperm's Power Switch-And a Way to Turn It Off**



To succeed in their mission, sperm have to be good at two things: swimming and drilling. Most birth control, including condoms, targets the swimming portion of the baby-making biathlon; scientists haven't been able to pull the plug on the sperm drilling operation itself. But now, using measurements of ion currents inside a single sperm, they've found the power

switch-and a way to turn it off. The result, they say, could be a more effective contraceptive, and one that would work equally as well in men as in women.

*Wired, May 15, 2017*

### **Liver cirrhosis a risk factor for antiviral therapy failure in HCV-HIV coinfection**

Liver cirrhosis is a risk factor for direct-acting antiviral therapy failure in patients coinfected with hepatitis C virus and HIV, according to researchers. "This highlights the need for early initiation of DAA therapy in HCV/HIV coinfecting patients before the onset of higher liver fibrosis/cirrhosis to allow for optimal rates of viral eradication and to substantially reduce morbidity and mortality in this patient population," Christoph Boesecke, MD, and infectious diseases specialist at Bonn University Hospital in Germany, and colleagues wrote in Open Forum Infectious Diseases. The researchers included in their study 1,505 patients with HCV treated at nine facilities in Germany and receiving DAA. Of those, 349 patients (23%) were coinfected with HIV, and 431 (29%) had liver cirrhosis. The median patient age was 52 years. Of the patients who were coinfected, 61 (17%) had a baseline CD4 count of less than 350/ $\mu$ l. The median time of ART before DAA therapy was 6.4 years, with a range of 2.2 to 14.7 years.

*Healthline, August 5, 2017*

### **Epclusa receives FDA approval for HIV/HCV coinfection in all genotypes**

Gilead Sciences announced the FDA approval of Epclusa for the treatment of hepatitis C genotypes 1 through 6 in patients coinfected with HIV, according to a press release. "Epclusa has already helped further simplify HCV treatment among mono-infected patients, and we are pleased that HCV/HIV coinfecting patients can benefit from this pan-genotypic single tablet regimen," John F. Milligan, PhD, president and CEO of Gilead

Sciences, said in the release. "This approval advances the commitment we've made to the HCV and HIV communities to deliver innovative new treatments that address their unmet medical needs."

*Helio, August 2, 2017*

### **Add penis bacteria to the list of HIV risk factors**

*Microbes that thrive in oxygen-poor places may lure virus's prey: vulnerable immune cells*

Out-of-whack microbes in the vagina can raise HIV risk - and now there's evidence that the makeup of the penis microbiome matters, too. The greater the number of anaerobic bacteria tucked under the foreskin, the more likely an uncircumcised man is to become infected with the virus, researchers report July 25 in *mBio*. "This mirrors what's been seen in women, but it's the first study of its kind in men," says Deborah Anderson, a microbiologist and gynecologist at Boston University School of Medicine. The data come from heterosexual Ugandan men followed for two years as part of a larger study on circumcision. Researchers swabbed the men's penises to collect bacteria samples at the beginning of the two-year study. Then they compared the penile bacterial composition of the 46 uncircumcised men who became infected with HIV over the course of the study with that of 136 uncircumcised men who didn't. The total amount of penile bacteria didn't differ, but men with higher levels of anaerobic bacteria were more likely to have contracted HIV, researchers found. Having 10 times more Prevotella, Dialister, Finegoldia and Peptoniphilus bacteria raised the risk of contracting HIV by 54 to 63 percent after controlling for other factors that might affect risk, such as condom use habits and number of sexual partners. The results might help explain why circumcision cuts the risk of HIV .



*Science News, July 25, 2017*

### **Danish research: ADHD increases the chance of teenage parenthood**

*Young people with ADHD need to be offered better guidance, says expert*

According to a new research project from Aarhus University, youngsters with ADHD (Attention-Deficit/Hyperactivity Disorder) are twice as likely to become teenage parents as their peers who don't have the disorder. The big Danish study is the first of its kind, although previous studies have shown that ADHD is associated with sexual risk behaviour - which involves early sexual activity, more sexual partners and a greater tendency for having unprotected sex. "It's completely new knowledge that is very important. We know from other studies that becoming a parent as a teenager is connected to a heightened risk for a number of other negative consequences - for the young parents and their children," Søren Dinesen Østergaard, an associate professor at the Department for Clinical Medicine at Aarhus University and the lead author of the new study, told Videnskab.dk.

## **Results**

Compared with individuals without ADHD, those with ADHD were significantly more likely to become parents at 12 to 16 years of age (IRR for females 3.62, 95% CI 2.14-6.13; IRR for males 2.30, 95% CI 1.27-4.17) and at 17 to 19 years of age (IRR for females 1.94, 95% CI 1.62-2.33; IRR for males 2.27, 95% CI 1.90-2.70).

Read the article in the Journal of Adolescent and Child Psychology [here](#)

*CHD Post, August 3, 2017*

## **Extended-Release ADHD Drug**

A nother extended-release amphetamine-dextroamphetamine combination medication has received approval for the treatment of attention-deficit/hyperactivity disorder (ADHD). Marketed as Mydayis, the drug is indicated for teens and adults. Children aged 12 years or younger should not take the drug. Like Adderall XR, Mydayis is a central nervous stimulant that contains mixed salts of a single-entity amphetamine. Both drugs combine 4 salts: dextroamphetamine sulfate, dextroamphetamine saccharate, amphetamine sulfate, and amphetamine aspartate monohydrate. Both also can be taken once daily and are manufactured by Shire US Inc. (Adderall XR became available as a generic in 2009.) The difference is in the drug-releasing beads in each medication. Adderall XR contains 2 beads that give a "double-pulsed" delivery of amphetamines, which extends the time it takes to reach maximum plasma concentration to 7 hours. Mydayis has 3 beads-1 that releases amphetamines immediately and 2 different types of delayed-release beads. Maximum plasma concentration occurs in 7 to 10 hours in pediatric patients and in about 8 hours in adults.

*JAMA Network, August 1, 2017*

## **OPINION: UK: We don't need 'macho' stereotypes to entice boys onto the dance floor**

All too often, young male dancers recount similar stories: enduring stigma, bullying and marginalisation. Some of this can be acute, especially if the dance styles they perform, like ballet, are deemed "feminine". So, let's hope these new "Dance Ambassadors" can help to banish some of the myths that surround boys who dance, especially the one concerning male dancers and their sexuality. Dance is for all boys, as it is for all girls, irrespective of their sexual orientation. Project B attempts to draw parallels between dance and sports, firing boys' imaginations with "new dance partnerships inspired by sports and superheroes".

*The Conversation, August 2, 2017*

## **Princeton Ballet School Announces The Douglas Martin Scholarship For Male Dancers**

Princeton Ballet School, the official school of American Repertory Ballet , announces The Douglas Martin Scholarship for Male Dancers, which

provides full tuition for boys ages 5 to 18. With this new initiative, Princeton Ballet School furthers its commitment to the training of boys who have the passion and desire to dance. "I've always believed in having all-boy classes in order to make our young male students feel more comfortable and to build self-confidence," says Douglas Martin, Artistic Director of American Repertory Ballet and former Joffrey Ballet principal dancer. The boys' classes are designed to develop athletic skills, flexibility and strength. Dance is also great for coordination, focus, musicality and rhythm and sheer physicality.

*Broadway World, July 10, 2017*

**In a Heartbeat: the story behind the animated gay love short that's gone viral**



It's not every day that a wordless, four-minute animated short about two young boys falling in love goes viral. But on Monday, when recent college graduates Esteban Bravo and Beth David posted their senior

thesis film on YouTube, that's exactly what happened. The short, called [In a Heartbeat](#), is a simple yet enduring story, a heartwarming fable of young love and all the irrepressible butterflies that come with it. It also just happens to be about two boys, which despite the ascent of LGBT characters in film and television is still rarefied in animated or children's cinema.

*The Guardian, August 4, 2017*

*Watch YouTube Opinion Responses from Millennial Males:*

['In A Heartbeat' Short Film | Reaction](#)

[Reading "In A Heartbeat" HATE comments](#)

**Mental Health Experts Call President's Tweets 'Devastating' for Trans Teens**

Calls to one helpline spiked after President Trump announced he planned to ban transgender people from serving in the military. Medical organizations, including the American Academy of Pediatrics (AAP), spoke out quickly after the president announced last week via Twitter that he would ban transgender people from serving in the military. "As pediatricians, we know that transgender children fare much better when they feel supported by their family, school, and larger community," AAP officials said in a statement. "Shaming children based on their gender identity or expression is harmful to their social-emotional health and may have lifelong consequences. This includes public discourse that delegitimizes the



contributions that transgender individuals make to society." For experts who specialize in working with transgender teens or young adults, the headlines made by President Trump's tweets made them wary. They warn that the president's tweets can be especially harmful for young transgender teens and young adults who may not have publicly transitioned or are struggling with their gender identity.

*Healthline, July 31, 2017*

#### **TEEN PREGNANCY RESEARCHERS REGROUP AFTER TRUMP'S HHS PULLS FUNDING**

As recipients at 81 institutions around the country found out last week, the Trump administration decided to cancel them early-cutting off \$213.6 million in promised funds and disrupting ambitious research projects aimed at unwanted pregnancies in teens. The unusual move, circumventing the traditional congressional budgetary process, has scientists and public health officials scrambling to figure out how to save work already in progress. But for most, the outlook is bleak. "Our study can't be salvaged," says Lisa Masinter, who leads a Chicago Department of Public Health project to test the efficacy of a school-based education and STI screening program. Many grantees WIRED spoke with indicated that their project officers at the Office of Adolescent Health were just as surprised by the grant disruptions as they were. On Monday, a spokesperson from the office of the assistant secretary for health confirmed eliminating the final two years of funding, but when asked where the directive came from, responded in an email that "the President's FY 2018 Budget eliminated funding for the Teen Pregnancy Prevention Program, so our grants office informed the grantees of their June 30, 2018 end date, to give them an opportunity to adjust their programs and plan for an orderly closeout." In the HHS appendix, which outlines budget justifications, the stated reason was that while the teen pregnancy rate has declined significantly over recent years, "it does not appear this program has been a major driver in that reduction." Trump's budget did leave in place \$277 million for abstinence-only sex-ed, stating that the program exclusively "supports an evidence-based approach defined as voluntarily refraining from non-marital sexual activity."

*Wired, July 19, 2017*

#### **AUSTRALIA: Footy boys get naked for men's health**



MAINTAINING physical and mental health is not always a priority for men living in rural Western Australia, but the Bruce Rock Football Club is hoping to change that through the launch its 2018 nude calendar. More than 30 players of all shapes and sizes have braced the winter elements and stripped-off to raise funds and awareness for Wheatbelt Men's Health (WMH). The calendar was

planned as a club fundraiser but the motivation behind the project quickly changed after a cancer scare rocked the group. At just 28-years of age, player Matt Gilbert was forced to the sidelines to undergo surgery after finding a lump on his left testicle. Soon after an operation, Matt and his family received the welcome news that the tumour was non-cancerous and he was soon on the road to recovery. He said although many men were uncomfortable talking about their health, diagnosing potential problems early was paramount. "Don't sit on your hands and wait for something to be painful, drastically overgrown or wrong, go and get it looked at and check your body," he said. "Hopefully the calendar can bring about a sense of blokes looking after one another and themselves and making sure that health is important, it does need to be a priority."

*Farm Weekly, August 6, 2017*

### **Do You Prefer Sleep Or Sex? Fruit Flies Know**

*Fruit flies and humans are very similar genetically. So make what you will of a study that showed female fruit flies will have sex when tired, while tired males would rather sleep.*

A new study of male and female fruit flies has found that females are receptive to sexual advances even when sleep-deprived. Males, by contrast, are less likely to court females when sleep-deprived, according to the study, which also found that males are less likely to sleep when aroused. Published Friday in the Nature Communications journal, the study suggests that the circle of fruit fly life depends on male desire being adequately sated. And its findings about fruit flies' sleep and sex patterns may shed light on why-and when-men and women choose sleep over sex, and vice versa.

*Daily Beast, August 30, 2017*



### **UK: Meet the barber who's turning barbershops into safe spaces for men to talk about mental health**



Until very recently men were expected to keep quiet and carry on when it came to emotional and mental health. No one wanted to see a dude cry. That wasn't on. And it's that kind of attitude that's been so instrumental in the rise of male suicides. By 2014, 74% of all suicide

victims in the UK were men. But for many men, the prospect of sitting down and chatting through their issues with a shrink or doctor remained unimaginable. Which is why one barber decided to turn his barbershop into a safe space in which men could talk about mental health.

*Metro, July 31, 2017*

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## OPINION

### [OPINION: Can Surgeon General Pick Balance Politics With Public Health?](#)

On Tuesday, a U.S. Senate committee held a hearing for the Trump administration's surgeon general candidate before the full Senate vote on the nomination, expected to happen today. Dr. Jerome Adams, the man who could become the nation's doctor, is currently Indiana's health commissioner, a position he was appointed to in 2014 by then-governor and now Vice President Mike Pence. Trained as an anesthesiologist, Adams is best known for his work on the opioid epidemic. He has advocated for laws restricting the number of pills physicians can prescribe and increasing access to the overdose antidote, naloxone. He is also credited with having convinced Pence to institute a needle exchange program to fight an emerging HIV epidemic in the state. Colleagues say he's a true public-health advocate, but his views on many issues are unknown and it's unclear how often he will stand up to an administration likely to take positions that counter best public-health practices. Experts across the country have suggested that Adams will stand up for public health over ideology. Dr. Joshua Sharfstein, an associate dean at the Johns Hopkins Bloomberg School of Public Health, told the New York Times: "From everything I've seen, Dr. Adams is a very serious and capable physician and public health official. This is an opportunity to speak to the problems as they are and not as they are viewed through an ideological prism."

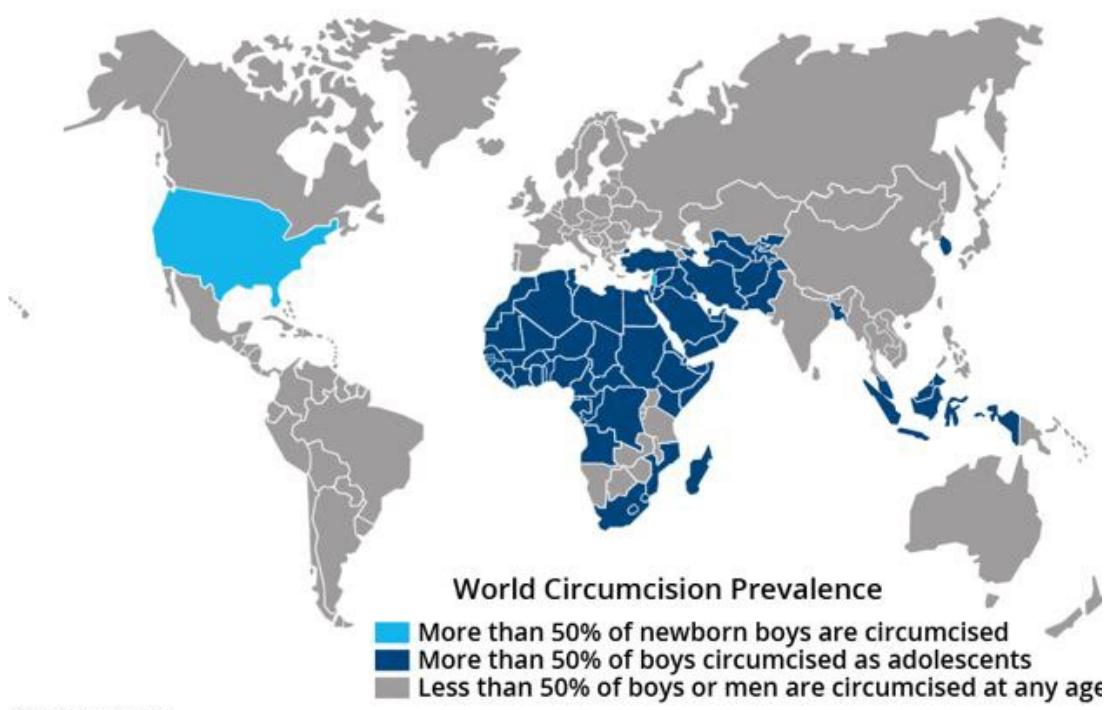


Rewire, August 2, 2017

**OPINION: UK: Why America must stop circumcising baby boys and start viewing it as mutilation**

'Because the circumcised penis is still the norm among adult American men, a good number of men and women in this country have never seen an intact penis,' said Georganne Chapin, founding executive director of Intact America - an organization changing the way Americans think about the snip. Circumcision usually takes place within ten days after birth, but most get cut before 48 hours. Reasons for circumcision? Well, it can be for religious beliefs, but it's mainly a cultural thing. Around 75 percent of American men have been circumcised, according to an independent study by Dan Bollinger, strategic adviser at Intact America. This compares to 32 percent in Canada, ten to 20 percent in Australia and seven percent in New Zealand. In the UK it's extremely rare, at less than one percent. That explains my pride and joy over here. In a separate study, the same author found that more than 100 infants die in America every year due to circumcision-related incidents. However, the circumcision rate in the US has dropped from 81 percent in 1981 to 55 percent. So the trend is shifting.

Metro, August 2, 2017



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**OPINION: Men Need to Step Up and Get Tested**

*It's about your health, but also so much more.*



According to a new survey of 1,454 Millennials sampled through the social media accounts of Cosmopolitan.com and Esquire.com, young women are not only likelier to get tested for sexually transmitted infections (STIs), they are also much likelier than their

male partners to initiate a conversation about STI status. It's great that so many young women are taking control of their sexual health but troubling that men aren't stepping up to do the same. More than a third of female survey respondents said they had been tested for STIs within the last six months, and another 22 percent said they had been tested more than six months ago but less than a year ago. Not so for their male peers: Just 20 percent of male respondents said they had been tested in the past six months, and just 13 percent said it's been more than six months but less than a year. A full third of men said they've never been tested for STIs at all. Only about 1 in 10 women said the same.

*Cosmopolitan, August 2, 2017*

**OPINION: New Zealand: Clementine Ford: Men should banish the phrase 'no homo' and hug more instead**

In her 2007 book, *Dude, You're a Fag: Masculinity and Sexuality in High School* ethnographer CJ Pascoe refers to what she coins as "compulsive heterosexuality". She maintains it becomes the institutionalised antidote to the emasculation always waiting to undermine boys and their place in the broader social hierarchy. This wasn't always the case. In fact, prior to the 20th century it was common for men to be physically intimate with each other without their intimacy being assumed to be sexual in nature. There have been thousands of photographs collated by historians that show men reclined in a comfortable and physical expression of friendship. They are seen leaning against each other, hands draped across each other's thighs and often holding hands. Some sociologists theorise that this freedom was the result of different social assumptions made about homosexuality , and the pathologisation of sexuality at the turn of the 20th century was what changed things. The consequence of touch isolation for men isn't just the denial of platonic emotional and physical intimacy with other men. It can also increase aggression and lead in some cases to harmful behaviours expressed against others. The use of sexual violence or coercion as a bonding activity among some male peer groups has been well-documented, not to mention the use of bullying to keep other men in line. Failing to teach and encourage men to express healthy intimacy - not just with women, but with other men - is causing significant damage. Touch isolation is real. And for those of us raising boys, it's vital that we try to counter not just Pascoe's sense of compulsive heterosexuality, but the homophobia that keeps men in



isolation from true connection with one another.  
*Southland Times, August 3, 2017*

### **Sperm counts in the West plunge by 60% in 40 years as 'modern life' damages men's health**

*Pesticides, hormone-disrupting chemicals, diet, stress, smoking and obesity have all been suggested as possible reasons behind the dramatic declines but experts say more research is urgently needed*



Sperm counts have plunged by nearly 60 per cent in just 40 years among men living in the West, according to a major review of scientific studies that suggests the modern world is causing serious damage to men's health. Pesticides, hormone-disrupting chemicals, diet, stress, smoking and obesity have all been "plausibly associated" with the problem, which is associated with a range of other

illnesses such as testicular cancer and a generally increased mortality rate. The researchers who carried out the review said the rate of decline had showed no sign of "levelling off" in recent years. The same trend was not seen in other parts of the world such as South America, Africa and Asia, although the scientists said fewer studies had been carried out there. One expert commenting on the study said it was the "most comprehensive to date", and described the figures as "shocking" and a "wake-up call" for urgent research into the reasons driving the fall. Writing in the journal Human Reproduction Update, the researchers - from Israel, the US, Denmark, Brazil and Spain - said total sperm count had fallen by 59.3 per cent between 1971 and 2011 in Europe, North America, Australia and New Zealand. Sperm concentration fell by 52.4 per cent.

*The Independent, July 25, 2017*

### **Want Teenage Boys to Read? Easy. Give Them Books About Sex.**

The guardians of young people's literature get so easily riled up about sex, preferring to recommend, say, books about teenagers slaughtering one another in a post-apocalyptic landscape, rather than books about kids masturbating at home. To which many would say, so what? Don't we have more important things to worry about than giving sexually explicit literature to young people? Shouldn't we be more concerned about, say, the rampant misogyny of everyday life, in a nation led by a self-admitted sexual predator? Which to me is precisely the point. I believe in the power of literature to connect, to transform, particularly for young minds beginning to explore the world. I want books to be an unlimited resource for young people and their curiosity, not a sphere restricted by how uncomfortable some curiosities make adults feel. The books I read as a teenager, sex and all,

made me a better boy and then a better man, just as literature continues to make me a better husband, a better father, a better feminist. I want that for my son, and for all my young readers of every gender. Let's not smirk at their interests. Let's give them books that might engage them.

*New York Times, July 29, 2017*

### **Too much chocolate can make men depressed, study finds**

Eating chocolate could be making men anxious and depressed as a new study found consuming too much sugar can affect mood. Scientists found that men who consumed more than 67 grams of sugar per day increased their risk of mood disorders by more than a fifth compared with those with an intake of less than 39.5 grams. Since the average British man has a 68.4 gram per day sugar habit, the findings do not bode well for the mental health of the UK male population. The study ruled out the possibility that the results can be explained by unhappy men comforting themselves with sugary treats.



*Telegraph, July 27, 2017*

### **Monthly shot could be the 'next revolution' in HIV therapy, replacing daily pills**

HIV/AIDS is no longer the death sentence it once was, but maintaining the strict regimen required to keep the virus at bay - one or more pills daily - still poses a major challenge to many people who are infected. Adherence is low among some populations, given the effort that is required to obtain, keep and store the medications. That may soon change. On Monday, scientists reported an important advance in the development of a long-acting antiretroviral shot. According to an international study involving 309 patients, an injection that combines two drugs, cabotegravir and rilpivirine, appears to be as safe and effective at suppressing HIV as the daily oral regimen.

*Washington Post, July 24, 2017*

### **World Hepatitis Day: What is HIV/HCV co-infection? Does suffering from HIV increase your risk of hepatitis C? Read to know.**

Hepatitis is one of the leading causes of liver disease that can also put you at risk of various infections. According to WHO (World Health Organisation), globally, in 2015, an estimated 257 million people were living with chronic HBV infection and 71 million people with chronic HCV infection. However, what many people are unaware of is the co-infection of HIV and hepatitis C. If you are suffering from HIV, then the chances of getting infected with Hepatitis C is high. Hence, our expert Dr V Sam Prasad, Country Programme Director, AIDS Healthcare Foundation explains about HIV/HCV coinfection.

*The Health Site, July 24, 2017*

### **In adolescents, oral Truvada and vaginal ring for HIV prevention are safe, acceptable**

*NIH-funded clinical trials are first of their kind to include younger adolescent girls.*

A monthly vaginal ring and a daily oral tablet, both containing anti-HIV drugs, were safe and acceptable in studies of adolescents, two teams of investigators reported today at the 9 th IAS Conference on HIV Science in Paris. The experimental ring is designed for HIV prevention and the oral tablet is already used for this purpose in adults. Adherence to the ring was high, while adherence to the tablet was moderate and diminished substantially when study visits became less frequent. These studies mark the first time the vaginal ring was tested in adolescent girls younger than 18 years and the first time a clinical trial of the oral tablet as pre-exposure prophylaxis (PrEP) specifically for adolescents included girls. The findings pave the way for larger trials of the vaginal ring and oral PrEP in this vulnerable age group.



*National Institutes of Health, July 25, 2017*

#### **Wider Access to Meds Cuts Global AIDS Deaths in Half**

*But eastern Europe and Middle East are falling behind, U.N. report says*

AIDS-related deaths worldwide have been halved since 2005 as more people were able to get lifesaving drugs, UNAIDS (a United Nations Program) says in a new report. In 2016, 19.5 million (53 percent) of the almost 37 million people living with HIV (the virus that causes AIDS) had access to HIV treatment. AIDS-related deaths fell from 1.9 million in 2005 to 1 million in 2016. If the treatment trend continues, the goal to provide drugs for 30 million HIV patients by 2020 will be achieved, according to the report. "We met the 2015 target of 15 million people on treatment and we are on track to double that number to 30 million and meet the 2020 target," said Michel Sidibe, executive director of UNAIDS. "We will continue to scale up to reach everyone in need and honor our commitment of leaving no one behind," Sidibe said in a program news release.

*Health Day, July 20, 2017*

#### **Janssen Receives Positive CHMP Opinion for SYMTUZA The First Darunavir-Based Single-Tablet Regimen for the Treatment of HIV**

Beerse, Belgium, July 21: Janssen-Cilag International NV (Janssen) today announced that the Committee for Medicinal Products for Human Use (CHMP) of the European Medicines Agency (EMA) has issued a Positive Opinion recommending marketing authorisation for SYMTUZA (darunavir/cobicistat/emtricitabine/tenofovir alafenamide [D/C/F/TAF]), a once-daily darunavir-based single tablet regimen (STR). If approved, it will be the only darunavir-based STR indicated for the treatment of human immunodeficiency virus type 1 (HIV-1) infection in adults and adolescents aged 12 years and older with body weight of at least 40 kg, with genotypic

testing guiding use.  
*New Kerala, July 21, 2017*

## How to Keep Donald Trump from Spreading His Toxic Masculinity to Future Generations



Two years from now, we can elect a different Congress . Four years from now, we can elect a new president. But can we win back the minds of young people who came of age in this moment? A nation of children is growing up today under a toxic leader.

They're developing and learning how to be adults. They're curious about how to find their way in this world. And they're looking for examples of what it means to "be a man." We're giving them Trump. In response to Trump's jaw-droppingly inappropriate speech this week to the Boy Scouts , their Chief Scout Executive attempted to right the course of Trump's terrible role-modeling by apologizing to anyone offended by the "political rhetoric" within the speech. But when building up young people of integrity and character is at stake, apologizing for politics is not nearly enough.

*Time, July 27, 2017*

## Harvard Psychiatrist: How Trump's Speech Was Toxic For Boy Scouts Beyond 'Rhetoric'

The head of the Boy Scouts of America publicly apologized Thursday for the "political rhetoric" in President Trump's keynote speech at the scouts' Jamboree, saying that "We sincerely regret that politics were inserted into the Scouting program" and affirming Scout values that include "fairness, courage, honor and respect for others." The carefully ordered statement suggests that the Scout leadership heard loud and clear the complaints from parents who were offended by a speech that sounded much like one of Trump's campaign rallies: slogans, promotion of a political agenda, cutting remarks about his opponents. But as a senior child and adolescent psychiatrist and advocate for healthy youth development, I'm concerned that the leadership may still not get just how bad this speech was for the tens of thousands of Scouts who heard it, cheered it, chanted "We love Trump!" I feel a professional obligation to share my understanding of the risks this kind of "political rhetoric" poses for our children.



*Commonhealth, July 28, 2017*

## VIDEO: 'Scouts, President Trump is not your role model!'

July 27, 2017 8:19 PM EDT - Post editorial writer Stephen Stromberg says growing up in the Boy Scouts taught him not to behave like President Trump. (Gillian Brockell, Kate Woodsome,Stephen Stromberg / The

Washington Post)

**President Who Bragged About Extramarital Sex Appoints Top Abstinence Advocate to HHS**



Donald Trump has appointed another foe of evidence-based health information to the Department of Health and Human Services. Valerie Huber, a longtime leader of abstinence-only education advocacy groups, will be the chief of staff to the assistant secretary of health, who manages the Office of Adolescent Health among other HHS offices. For the past decade Huber has served as the

president and CEO of Ascend, formerly known as the National Abstinence Education Association. Before that, she led Ohio's abstinence education programs, a job from which she was suspended after being found guilty of ethics violations for trying to give a state contract to a company she had ties to. Research from Case Western Reserve University found that the programs Huber ran in the state contained "false and misleading information" about abortion, contraceptives, and sexually transmitted infections, in addition to perpetuating "destructive, inaccurate gender stereotypes" and presenting "religious convictions as scientific fact." One curriculum said that teenagers who have sex before marriage should "be prepared to die."

*Slate, June 7, 2017*

**How Home Visits by Nurses Help Mothers and Children, Especially Boys**

Children who receive home visits are healthier, achieve more in school and have better social and emotional skills, according to a new study , released Monday by James J. Heckman, a Nobel laureate economist at the University of Chicago. Mothers have better prenatal and mental health and parenting skills "We show that parenting matters," wrote Mr. Heckman, along with co-researchers in economics, education, medicine and nursing. The effects are particularly strong and lasting for boys, the study found. That fits with previous research that has found that boys are more sensitive than girls to both disadvantage and intervention "I think what's been forgotten in this whole political discussion is boys are really very vulnerable and girls are more resilient," Mr. Heckman said. "There is a boy problem in this country, especially for disadvantaged boys, and working with the mothers changing their environment seems to have an effect on their well-being. " Home visiting programs have received federal funding under administrations of both parties. The Trump budget proposed maintaining funding at \$400 million a year. Congress has not yet reauthorized it. Advocates of home visiting programs say they cover only 3 percent of families who need them, and propose increasing the funding.

*New York Times, July 25, 2017*

## [OPINION: Chester Bennington's life may help male sex abuse victims speak up](#)



Many fans are shocked and heartbroken over the loss this week of Chester Bennington, the fierce lead singer for the rock band Linkin Park. Police say they are treating his death as a possible suicide, which would make the pain even harder to bear. There's a famous saying, "When you have a hammer, everything looks like a nail." That may be true. But in this case, as a clinical psychologist and researcher who specializes in trauma, I don't think I'm overreaching in saying that his troubled past may have been a factor in his death.

Chester Bennington had openly said he was a survivor of childhood sexual abuse that haunted him and, he said, contributed to his excessive use of drugs and alcohol. For far too long, boys and men who have been sexually abused or assaulted have been overlooked, neglected, minimized or stigmatized by society and, at times, by the health care community. It's time for that disregard to stop. One study in the United States estimated that one in six males are sexually abused at some point during their childhood. Let's stop and think about that for just a second. Picture all the boys and men you know, and then breathe that statistic in. That may include your father, your husband/lover, your boss, co-workers, coaches and friends.

*CNN, July 22, 2017*

## [Teens With ADHD Have Elevated Crash Risk, But Lower Than Previously Reported, New Study Finds](#)

Teen drivers with attention-deficit hyperactivity disorder (ADHD) have a 36 percent greater chance of having a motor vehicle crash than other newly licensed teens, but it is lower than previous reports that indicated the risk was as much as four times greater. These are the main findings of a new study released last month by the Children's Hospital of Philadelphia (CHOP). The researchers called it the first large-scale study to provide a detailed look at crash rates among newly-licensed young drivers with ADHD compared to those without the disorder. "Our results indicate that newly licensed adolescents with ADHD have a greater risk of crashing than other young drivers, but that this is a manageable risk," Allison E. Curry, a senior scientist at the Center for Injury Research and Prevention at CHOP and the study's principal investigator, said in a statement. The results of the research were published online in the journal *JAMA Pediatrics* in June.

*Forbes, July 25, 2017*

## [UK: Huge rise in men with eating disorders is 'fueled by social media'](#)

Soaring numbers of men are seeking help for eating disorders with cases up by almost half in two years, figures reveal. Experts warn social media and growing pressure to look good are fueling mental health problems. And they claim too few men are getting help for illnesses such as anorexia and bulimia. New figures uncovered by BBC Panorama show between 2014 and 2016, the number of men referred for eating disorder treatment has risen 43 percent to 871 cases. The disease has the highest death rate of any mental health illness. But the latest figures are just the tip of the iceberg, with 400,000 men and boys thought to be affected.



*The Sun, July 24, 2017*

### **Scotland: Huge growth in youngsters seeking help over gender identity**

Five times as many Scottish children are seeking help for gender identity issues today compared to just four years ago. Equality campaigners say they believe the rise reflects a growing understanding of transgender issues, particularly in the light of high profile celebrity cases such as Caitlyn Jenner. However, they also warn the NHS isn't equipped to deal with the growing number of cases and young people often wait a year or longer for an appointment. There's a risk the delay in starting treatment can affect the long-term mental health of young people. According to the NHS Young People's Gender Service in Scotland, 34 children were sent for specialist help in 2013. This rose to 67 the following year, 187 in 2015 and 200 last year.

*Third Force News, July 25, 2017*

### **Prescription Video Games May be the Future of Medicine**

*A new episode of Next Level explores whether certain video games can improve cognitive function*



"Brain-training" games have been a controversial topic in recent years, especially after a group of scientists and researchers published an open letter in 2014 saying there is "very little evidence" that training your brain in one area or on one task offers improvement in other

areas of cognitive function. Shortly afterward, another group of scientists wrote a rebuttal to that, claiming that a "substantial and growing body of evidence shows that certain cognitive-training regimens can significantly improve cognitive function, including in ways that generalize to everyday life." Which is what makes the efforts of a company called Akili - along with the University of California, San Francisco's Neuroscape lab - so

interesting. Akili is a Boston-based tech company that has used Neuroscape's core technology to develop a mobile game called Project: EVO . The goal is make Project: EVO so powerful, that it could potentially help treat children with ADHD - as a prescription-based video game.  
*The Verge, July 25, 2017*

#### Original Investigation

July 25, 2017

#### Clinicopathological Evaluation of Chronic Traumatic Encephalopathy in Players of American Football

Jesse Mez, MD, MS1,2 ; Daniel H. Daneshvar, MD, PhD1,3 ; Patrick T. Kiernan, BA1,2 ; et al

#### Key Points

**Question** What are the neuropathological and clinical features of a case series of deceased players of American football neuropathologically diagnosed as having chronic traumatic encephalopathy (CTE)?

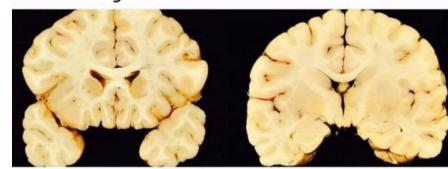
**Findings** In a convenience sample of 202 deceased players of American football from a brain donation program, CTE was neuropathologically diagnosed in 177 players across all levels of play (87%), including 110 of 111 former National Football League players (99%).

**Meaning** In a convenience sample of deceased players of American football, a high proportion showed pathological evidence of CTE, suggesting that CTE may be related to prior participation in football.

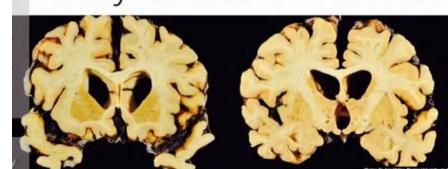
*JAMA, July 25, 2017*



This is your brain.



This is your brain on football.



#### HCV rates climbing in younger HIV-positive MSM

Hepatitis C infection rates continue to increase in Northern Europe in recent years among younger men who have HIV and have sex with men, with those more recently infected with HIV showing higher rates of HCV infection, according to a recently published article. "No decline in HCV incidence was observed in recent years, although trends seem to differ by geographical region," the researchers wrote. "HCV screening among HIV-positive MSM should be continued and routinely and frequently offered."

Furthermore, targeted preventive measures should be implemented and/or scaled-up to decrease the risk of HCV acquisition." The researchers followed 7,864 men from 16 CASCADE Collaboration cohorts who contracted HIV through sex with men and who had at least one HCV test result (57% white; median age 34 years). Patients were evaluated using three different models. The researchers reported the median follow-up time for the first model (4 years; range, 1.7-7.2 years) and the second model (3.9 years; range, 2-6.3 years).

*Helio, July 20, 2017*

### **INTERVIEW: Targeting MSM with HIV: Treatment as Prevention in the Netherlands**

The Dutch government has been taking comprehensive steps to deal with HCV. In November 2015, they ruled to treat all patients with HCV, regardless of age, cirrhosis or fibrosis status, risk profile, injection drug use status or sexual orientation. As part of the national HIV guidelines, all individuals with HIV are screened for hepatitis C. The strategies go hand-in-hand, with one overarching aim: treatment as prevention. The goal is to stop transmission of HCV cold. Because men who have sex with men (MSM) with HIV are at the highest risk for transmitting the disease, they placed particular emphasis on testing and treating that population.

*Helio, July/August 2017*

### **HPV vaccine: anger over decision not to extend NHS scheme to boys**

*Health bodies condemn panel's conclusion that more jabs against cancer-causing infection are unlikely to be cost-effective*



A decision not to vaccinate boys against a cancer-causing sexually transmitted infection has been condemned by health bodies and campaigners. The Joint Committee on Vaccination and Immunisation (JCVI), which has been reviewing the human papilloma virus (HPV)

vaccination programme, concluded that it was "highly unlikely to be cost-effective" to extend the scheme to include adolescent boys as well as girls. Since 2008, all girls aged 12 to 13 are offered the HPV vaccination as part of the NHS childhood vaccination programme, and the JCVI has been considering whether to include boys on the scheme since 2014 .

Campaigners have been calling for a gender-neutral approach to the vaccination, which would ensure that 400,000 school-age boys are not left at risk. The committee, which has yet to publish its final recommendation, said in an interim statement that studies "consistently show" boys are afforded "considerable herd protection" when there is high uptake of the vaccine in girls. Critics called the decision "indefensible". The Faculty of Sexual and Reproductive Healthcare (FSRH), a membership body for healthcare professionals who work in sexual and reproductive health, said the decision should be reversed when the JCVI meets again in October.

*The Guardian, July 19, 2017*

### **Teens may be missing vaccines because parents aren't aware they need one**

*National poll finds that many parents don't know when or if their teen needs another vaccine*

Parents may be up to speed on what vaccines their children need for kindergarten, but may be less sure during high school years, a new national poll suggests. More than a third of parents of teens didn't know when their child's next vaccine was due and half of parents incorrectly assumed that their doctor would initiate an appointment when the time came, according to a report from the C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan.

*Science Daily, July 17, 2017*

### **Coalition launches effort to boost KS adolescent immunization rate**

Kansas has one of the lowest adolescent immunization rates in the nation, coming in 44th in the latest America's Health Rankings report. The Immunize Kansas Coalition recently launched a new effort to boost those numbers. Health experts say its success is vital. The campaigns that are coming out give tools to the doctors for both talking to parents and giving them materials to educate parents. The campaign also directs it at the children. Among the vaccines it addresses is meningitis. Meningitis can spread quickly in closed environments, like a college dorm or military barracks. The CDC shows fewer than 64 percent of Kansas adolescents have received it, ranking Kansas 46th in the US. The campaigns also address the HPV vaccine. Fewer than a third of girls and less than 20 percent of boys in Kansas have their HPV vaccinations, again, ranking the state near the bottom.

*WIBW, July 25, 2017*



*The complete toolkit can be found [here](#).*

*Provider tips for taking to parents can be found [here](#).*

*Full list of campaign resources can be found [here](#).*

### **Tips on how to stay connected with friends and family while fighting #depression.**

A screenshot of the Heads Up Guys website. The top navigation bar includes links for 'HEADS UP GUYS', 'DEPRESSION IN MEN', 'TAKE ACTION', 'YOU'RE NOT ALONE', and 'FOR SUPPORTERS'. The main image is a black and white portrait of a man's face. Overlaid text reads 'BETTER STARTS HERE' in large green letters. Below the image, a dark banner contains the text 'FOR MEN. ABOUT MEN.' and 'HEALTH STRATEGIES FOR MANAGING AND PREVENTING DEPRESSION'. At the bottom of the banner is a green button labeled 'TAKE SELF CHECK NOW'.

When you're fighting depression, simply getting out of bed can be a struggle, and mustering enough energy and motivation to visit with friends and family can be harder still. Guys tend to withdraw from friends and family when they're depressed, but this ends up making them

feel more depressed. Yet, just as a lack of social connection can contribute to your depression, improving social connections can actually help you fight depression. Researchers have found that people who feel more connected to others have lower rates of depression. Moreover, they also have higher self-esteem, are more empathetic to others, more trusting and cooperative and, as a consequence, others are more empathetic and supportive in return. In this way, social connectedness generates a positive feedback loop of social, emotional and physical well-being.

### [HeadsUpGuys](#)

### [Grindr, virtual reality and vlogging: new ways to talk about sexual health](#)

In 2015, Antón Castellanos Usigli, a male nurse working in New York, started working in an HIV/sexually transmitted infections (STIs) prevention clinic at a hospital in Brooklyn. The goal was to increase the number of at-risk patients that came into the clinic for sexual health prevention services. Initially, the clinic tried outreach in clubs and bars in Brooklyn, but not a single client came in through this approach. Usigli thought about using Grindr, a dating app for gay men, to raise awareness of HIV. He set up a profile as a male nurse to tell at-risk patients about the services offered at the clinic. He then developed a script for healthcare professionals to use. The success rate has been astonishingly high. In the first month of using the app in this way, more than 20 new at-risk patients came to the clinic for a variety of preventative services, such as sexual health counselling, HIV/STI testing and pre-exposure prophylaxis (PrEP). In little over a year, more than 100 new at-risk patients came into the clinic. Some of those tested positive for HIV and Usigli was able to link them to medical care. Others tested positive for STIs and Usigli was able to treat them.

*The Guardian, July 21, 2017*



### [Specialized releases stunning film on how cycling can tackle ADHD](#)

Specialized, via its charitable arm the Specialized Foundation - has produced a stunning new video on how riding bikes can alleviate the symptoms of attention deficit hyperactivity disorder, or ADHD for short. The two-minute film was shot by Tonic Films and directed by British commercials director Johnny Green. It was produced by San Francisco agency Goodby Silverstein & Partners - the company's Rich Silverstein suffers from ADHD as does Green. And the film's actors also suffer from ADHD in real life. The Specialized Foundation is working with Stanford University to further research on the impact that cycling has on ADHD symptoms for a study that will be released in August. A 2013 study, conducted by the Specialized Foundation and RTSG Neuroscience Consultants, shows that a single cycling session significantly improved measures of executive attention in

ADHD students.  
*Bike Biz, July 21, 2017*

### **YOUNG AUSTRALIAN MALE DRIVERS ARE THE ANGRIEST BEHIND THE WHEEL**



A STUDY INTO Aggressive Driving on Australian Roads by Monash University Accident Research Centre has revealed that young Australian men are the most aggressive on our roads. According to the report, which will be presented in full at the Australian Road Safety Conference in Perth in October says 36% of young male drivers have chased another driver when angry at least once. While 'road rage' or aggressive driving behaviour is often called a modern phenomenon, the study

by MUARC referenced an earlier study from 2004 ( AAMI Crash Index: Tenth annual road safety report ) which revealed a staggering 93% of Australians reported having been subjected to aggressive driving while 43% had "perpetuated aggressive driving in retaliation to the behaviour of others".

*Practical Motoring, July 18, 2017*

### **Absent dads tied to stress-related cellular changes in kids**

*Association was stronger for boys than for girls*

The loss of a father due to death, divorce or jail is associated with children having shorter caps on the ends of their chromosomes, according to a study that points to a possible biological explanation for health problems often encountered by kids with absent dads. The protective caps known as telomeres shrink with age, and are also thought to erode with extreme stress. At age 9, kids who had lost a father had 14 percent shorter telomeres than children whose dad was still involved in their lives, researchers report in Pediatrics. Death had the biggest impact, and the association was stronger for boys than for girls. "While we know that disparate stressors - smoking, maltreatment, intense caregiving, etc - are associated with shorter telomeres, the biological link is not well established and is the subject of investigation in several labs," said senior study author Dr. Daniel Notterman, a molecular biology researcher at Princeton University in New Jersey.

*Reuters, July 18, 2017*

### **Exclusion from school can trigger long-term psychiatric illness**

*Exclusion from school is commoner among boys, secondary school pupils, and those living in socio-economically deprived circumstances.*

Excluding children from school may lead to long- term psychiatric problems and psychological distress, a study of thousands of children has shown. Research by the University of Exeter, published in the journal Psychological Medicine this month, found that a new onset mental disorder may be a consequence of exclusion from school. The study also found that -

separately - poor mental health can lead to exclusion from school. Professor Tamsin Ford, a child and adolescent psychiatrist at the University of Exeter's Medical School, warned that excluded children can develop a range of mental disorders, such as depression and anxiety as well as behavioural disturbance. The impact of excluding a child from school on their education and progress is often long term, and this work suggests that their mental health may also deteriorate. The study is the most rigorous study of the impact of exclusion from school among the general population so far and included a standardised assessment of children's difficulties. It coincides with the publication today of official statistics showing the number of permanent and fixed exclusions from school in 2015/16.

*Medical Express, July 20, 2017*

### **INTERVIEW: Sports and Statistics: Correlating Football to Brain Injury**

Much attention has been given in recent years to professional athletes who develop chronic traumatic encephalopathy, a degenerative brain disease known as CTE, after years of taking repeated blows to the head during their sport. The cases are most



common among boxers and football players, and the NFL has taken some steps to deal with the occurrence of the disease. But what about the brain health of football players whose athletic careers end after high school or college? In, "Association of Playing High School Football With Cognition and Mental Health Later in Life," which was published in the journal JAMA Neurology, Wharton statistics professor Dylan Small and doctoral students Raiden Hasegawa and Sameer Deshpande used statistical analysis to research the long-term effect of playing football. They spoke to the Knowledge@Wharton radio show, which airs on SiriusXM channel 111, about what they found in their study.

*Wharton, University of Pennsylvania, July 21, 2017*

### **'My struggle with moobs': Inside the booming industry of 'man boob' reconstruction surgery**

- *Nearly half the men in the United States have 'man boobs' or 'moobs'*
- *They are caused by a genetic condition called gynecomastia*
- *Gynecomastia is characterized in men by the growth of women-like breasts*
- *It can be caused by drugs, genetics, steroid use, weight gain and aging*
- *The procedure can cost anywhere between \$8,500 and \$12,000*

The condition, which is characterized by swollen male breast tissue and, is most common in teenage boys going through puberty. 'We see

gynecomastia is the most common in adolescent young men who are having surges of estrogen and testosterone. When there is an imbalance of more estrogen, it can cause women-like breast growth,' Dr Delgado said. He explained that when this happens, it goes away during or after puberty for 50 percent or more of the individuals who experience this. But when it doesn't go away, it can cause psychological effects in those young men, making them withdrawn or self-conscious about doing things like playing sports or going to the beach with friends. The second most common form, Dr Delgado said, happens when body builders or young athletes dabble with steroid use. It's quite common, and the men might not even take the steroids for a long time. As soon as that breast tissue starts to develop, it won't go away and can continue to grow,' Dr Delgado said. Then, he said, there are some men who have what he calls pseudo-gynecomastia, meaning it is a build up of fat in the breast area.

*Daily Mail, July 21, 2017*

### **Fashion Photographer Promotes Acceptance of "EveryMAN"**



Fashion photographer Tarik Carroll's new photo series is challenging hyper-masculinity and gender norms, while bringing body-positivity to the forefront. The 29-year old Brooklyn-based photographer is calling on men of all backgrounds to join him in showcasing diverse identities in The EveryMAN Project, which highlights queer and transgender men of color with bigger body frames. Carroll, who serves as creative director for The EveryMAN Project, described the initiative as an "immersive experience" that will include a book of his original photographs, personal essays and poetry submitted by young men, as well as a documentary that will capture the overall journey to complete the project, featuring model profiles and stories shared at the casting calls. Carroll's bid for

inclusivity stems from a personal struggle with body image and his eight years as a fashion photographer listening to male models voice their complaints regarding their bodies. "The one thing that I saw across the board [was that for] guys of all sizes, all ethnicities [and] all backgrounds, the pain is the same," Carroll said.

*NBC, July 18, 2017*

### **Monica Lewinsky pens essay on Prince Harry, Brad Pitt, Jay-Z and male vulnerability**

Monica Lewinsky wrote an essay published in Vanity Fair on Wednesday praising Prince Harry, Brad Pitt and Jay-Z for exploring what she called the "new frontiers of male vulnerability." "In the last few months, thanks to public declarations from these three men, the ennui of manufactured celebrity and masculine stereotypes has given way to something different - something soulful, engaging, vulnerable, and even feminist," Lewinsky wrote, adding, "Hallelujah." She's referring to recent admissions the three men have made of various maladies, be they alcoholism, infidelity or the intersection of mourning and mental health. The essay struck a far different tone than a commentary she wrote in May for the New York Times following the death of Roger Ailes, the former Fox news chairman and CEO who was forced to step down in 2016 following a sexual harassment scandal. Lewinsky said that Ailes built a culture of male entitlement that made women within his organization targets for harassment.

*Chicago Tribune, July 21, 2017*



### **Is North America's opioid epidemic a crisis of masculinity?**

*Men accounted for 80% of the 935 fatal overdoses in British Columbia last year - and a researcher says it's time to pay more attention to the risks they face*



The struggle is playing out across North America, as authorities in Canada and the US grapple with an epidemic that has claimed thousands of lives on both sides of the 49th parallel. Against this stark backdrop, a professor at the University of British Columbia has

highlighted a different statistic from the crisis: in 2016, of the 935 fatal overdoses in the province, 80% were men. Research that shows men are more likely to use illicit drugs, so it is perhaps logical that they are more likely to overdose. But the clinical psychologist Dan Bilsker argues that the figure suggests a relationship between the crisis and masculinity - one that may offer clues as to why the death toll continues to rise, and where the solutions might lie. "I think we haven't really thought deeply or well about who men are, about what the pressures on them are, what we need them to be," he said. Bilsker has spent years studying men's psychological health, delving into why men live an average of four to six years less than women and are more likely to kill themselves. In some ways, the opioid crisis stems from the same tangled roots, he said. And as with many other health issues, its singular interaction with gender has been largely overlooked.

*The Guardian, July 12, 2017*

### **Are Better Video Games Killing Men's Desire to Work?**

*A new study suggests young men are spending less time in the office and more time gaming than they did years ago.*

Improvements in video game technology are killing the professional drive of young, working-aged men, according to a new study from the National Bureau of Economic Research that suggests male 20-somethings are more interested in leveling up in the digital world than grinding it out in the real one. The report, authored by a group of researchers from Princeton University, the University of Chicago and the University of Rochester, used government data from the American Time Use Survey to profile changes in how young men spent their time between 2000 and 2015. It found that the working hours of men between the ages of 21 and 30 fell by 203 hours per year, or 12 percent, over that window. That's compared with a decline of only 163 hours, or 8 percent, among men between the ages of 31 and 55. And as of 2016, a full 15 percent of young American men hadn't worked at all in the prior year - nearly double the 8 percent seen in 2000.

*US News, July 5, 2017*



#### **'I finally felt like one of the guys': How toxic masculinity breeds sexual abusers**

This terrible and tragic story comes from a paper written by James Messerschmidt, a professor of criminology at the University of Southern Maine. It's a summary of several books and papers he's written about the relationship between violence and masculinity, or at least the twisted version of masculinity too often imposed on boys and young men.

*The Sydney Morning Herald, July 13, 2017*

#### **Australia: A little more conversation: father-son chats critical in mental health battle**

Dads are being encouraged to talk with their sons in the latest campaign by an Orange mental health service to assist young people. According to Headspace, only 13 per cent of young men ask for help while grappling with serious mental health issues. The Fathers and Sons campaign aims to improve that. Around 42 per cent of people who present to Orange headspace are male. Of those, 18 per cent are there of their own volition. Marathon Health runs Orange's headspace service and child and adolescent mental health manager Peter Rohr said there are encouraging signs. "This certainly shows that young men are recognising when there is a problem," Mr Rohr said. "With further influence and family support, this figure can rise."

*Central Western Daily, July 16, 2017*

#### **Depression affects the brains of males and females differently**



When researchers in the UK exposed depressed adolescents to happy or sad words and imaged their brains, they found that depression has different effects on the brain activity of male and female patients in certain brain regions. The findings suggest that adolescent girls and boys might experience depression differently and that sex-specific treatments could be beneficial for adolescents. Men and women appear to suffer from depression differently, and this is particularly striking in adolescents. By

15 years of age, girls are twice as likely to suffer from depression as boys. There are various possible reasons for this, including body image issues, hormonal fluctuations and genetic factors, where girls are more at risk of inheriting depression. However, differences between the sexes don't just involve the risk of experiencing depression, but also how the disorder manifests and its consequences.

*Medical Express, July 11, 2017*

### **Teenage pregnancy prevention: the role of young men**

#### **Abstract**

Purpose of review: Although teenage pregnancy is declining in many parts of the world, it remains associated with considerable social, health, and economic outcomes. Pregnancy prevention efforts focus primarily on young women, with minimal attention to young men. This review highlights recent literature pertaining to the role of young men in pregnancy prevention.

Recent findings: Young men have varying views on contraception as well as which partner(s) should be responsible for its use. Limited contraception knowledge reduces young men's sexual health communication as well as their contraception use. Healthcare providers play a major role as one of the main sources of sexual health information for young men, but there are gaps in young men's sexual health care so new guidelines have emerged.

Summary: Recent literature highlights young men's range of views on contraception as well as their low sexual health knowledge and sexual health communication. To address teenage pregnancy and improve young men's overall wellness, healthcare providers should routinely address sexual health. Healthcare providers may use our newly proposed acronym, HIS BESTT, (Hello. Initiate. Sexual health assessment. Both condoms and female dependent methods. Examine genitals. STI screening. Talking to partner(s). Talking to parent(s) or guardians), to incorporate current clinical recommendations.

*Current Opinion in Pediatrics, August 2017*

### **Teens still endure traditional face-to-face bullying, study finds**

Some 90% of teenagers subjected to cyberbullying encountered traditional

*bullying as well, according to researchers.*



Results of the survey show that less than 1% of 15-year-olds in England regularly experienced cyberbullying on its own. The vast majority of bullies prefer the old tried and trusted methods of hurting their victims to causing pain online, say researchers (Victoria Jones/PA) More than a

quarter (27%) suffered exclusive face-to-face bullying. Nine out of 10 teenagers who were bullied online were also subjected to traditional bullying, the study found. Concerns have been raised that cyberbullying, which involves repeated personal attacks using instant messaging, social media postings, emails, text messages and websites, could cause more psychological harm than traditional bullying. Lead researcher Dr Andrew Przybylski, from Oxford University, said: "Despite common perceptions and the growth of the online world for teenagers, our study finds that cyberbullying, on its own, is relatively rare, with face-to-face bullying remaining most common among teenagers. "Cyberbullying is best understood as a new avenue to victimise those already being bullied in traditional ways, rather than a way to pick on new victims. Confidential questionnaires were used to assess bullying and mental well-being among more than 110,000 teenagers across England over a two-month period. Participants represented one in five 15-year-olds in England. Nearly a third of the teenagers (30%) reported experiencing some form of regular bullying, defined as two or three incidents per month. They included one in three girls and one in four boys. Bullying included name-calling, hurtful teasing, exclusion, spreading of false rumours, sharing unflattering pictures and physical violence.

*bt.com, July 11, 2017*

#### **Good news for budding Beckhams: Playing football boosts bone development in teenage boys (and more than swimming and cycling)**

- Boys who played football for a year had 'significantly better bones'
- This is compared to those who didn't play sport and teens who cycled and swam
- Footballers had 7% higher bone mineral content in their backs than cyclists
- Once puberty is reached, the next five years are crucial for bone growth
- Young swimmers and cyclists could benefit from more weight-bearing exercise

Playing football can improve bone development in adolescent boys, new research has found. Even compared to swimming and cycling, kicking a ball around led to 'significantly better bones' after one year of training. Adolescence is the key period for bone growth - poor development at this age is linked to reduced peak bone mass. This increases risks of developing fractures and osteoporosis later in life. Our skeleton matures around age 30, note the research team from the University of Exeter. The experts recommend playing football for three hours a week may be enough for a beneficial effect.



*Daily Mail, July 12, 2017*

#### **Unhealthy lifestyles mean male Millennials face a 'toxic cocktail' of back pain, diabetes and dementia in retirement, warns report**

- Officials said obesity, lack of exercise and smoking are driving the problem
- They warned that people need to take more responsibility for their own health
- Life expectancy is growing - with women expected to live until 83 and men 79
- But people are now expected to spend two decades at the end of their life suffering from health conditions

Public Health England says boys born between 2013 and 2015 have an average 'healthy life expectancy' of just 63.4 - and will then spend another 16.1 years in poor health. And girls on average will be healthy until 64.1 and will then be ill for another 19.1 years. The problem is getting worse - with boys born 13 years previously, between 2000 and 2002, expected to spend just 15.4 years of their life ill, and girls 18.1 years. Professor John Newton, director of health improvement at Public Health England, said the average person is hit with health problems just before they retire, adding: 'A significant proportion of our population cannot expect to live to their pension age in good health.'

*Daily Mail, July 13, 2017*

#### **Maternal obesity in pregnancy linked to behavior problems in boys**

*The U.S. Centers for Disease Control and Prevention estimates that 15 out of every 100 women of childbearing age are severely obese*

A study at the University of California, Berkeley, suggests maternal obesity is associated with a higher risk of behavior problems in male offspring. "The study results suggest that early intervention with women to attain healthy weights before they become pregnant is critical to their health and the health of their future children," Barbara Abrams, of the Division of Epidemiology, School of Public Health, University of California, Berkeley, said in a press release. Recent studies have linked high maternal weight to child behavior

and problems such as attention deficit hyperactivity disorder. Approximately 15 out of every 100 women of childbearing age are severely obese, according to the U.S. Centers for Disease Control and Prevention.

*UPI, July 13, 2017*

### **ADHD Medication Tied to Lower Risk for Alcohol, Drug Abuse in Teens and Adults**

*About one-third lower risk revealed in Indiana University-led analysis of 3 million Americans with attention deficient hyperactivity disorder*



The use of medication to treat attention deficient hyperactivity disorder is linked to significantly lower risk for substance use problems in adolescents and adults with ADHD, according to a study led by researchers at Indiana University. The risk of substance use problems

during periods of medication use was 35 percent lower in men and 31 percent lower in women in the study. The results, based upon nearly 3 million people with ADHD in the United States, are reported in the American Journal of Psychiatry. "This study contributes to growing evidence that ADHD medication is linked to lower risk for many types of harmful behavior, including substance abuse," said Patrick D. Quinn, a postdoctoral researcher in the IU Bloomington College of Arts and Sciences' Department of Psychological and Brain Sciences, who led the study. "The results also highlight the importance of careful diagnosis and compliance with treatment."

*Newswise, July 12, 2017*

### **Survey Reveals Teen Health May be Impacted by Vaccine Misperceptions**

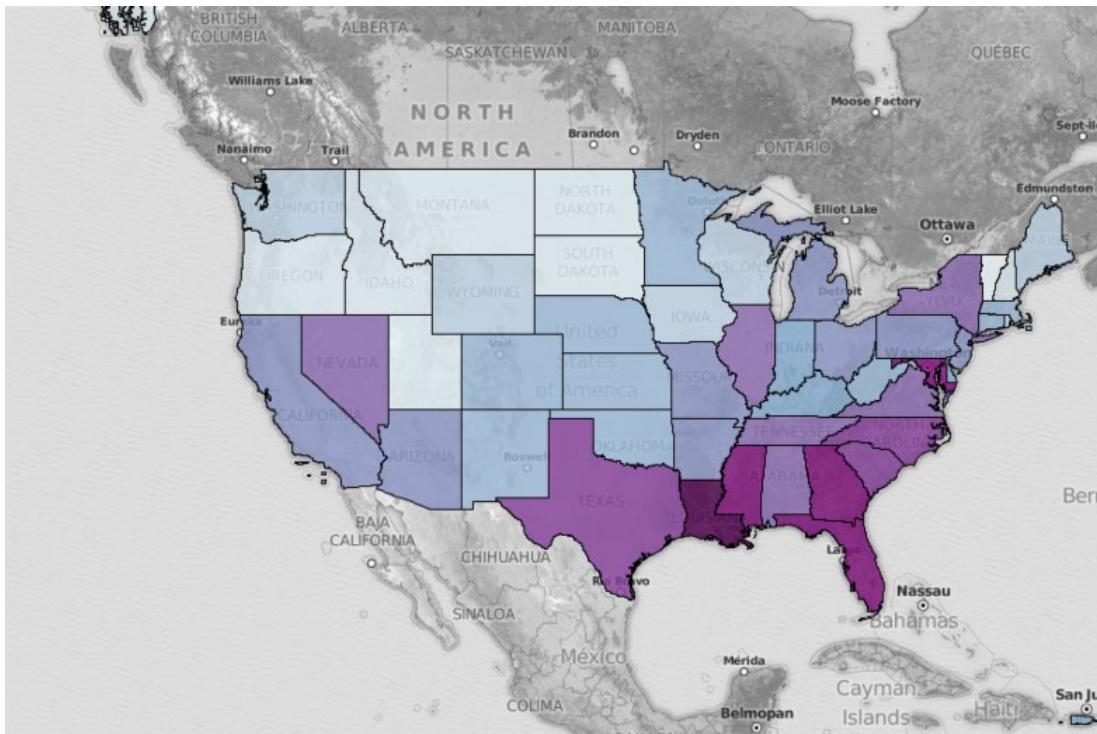
A national survey of parents, teens and healthcare providers (HCPs) revealed some major areas for improvement in preventive health communications to teens. Nearly all parents realize the importance of "hot topics" to help their teens stay healthy, such as keeping them safe from STDs (92 percent), avoiding alcohol/drugs/smoking (95 percent), and getting enough sleep (94 percent), but somewhat fewer (80 percent) say getting all recommended vaccines is important, despite them being vital for future health. Unity Consortium, an action-oriented non-profit organization that brings together diverse groups who share a common interest in adolescent and young adult preventive health with a focus on immunization, sponsored the survey. Unity Consortium strives to make a positive impact to improve adolescent preventive health habits as an investment to better life-long health. The survey was conducted online in the fall of 2016 by Harris Poll among 515 U.S. parents of teens 13-18 year olds, 506 teens ages 13-18 years, 405 physicians who see teens and 105 pharmacists.

*Infection Control Today, July 11, 2017*

## Young people in the US are being diagnosed with HIV in disproportionately high numbers

The number of young people in the US who are being diagnosed with HIV is on the rise. New cases of HIV in people between the ages of 13 and 24 accounted for more than 25% of all new diagnoses in 2015, a 2% increase from the year before. That's a departure from the overall trend - new diagnoses for all age groups decreased by 18% between 2008 and 2015. These statistics come from AIDSVu, a project run by Emory University's Rollins School of Public Health in partnership with biotech company Gilead Sciences. Dr. Patrick Sullivan, the project's lead researcher, told Business Insider that the good news is that medications are now helping those diagnosed with HIV live longer, relatively healthy lives. But younger people might consequently be less aware of how pervasive the disease still is. That could be one factor of many contributing to the increasing number of new diagnoses. Sullivan said an estimated 50% of young people are unaware they have HIV, which is why testing is critical. The CDC recommends people between 13 and 64 get tested at least once in their lifetimes. Here's what the rate of new diagnoses in people 13 to 24 year old looked like in each state in 2015. The darker purple states had more than 27 new cases per 100,000 people.

*Business Insider, June 22, 2017*



## Meningitis B vaccines may fight the rise of super-gonorrhoea

Analysing clinical records, Steve Black of Cincinnati Children's Hospital in Ohio and his colleagues found that of the 15,000 people in New Zealand who would have been offered the meningitis B vaccine, those who had it were 31 per cent less likely than those who didn't to later contract gonorrhoea.

Vaccinated people who did get gonorrhoea were 40 per cent less likely to develop a severe form of the disease. That may not sound spectacular, but this is the first time a vaccine has had any impact on gonorrhoea. And because it doesn't spread easily - it requires sex, not just a sneeze - even a relatively small effect could have a big impact. Mathematical modelling has previously suggested that if all 13-year-olds were given a vaccine that only protected half of them, the prevalence of gonorrhoea in the population would fall by 90 per cent in only 20 years. Other modelling has found that gonorrhoea is primarily spread by sex workers and men who have sex with many male partners. Such groups "are key to controlling gonorrhoea", says Fisman. "It is likely to collapse epidemiologically if even a small fraction of the population is effectively vaccinated, or if a large fraction gets a vaccine with relatively low efficacy." Meanwhile, a meningitis B epidemic is under way in the UK, affecting up to 1700 children a year, with a tenth of those dying. In 2015, the UK became the first country to routinely vaccinate babies for meningitis B, and this vaccine contains the New Zealand strain. In 20 years, we may see whether this has had an unexpected and welcome side effect on gonorrhoea, says Black.

Journal reference: The Lancet, [DOI: 10.1016/S0140-6736\(17\)31449-6](https://doi.org/10.1016/S0140-6736(17)31449-6)  
New Scientist, July 10, 2017

### **Teens who self-harm struggle in later life**

*Teenagers who self-harm are more likely to suffer mental health problems, have substance abuse issues and relationship failures, even decades after the behaviour stops, a new study suggests.*



For the past 20 years, researchers from the Murdoch Children's Research Institute have been tracking the same set of Victorian teenagers and the results are clear. The risks of self-harm don't end when the behaviour stops and can extend almost to middle age, and possibly

beyond. The study began in August 1992 and has tracked health and life outcomes for 1943 Victorians. Participants were 14 when they were randomly selected from 44 schools across Victoria, and regular follow ups have revealed relatively poor prospects for the 135 who harmed themselves at least once during their teenage years. At the last check in, when participants were 35, self-harmers were found to be more likely to suffer from mental health conditions such as anxiety and depression. They were also more likely to smoke and take drugs, had higher divorce rates, and were more likely to suffer various forms of social disadvantage, including unemployment. The research paper has been published in the journal Lancet Child and Adolescent Health.

AU News, July 11, 2017

### **Doctors' presumptive language increases HPV vaccine acceptance**

*Pediatricians can increase the chances of adolescents receiving an HPV vaccine if they don't offer a delay, according to a new study.*

To determine the impact of pediatricians' recommendations on families' decision to get the vaccine, researchers reviewed 75 transcripts of audio recordings taken during well-child visits for 11- to 12-year-olds in 2013. The 19 pediatricians knew they were being recorded but did not know HPV was the focus of the study. Researchers found wide variation in approaches to discussing HPV vaccination that in some cases included giving mixed messages or inaccurate information, and downplaying the vaccine's importance compared to other vaccines. Roughly 29% of the visits resulted in children getting HPV vaccine on the same day. Doctors rarely used language showing they assumed the patient would be vaccinated, but when they did, it was linked with higher rates of vaccination (73% with presumptive language compared to 22% when there was no presumptive language). Doctors offered to delay the vaccine 65% of the time, often before parents expressed any concerns. Roughly 6% of patients received the vaccine the same day if a delay was offered compared to 82% if no delay was mentioned.

*AAP News and Journals, July 7, 2017*

### **Guys, a Noisy Bedroom May Not Be Good for Your Fertility**

*South Korean study found a quieter room was tied to better odds for fatherhood*

Men, take note: A quiet bedroom might make for strong, healthy sperm. South Korean researchers found that men who slept where the noise level routinely exceeded that of a suburban neighborhood had worse fertility than men who rested in quieter quarters. "I think any sort of stressor can contribute to infertility ... and I would say bedroom noise can be a chronic stressor in sleep," said Dr. James Nodler. He's a reproductive endocrinology and infertility specialist at Houston Methodist Hospital. "It's basically a protective feature by our bodies -- if we're under severe stress, now is not the time to reproduce," added Nodler, who wasn't involved in the new research. About 15 percent of American couples are unable to conceive after a year of unprotected sex, according to the U.S. National Institutes of Health. Factors contributing to infertility in either sex are wide-ranging; in men, they include problems with sperm concentration, movement or shape.

*Health Day, July 7, 2017*

### **UK: Barbers enlisted to help combat male suicides**

*There were 153 suicide attempts in the City of London between October 2015 and October 2016*

The City of London plans to train barbers to help combat male suicide by teaching them to get customers to open up about mental health issues. Barbers in the Square Mile will be trained to "talk to men about emotional health" as part of an initiative laid out by the City of London Corporation to reduce the number of men that take their own life



each year. Suicide is the biggest killer of men under 50 in the UK and there were 153 suicide attempts in the City of London between October 2015 and October 2016. The Corporation said in a report that the City's 450,000 working population was male dominated and that young men were an "at risk" group for suicide as they were often reluctant to get help for their problems. A City of London Corporation spokeswoman said that reducing the risk of suicide for young and middle-aged men and women was a priority and that the plans to train barbers was an idea "based on a nationwide campaign BarberTalk delivered by local authorities across the country".

*Financial News, July 6, 2017*

### [UK: Number of children being referred to gender identity clinics has quadrupled in five years](#)

The number of children being referred to gender identity clinics has quadrupled in the past five years, figures show. Experts have warned that the huge spike is, in part, due to the promotion of transgender issues in schools which they say has encouraged to question their identity, and "sowed confusion" in their minds. Figures from the Gender Identity Development Service (GIDS), which is the NHS's only facility for transgender children based at the Tavistock Centre in north London, show that 84 children aged between 3 and 7 were referred last year, compared to 20 in 2012/13. The number of children referred to the service under the age of ten had also seen a four-fold increase, from 36 in 2012/13 to 165 last year. Last year there were a total of 2,016 referrals for youngsters aged between three and 18, more than six times more than the 314 referrals five years previously.

*The Telegraph, July 8, 2017*

### [Men still die before women. Is toxic masculinity to blame?](#)

*Many assume that shorter male lifespans are driven by biological factors. Yet the health consequences of traditional male identity cannot be overestimated*



theguardian

While disparities in life expectancy between men and women have typically been greeted with a collective shrug, these questions are taking on greater urgency as new research reveals ominous trends for men's health.

Researchers from

Stanford demonstrate that in societies where maternal mortality from childbirth has improved and birth control reduces family size, women consistently outlive men. Many people assume that shorter male lifespans are driven, directly or indirectly, by genetics and other biological factors. Yet a closer look at science, medicine, and culture suggests that the engine for this disparity might be the long-held ideal of masculinity itself. It is becoming increasingly clear that a "man's man" might be the most dangerous thing a man can be.

The Guardian, June 26, 2017

### **How Can Men Be Encouraged to Seek Help for Mental Health?**

One reason men die earlier than women is that men are less likely to seek preventive care or medical treatment. This is true even for male physicians, who are less likely than female physicians to seek medical treatment for their own health conditions, according to Michael Myers, MD, professor of clinical psychiatry SUNY-Downstate Medical Center in Brooklyn, New York, and former editorial board member of the Journal of Men's Health. If this is true for seeking help for physical conditions, it is even truer for seeking help for mental health conditions. "Mental and physical health are interrelated in men," Dr Englar-Carson told Psychiatry Advisor.

Psychiatry Advisor, June 30, 2017

### **Turning the tide against mental health issues for young men**

What is rarely talked about is that on the northern beaches of Sydney, teenagers are killing themselves. In the past 18 months, at least seven young men between the ages of about 15 and 24 in Pittwater have committed suicide. (This is anecdotal, as the recent figures go only to 2015, so could be higher). This fact has seriously alarmed locals, who are trying to raise collective consciences and funds for counselling and phone crisis services.

Sydney Morning Herald, June 30, 2017

### **SUICIDE THIRD LEADING CAUSE OF DEATH FOR NEW JERSEYANS AGES 10 TO 24**

New data in a report published by the State Department of Children and Families shows suicide is the third leading cause of death for New Jersey youth ages 10 to 24. The data, which is from 2002 to 2015, shows the number of suicides among kids and young adults increasing 40 percent over that timeframe: from 3.2 suicides out of every 100,000 children in 2002 to 5.5

in 2015. The report indicates that the Skyland region in rural northwest New Jersey has the highest rate of youth suicide at 7.5 per 100,000 persons. And while rates are declining for older teens, they're increasing for the younger, more than doubling, according to the CDCP, with teen boys twice as likely to die by suicide than teen girls.

*NJ Spotlight, June 26, 2017*

### **Young male defence veterans at greater risk of suicide: report**

Male defence veterans are at greater risk of suicide than men in the general population, with those aged between 18 and 24 particularly vulnerable, a new report has found. The report, prepared by the Australian Institute of Health and Welfare (AIHW), analysed 15 years of



data to determine the incidence of suicide among Australia's navy, army and air force personnel. It found that between 2001 and 2015, there were 325 suicides among people with at least one day of ADF service, with men accounting for nine out of 10 deaths. David Jamison, the national president of the Defence Force Welfare Association (DFWA), said the figures were probably an underestimate. "This is from a cohort of people that have been screened, trained, conditioned and they've gone through a lot of resilience training," he told SBS World News. "And still, we've got an unacceptable number who, for some reason or another, cannot continue and take this ultimate step."

*SBS.com, June 30, 2017*

### **A different take on differences between men's and women's brains**



There is greater variety in the size of men's brains than of women's. This could help explain why some psychiatric disorders such as ADHD and autism are more prevalent in boys. Leiden brain researcher Lara Wierenga has published an article about this in the international

journal Cerebral Cortex. Brain researcher Lara Wierenga studied 1234 children and young adults aged between three and 21 from a large MRI database at the University of California, San Diego. She compared the variation in brain volume in men with the variation in brain volume in women. What she found was that there was greater variation in brain volume in men than in women, so there are more boys than girls with exceptionally large or exceptionally small brain structures. These findings may explain why some developmental disorders such as ADHD or autism are more prevalent in boys than in girls.

*Medical Express, June 28, 2017*

## Teen student team develops virtual reality app to help diagnose ADHD

This year's Disrupt NY Hackathon featured an innovative use of virtual reality in helping diagnose attention deficit hyperactivity disorder (ADHD). Designed by a team of high school students from New Jersey, the virtual reality experience aims to simplify the process of diagnosing ADHD. Called "ReVive" (not be confused with the similarly titled ReVive software for making Oculus Rift software compatible with HTC Vive hardware), the program has the user complete challenges involving concentration, reaction time, and motor skills. Maze navigation, standing still in a designated virtual space, and other tests are included, all adding to final scores that are presented to an evaluating clinician. It's not meant to replace the role of a physician in working up a patient for ADHD, but rather allow for quickly obtaining data on a patient with an immersive, believable experience through VR.

*I Medical Apps, June 27, 2017*

## ADHD linked with becoming a teenage parent

People are more likely to become teenage parents if they have attention-deficit/hyperactivity disorder (ADHD), researchers found. Previous studies have found links between ADHD and risky sexual behavior, leading the team to look at rates and timing of having children. Researchers studied data on nearly 2.7 million people born in Denmark from 1960-2001, of whom 1% had a diagnosis of ADHD. Compared to those without ADHD, those with the disorder were more likely to become parents at ages 12-15 and 16-19.

"Since teenage parenthood is associated with a number of adverse outcomes for both parents and children, it may be of relevance to target this group with an intervention program (including sexual education and contraceptive counseling) to reduce the number of teenage pregnancies," authors wrote.

*AAP News, June 27, 2017*

## Patients with ADHD thrice as likely to develop dementia

Individuals with Attention deficit hyperactivity disorder (ADHD) have a 3-fold risk of developing dementia, a new study published in Journal of Attention Disorders suggests. Taiwanese researchers conducted a retrospective population-based cohort study of adults with ADHD and age- and sex-matched control participants identified through the National Health Insurance Research Database. Individuals with ADHD had a significantly higher likelihood of developing dementia (HR, 3.418; P<.001) compared with the control individuals. The risk remained significant after adjusting for confounders (adjusted HR, 4.008; P<.001). Individuals aged ≥55 y were 1.526 times more likely to develop dementia compared with those aged 18-54 y. Use of ADHD medications including methylphenidate or atomoxetine did not seem to decrease the risk for dementia.

*univadis.co.uk, June 28, 2017*

## College Students Want to Talk About Sex. They Just Don't Know How.

There is a lot more to consent than "yes means yes" and "no means no." Fear of sexual assault on college campuses is twofold: Many students are afraid of being victims of assault, while others are terrified of being accused of it. If that sounds ridiculous, consider this: Apps have popped up in recent years that allow students to sign virtual consent forms before engaging in intimate encounters. The contract on SaSie, one such app, prompts consenting parties to fill in their names and e-signatures, and add pictures of their photo IDs so as to provide "a legally binding modicum of evidence for students and adjudicators." Clear communication in sexual encounters is paramount and the stakes are high. Nonconsensual sex is rape. But it's ridiculous to think that consensual sex should require a legal contract. This is not the way for students to get clarity on healthy sex. If we are going to change a culture of normalized drunken hookups and damaging acts of sexual violence, we must get to the roots of the problem: communication and education.

*New York Times, June 26, 2017*



### Teenagers are as sedentary as 60-year-olds by age 19



In an eye-opening study involving 12,529 Americans ages 6 to 85, researchers mapped how physical activity changes over a lifetime. The participants, part of the 2003-2004 and 2005-2006 cycles of the National Health and Nutrition Examination Survey, wore accelerometers, devices that measure movement, for seven consecutive days. For the purposes of the analysis, researchers counted all types of movement, not just exercise. Vijay Varma, a National Institute on Aging researcher and lead author of the study, said that there has been a belief that physical activity gradually declines across the entire life span. But according to the new data, there seems to be a sharper-than-expected decline during childhood - starting in elementary school and continuing through middle school and high school. By age 19, the average American is as sedentary as a 60-year-old. He theorized that the modern school day, which requires sitting for large amounts of time and where recess is often compressed into 20 to 30 minutes a day, may be partly to blame. There's also the issue of early school-bell times, which researchers have found lead to sleep deprivation.

*Washington Post, June 26, 2017*

## [Boys start watching porn aged just 13, so education needs to catch up: study](#)

Almost 90 per cent of young Australians have viewed pornography, with boys on average starting at the age of 13 and more likely to be better educated. A Melbourne study of almost 1000 people aged 15-29 looked at links between pornography use and sexual behaviour and mental health problems. It found that those who viewed the most pornography, particularly from a young age, were more likely to be male, have a higher education and have recent mental health problems. Writing in the Australian and New Zealand Journal of Public Health, researchers said almost all young men regularly accessed pornography but it should not be assumed that young women did not watch and enjoy it. While laws prohibited people under the age of 18 from viewing pornography, this was not preventing them accessing it at a young age. "Therefore it is vital that pornography is addressed as part of high school sexuality education programs, if not sooner," they wrote.

*thewest.com.au, June 26, 2017*

## ['Wise Guys' Program Teaches Boys Teen Pregnancy Prevention](#)



A sexual education program from the Children's Home Society of North Carolina is targeting adolescent boys to prevent teen pregnancy. The Wise Guys program teaches boys between the ages of 12 to 18 about abstinence, contraception and healthy relationships. Ted Sikes has taught the program for about 15 years. He says pregnancy

prevention programs too often overlook boys and historically have focused on young women as the gatekeepers when it comes to sex. "There's a disservice being done, not only to teen girls, but also to teen guys," Sikes said. "There's an assumption that they don't need this information, when they really do want it." Wise Guys reaches more than five thousand teens in North Carolina and is now expanding to locations across the country.

*WUNC, July 3, 2017*

## [Long ignored, adolescent family violence needs our attention](#)

Adolescent family violence is violence used by young people against family members. Most often, it refers to violence occurring within the home. It is distinct because the adolescent requires ongoing care even when violent, which means responses used in other cases of family violence can't readily be applied. It has detrimental effects on the health and wellbeing of families, and is surrounded by stigma and shame. Data from the Melbourne Children's Court show that between July 2011 and June 2016, there were 6,228 applications made for a family



violence intervention order where the respondent was 17 years or younger. There were 4,379 cases involving a male adolescent, and 1,849 cases involving a female adolescent. In 45 cases, the respondent was aged ten-to-11-years-old. In more than half the cases, the affected family member was the female parent of the adolescent.

*Medical Express, July 3, 2017*

### **Scotland: Men who have sex with men offered HPV vaccine**



A new HPV (Human Papillomavirus) vaccination programme is now being offered to men who have sex with men. The vaccine will be offered to men who have sex with men (MSM) up to and including the age of 45 who attend sexual health or HIV clinics. MSM prisoners aged up to and including 45

will also be eligible to receive the vaccine through prison health services. Introduction of the programme follows a recommendation by the joint committee on vaccination and immunisation (JCVI), the UK's independent, expert panel on vaccination matters.

*BBC, July 1, 2017*

### **American Academy of Family Physicians Foundation Launches Highlight on VACCINATIONS 4 TEENS to Help Address Teen Under-Vaccination**

The American Academy of Family Physicians Foundation today announced the launch of Highlight on VACCINATIONS 4 TEENS, a new program that will help family physicians educate teen patients and their families about the importance of vaccination at a time when millions of teens remain vulnerable to serious infectious disease. With support from Sanofi Pasteur, 15 American Academy of Family Physicians Chapters each received a \$5,000 grant to bring this program to members to help increase teen vaccination rates in their states. The Centers for Disease Control and Prevention recommends adolescents receive four immunizations - two of which are administered as multi-dose series - to help protect against meningococcal meningitis; human papillomavirus (HPV); tetanus, diphtheria and pertussis (whooping cough) (Tdap); and influenza (flu). Despite these recommendations, only 33 percent of adolescents who received the first dose of meningococcal meningitis vaccine (MenACWY) received the recommended second dose, only 42 percent of girls and 28 percent of boys completed the HPV vaccine series, and less than half of teens 13 through 17 years of age were vaccinated against the flu. While the majority (86 percent) of teens received the Tdap booster, there is still room for improvement. "It's difficult to see children are still suffering, and in some cases dying, from vaccine-preventable diseases," said S. Hughes Melton, MD, MBA, FAAFP, AAFP Foundation president. "It's our job as healthcare professionals to help keep our patients healthy, and this includes providing the recommended immunizations at the right time. Programs like this are so impactful by providing the indispensable support

family physicians need to help protect more teens."  
*PR Newswire, June 27, 2017*

### **JPMorgan CEO Jamie Dimon wants to solve America's youth crisis**

JPMorgan Chase ( JPM ) CEO Jamie Dimon is creating solutions he hopes will help minority and low-income youth out of poverty. In an interview with LinkedIn Opens a New Window. , a unit of Microsoft ( MSFT ), Dimon detailed an expansion of its Fellowship Initiative. The program connects minority males with mentors, summer jobs, SAT training and programs that teach them how to fill out college applications. Over 100 students have successfully completed the program and are college bound. "I went to one in L.A. recently, the parents were there, there were tears in almost everyone's eye[s]," said Dimon. "These kids can go back to their own communities. And we're going to double that program. We're going to be announcing one soon I think in Dallas and Chicago. And so yeah when we find things that work, we just burrow in."

*Fox Business, June 28, 2017*

### **York schoolgirls in 'row-a-thon' to highlight men's mental health**



A girls' school in York will hold a charity row-a-thon today to raise funds for male mental health. Girls from The Mount Senior School (11-18 years) plan to row 84km, the length of York's Ouse River as part of the fundraiser. Money raised will be donated to the George Toplis Foundation, which supports

young people with autism and mental illness, providing long-term funding for their engagement in sport. The event is inspired by Head of Physics Matt Cannon, who became the school's informal advocate for male mental health awareness last year after an old rugby friend committed suicide. Matt gave a presentation to the senior school girls on research into the adverse effects on male mental health of 'ladette' culture, which discourages men from exploring and discussing their emotions.

*Itv.com, July 3, 2017*

### **Study: Guns kill nearly 1,300 US children each year; 82% are boys**



Now, a study based on data from 2012 to 2014 suggests that, on average, 5,790 children in the United States receive medical treatment in an emergency room each year for a gun-related injury. About 21% of those injuries are unintentional, similar to the third-grader's case. From

2012 to 2014, on average, 1,297 children died annually from a gun-related injury in the US, according to the study, published in [the journal Pediatrics](#) on Monday. The study also revealed which states in the US saw most of those deaths among children and which children may be most at risk for a gun-related injury. "When you start putting numbers like that to real lives, real people every day who are injured by firearms ... it confirms a statistic we already know a lot about," said Weiser, who was not involved in the study. Boys accounted for 82% of all child firearm deaths and about 84% of all nonfatal firearm injuries that were medically treated in the study.

CNN, June 19, 2017

### [\*\*Black Kids Are 10 Times More Likely Than White Kids to Die From Guns, Study Says\*\*](#)

Guns kill about 10 times more black children than they do white children each year, according to a new analysis. The Centers of Disease Control and Prevention (CDC) report, published in the journal *Pediatrics*, analyzed the number of gun-related homicides, suicides, and unintentional deaths and injuries among U.S. children from 2002 to 2014. Researchers looked at hospital reports and death certificates, as well as overall patterns and trends.



Black children faced the highest rates of gun-related homicides, at 3.5 for every 100,000, researchers found. That's nearly 10 times the rate for white children, at .4 for 100,000. In many cases, researchers noted, gun-related deaths occur "in multi-victim events and involved intimate partner or family conflict." Gun-related deaths also disproportionately affected young boys and older children. Researchers found that gun-related deaths, injuries and homicides are higher among boys ages 13 to 17 than teen girls and younger boys.

Time, June 19, 2017

### [\*\*A teen health survey crucial to US public policy is finally asking kids about their sexual orientation\*\*](#)

Last year, the US Centers for Disease Control released its national survey of high school students, called the Youth Risk Behavior Survey, as they've done every other year for decades. But this time, there were two new questions. One asked students about their sexual orientation; the second asked the gender of their partners. States could choose which CDC questions to ask their teens; 27 states agreed, enough, researchers believe, to offer data that can be extrapolated to the rest of the country. That made it the first-ever national survey to parse high schoolers by sexuality. For the first time, we know that some 1.3 million kids, or roughly 8% of all high school students in America, report being lesbian, gay, or bisexual. Nearly 18% of lesbian, gay, and bisexual students reported having been raped at

some point in their lives-more than three times the rate of straight students. They were twice as likely to be bullied, both online and on school property, and more than twice as likely to stay home from school to avoid violence they felt might befall them on the way there, or on school grounds. Almost 30% had attempted suicide, more than four times the rate for straight students, and 60% reported feeling "sad or hopeless," twice the rate of their straight peers. They also used hard drugs far more often: 6% reported using heroin at least once, and 5% reported injecting a drug intravenously, which was four and five times the rate among straight kids, respectively.

*Quartz, June 25, 2017*

### **More Than Half of Teens Are Having Sex and Most Use Birth Control**

Just over half of American teenagers are sexually active, and most report using some form of contraception, according to new research. The study from the National Center for Health Statistics found that 55% of teens said they were having sex by age 18, and 80% of those teens



used some form of protection during their first time. The findings come from surveys with 4,134 male and female teens ages 15 to 19 from 2011 through 2015. Overall, fewer teens are having sex now than in the past. 42% of teen girls and 44% of teen boys reported having sex at least once-down about 9% for girls and 16% for boys from when the government group began tracking such numbers in 1988. The most common reasons teens gave for not having sex was that it was against their religion or morals, that they hadn't found the right person yet or that they didn't want to get pregnant (or get someone pregnant).

*Time, June 21, 2017*

### **Journal of Adolescent Health: Condom Availability in Schools: A Practical Approach to the Prevention of Sexually Transmitted Infection/HIV and Unintended Pregnancy**

**June, 2017**

#### **Abstract**

Adolescents and young adults are highly impacted by sexually transmitted infections (STIs) and unplanned pregnancy in the United States and globally. Consistent and correct use of male latex condoms is associated with protection against both STIs and pregnancy. Providing adolescents and young adults with access to free condoms in schools may increase the use of condoms by improving condom availability, eliminating cost, and decreasing embarrassment associated with purchasing condoms. Studies demonstrate that condom availability in schools is associated with the increased use of condoms and improved overall sexual health. The Society for Adolescent Health and Medicine encourages schools to make condoms available to students as part of efforts to decrease rates of STIs and

unplanned pregnancy in adolescents and young adults. The Society for Adolescent Health and Medicine also encourages health care providers to advocate for and support the availability of condoms in local schools.

### **Few opioid-addicted youth get standard treatment medication**



Only 1 in 4 teens and young adults with opioid addiction receive recommended treatment medication despite having good health insurance, according to a study that suggests doctors are not keeping up with the needs of youth caught up in the worst addiction crisis in U.S. history.

"Young people may be dying because they are not getting the treatment they need," said Brendan Saloner, an addiction researcher at Johns Hopkins Bloomberg School of Public Health who wrote an editorial published with the study Monday in JAMA Pediatrics. Researchers looked at records for nearly 21,000 patients ages 13 to 25 from one large insurance carrier, UnitedHealthcare. All were diagnosed with opioid addiction, but only 27 percent were given buprenorphine or naltrexone during 2001-2014, years when addiction was soaring.

*ABC News, June 19, 2017*

### **People With Opioid Addiction Are At Higher Risk for Hep-C, HIV**

As the national opioid epidemic has grown over the past few years, new cases of hepatitis-C have nearly doubled. People with opioid addiction are more likely to suffer from a variety of health disorders, complicating treatment for substance use disorder. Hepatitis C is among the most concerning health conditions that plague people with opioid addiction. People who misused opioids were 9.1 times more likely to have hepatitis C (HCV) than people who did not, according to analysis by the health care company Amino, which drew data from the claims of 3.1 million privately insured patients between 2014 and 2016. As the opioid epidemic has taken hold across the country, new cases of HCV have increased dramatically. There were an estimated 30,500 new cases in the U.S. in 2014, nearly double the number of new cases in 2011, according to STAT News . The CDC has reported that new HCV infections are rising sharply among intravenous drug users under 40 years old, particularly in rural areas. People with opioid addiction were also 8.4 times more likely than the general population to drink in excess, and 7 times more likely to have suicidal ideation.

*The Fix, June 21, 2017*

### **Addressing Hepatitis C Treatment Barriers Among HCV/HIV-Coinfected Patients**

Today in the United States, 25% of HIV-positive people are also infected with hepatitis C (HCV), a blood-borne virus that attacks the liver, eventually leading to cirrhosis and cancer. Unlike HIV, HCV can be cured thanks to a

new class of drugs called direct-acting antivirals (DAAs), which were introduced in 2013. Because coinfection with HIV and HCV more than triples a person's risk for liver disease and complicates HIV treatment management, coinfected people should be prioritized for DAA treatment, according to the AASLD/IDSA guidelines. "We now have incredible medications that can get rid of HCV in the majority of people that are infected," including people with HIV, said John Nelson, Ph.D., C.N.S., C.P.N.P., program director of the AIDS Education & Training Center National Coordinating Resource Center (AETC NCRC) at Rutgers School of Nursing. "However, we are not seeing great rates of cure simply because people are not being given the [DAA] medication," said Nelson.

*The Body, June 19, 2017*

### **HIV is always with me: men living with perinatally acquired HIV and planning their families**

#### **Abstract**

Once expected to not survive childhood, youth with perinatally acquired HIV (YPHIV) have now reached young adulthood and are of reproductive age and sexually active. Given the health impact of pregnancy among YPHIV, understanding reproductive decision making may inform preconception counseling strategies. Most literature regarding reproductive health among YPHIV focuses on women, overlooking one of the most important factors influencing the reproductive decision-making process, male sexual partners. This study examined attitudes, perceptions, and experiences of young men with perinatally acquired HIV (YMPHIV) regarding family planning and relationships, safer sex, disclosure, stigma, and psychological health.

Participants (n=21) were YMPHIV aged 18-24 years recruited in Miami, Florida. Focus groups (n=4) were conducted; qualitative data were analyzed using grounded theory. HIV disclosure, stigma, fertility intentions, safer preconception knowledge, attitudes and practices, family planning communication with medical providers and family, and mental health emerged as themes. Results suggest that despite accurate knowledge regarding healthy preconception practices, psychopathology, substance use, and stigma impact the uptake of HIV health care interventions. Effective interventions on preconception counseling may require more tailored approaches than knowledge-based psychoeducation alone, such as inclusion of psychological treatment, which could be offered in HIV health care settings to optimize health outcomes.

*Dove Press, June 21, 2017*

### **Anorexia nervosa: Why are men keeping their eating disorder secret?**

Boys in primary school are receiving treatment for anorexia nervosa in Australia and experts warn the number of boys with the condition could be on the rise. One in five Australians with the life-threatening eating disorder and mental illness, anorexia nervosa, are estimated to be male. "The youngest patient that I am aware of to date is a seven-year-old boy," Christine Morgan from the Butterfly Foundation said. "It's not only parents who don't have it on their radar, we don't have GPs or other health professionals who are looking for it in young boys as well so the risk that it will develop and be undetected for quite a period of time is very real," Ms Morgan said.



ABC Au, June 23, 2017

### Teens' Poor Body Image Tied to More Drinking, Smoking



The researchers discovered that perceived size and attractiveness were significantly related to substance use. Adolescent girls who perceived their body size to be too fat were more likely to use alcohol and tobacco. Boys who thought they were too skinny were more likely to smoke, and boys who considered themselves fat were more likely to binge drink. "While poor body image disproportionately affects females, our findings indicate that body image also impacts young males," Ramseyer Winter said. "For example, it's possible that boys who identified their bodies as too thin use tobacco to maintain body size, putting their health at risk."

Psych Central, June 21, 2017

### Older fathers have 'geekier sons'

Men who delay starting a family are more likely to have "geekier" sons, a study suggests. They were brighter, more focused and less bothered about fitting in - according to the "Geek Index" devised by King's College London. The mother's age had no impact, and daughters seemed to be immune. One scientist said a trend for delayed parenthood might mean we were heading towards a "society of geniuses" able to solve the world's problems. The findings are rare good news in the science of delayed fatherhood. Repeated studies have shown that older sperm is more prone to genetic errors and children are more likely to develop autism and



schizophrenia.  
*BBC, June 20, 2017*

### **More playtime with dad linked to lower obesity risk for young kids**

Fathers who get increasingly involved in raising their children may be helping to lower the youngsters' risk of obesity, a new study suggests. Children were 30 percent less likely to be obese at age 4 if their fathers had increased their parenting time in the preceding two years than were those whose dads did not. Each additional daily caregiving task that fathers handled - such as help with getting dressed, baths, brushing teeth and bedtime routines - was associated with an additional reduction in their child's odds of becoming obese, the study found.

*Washington Post, June 24, 2017*



### **HOW HIGH UNEMPLOYMENT HARMS THE NEXT GENERATION**

New research finds high jobless rates raise adolescents' stress levels, making it less likely they enroll in college.



The loss of a job-or the fear a pink slip could arrive at any time-can be catastrophic, not only for the laid-off worker, but also for members of their family. As economic fears grow, teenagers experience an atmosphere of tension and anxiety at a stage of life when stability is critical .

Clearly, the best route to economic stability for these kids is a college degree. But new research reveals a sad irony: The disruption caused by layoffs results in fewer kids from poor families attending college. The results were striking. "A cumulative state job loss during adolescence of 7 percent leads to a 20 percent decline in the likelihood that the poorest youth attend college," Ananat and her colleagues report. This decrease was even steeper for African Americans.

*Pacific Standard, June 19, 2017*

### **Adolescent Immunization Initiative Puts Focus on Vaccines at 16 Years of Age**

A subtle but significant change took place in the 2017 adolescent immunization schedule when the Advisory Committee on Immunization Practices (ACIP) created a separate column just for 16-year-olds. The change was designed to call attention to the need for the second, or booster,

dose of quadrivalent meningococcal conjugate vaccine (MenACWY) as well as for other vaccinations recommended at age 16. The change is helping to highlight the fact that only 1 in 3 eligible teens has received the second dose of MenACWY, leaving millions of young people vulnerable to meningococcal disease, an illness that is rare but often crippling and-in more than 10% of cases-fatal. Vaccines specifically recommended at 16 years of age include the second dose of MenACWY and (based on the health provider's discussion with patient and family) the first dose of meningococcal B vaccine. The Adolescent Immunization Initiative (All), a multi-disciplinary group of approximately 20 leaders in adolescent health and immunization, is calling for a "16-year-old platform" in support of immunizations and overall wellness, recognizing that older adolescents not only need to get their vaccinations on time, they also need to start taking ownership of their health care. The All, a group supported by Sanofi Pasteur, [white paper](#) as an opportunity to provide currently recommended vaccines and to catch up on other vaccines that might have been missed earlier in childhood. At the same time, providing needed immunizations gives the health professional an "in" to discuss the full range of adolescent health concerns and the importance of preventive care.

*MPR, June 20, 2017*

### **WHO Releases HPV Vaccine Recommendations**

The World Health Organization (WHO) recently released a [Position Paper](#) regarding recommendations for vaccination against the most common sexually transmitted infection in the United States: human papillomavirus (HPV). Due to the fact that HPV-related diseases, such as cervical cancer, are such a global health concern, WHO recommends that HPV vaccines should be "included in national immunization programs." Cervical cancer accounts for a staggering majority (84%) of HPV-associated cancers, and therefore, "should remain the priority for HPV immunization," the authors write. The best way to prevent cervical cancer? Immunizing girls before they are sexually active. All of the available HPV vaccines-the bivalent, quadrivalent, and nonavalent-are all "excellent" when it comes to "safety, efficacy, and effectiveness profiles." *The Position Paper does not directly address the issue of HPV vaccination in males.*

*Contagion Live, June 21, 2017*

### **IRELAND: Teenage boys face long wait for HPV vaccine**

The powerful HPV vaccine won't be rolled out to teenage boys until September next year at the earliest, the Sunday Independent has confirmed. Schoolgirls are currently vaccinated to guard against a range of cervical cancers.

Now the authorities are re-examining the possibility of protecting teenage boys against HPV.

*Independent ie, June 25, 2017*

### **Shire wins FDA approval for new ADHD drug**

The FDA has approved a Shire plc drug for ADHD that has the same active ingredient as an extended-release version of Adderall but is designed to last longer than the popular generic. The drug, which will be sold under the brand name "Mydayis," is designed to last for 16 hours, compared with 12 hours for Adderall XR, which was also developed by Shire. That means it could be taken just once a day by people 13 years and older with ADHD. The disorder affects about 4 percent of adults in the U.S.

*Biz Journals, June 21, 2017*

### **Journal of Adolescent Health: Adolescent and Young Adult Use of Social Media for Health and Its Implications**

**June 2017**

#### **Abstract**

##### **Purpose**

To determine how adolescents and young adults (AYAs) use social media to share health information and to assess attitudes toward using social media to obtain health information and communicate with medical providers.

##### **Methods**

A cross-sectional study of AYAs, 12 years or older, attending a primary care adolescent and young adult clinic. Participants completed an anonymous survey about health-related social media use, personal health, and communication with their health care team.

##### **Results**

Of the 244 patients approached, 204 enrolled (83.6% participation rate). Almost all (98%) had used social media within the prior month, but only 51.5% had shared health information in these networks. These participants shared about mood (76.2%), wellness (57.1%), and acute medical conditions (41.9%). Those with self-reported poor health were more likely to share health information than other groups. Privacy was the most important factor determining which platform to use. Only 25% thought that social media could provide them with useful health information. Few AYAs connected with their health care team on social media and most did not want to use this method; texting was preferred.

##### **Conclusions**

AYAs maintain their privacy on social media regarding their health. Those with self-perceived poor health are more likely to share health information, potentially biasing online content and impairing the generalizability of social media research. AYAs do not view social media as a useful source of health information, which may limit the utility of public health messages through these platforms, and it may not be adequate for communication between patients and their health care team.

### **How budget cuts will turn opioid addiction into the next AIDS epidemic**

In the next 24 hours, nearly one hundred Americans will die from a drug overdose. In 2015, more people died from drug-related causes than from vehicular crashes and gun homicides combined. Unprecedented overprescription of opioids ignited the epidemic, which has nearly quadrupled in the past 15 years despite reported levels of pain remaining constant. Nationwide, young people with hepatitis C must travel a median of 37 miles to reach a syringe service program. Similarly, access to addiction treatment is limited and many facilities have long waiting lists. More than 88 percent of Americans experiencing drug addiction do not have access to treatment. Seemingly in defiance of this public health crisis, the White House released a budget proposal that includes a 19 percent cut to the CDC's domestic HIV prevention budget, and a nearly 19 percent cut to the CDC program for sexually transmitted diseases. Cuts of this magnitude would mean significant reductions in funding to state and local health departments, resulting in health department staff layoffs and limiting the capacity of states like West Virginia to respond to their public health needs. In parallel, the House-passed repeal of the Affordable Care Act threatens the future of Medicaid expansion for low-income adults. Medicaid plays a vital role in efforts to address the opioid epidemic and is the largest source of funding for behavioral health treatment in the country - one in three of the 2.5 million Americans addicted to opioids is covered by Medicaid and Children's Health Insurance Program. If passed by the Senate and signed into law, cuts to Medicaid would devastate efforts to end the opioid epidemic. Overall, nearly one-quarter of Americans receiving medication-assisted treatment for drug addiction are on Medicaid. In some of the hardest-hit states this number is considerably higher: in West Virginia, 45 percent of treatment is paid by Medicaid.

*The Hill, June 15, 2017*

#### **The opioid epidemic is making the fight against HIV more difficult**



Bringing down the rate of HIV infection in one of the United States' great public health triumphs of the past quarter-century. Now, thanks to the opioid epidemic, some of those hard-won gains may be reversed. Opioids, as well as being harmful on their own, also increase the risk of HIV outbreaks, as

users sometimes inject the drugs using shared, infected syringes. That drove a clustered outbreak in Scott County, Indiana, where then-Governor Mike Pence declared a public health emergency in 2015 because of a spate of new HIV infections. Hoping to prevent future outbreaks and to drive the HIV infection rate to zero, public health experts held a [Capitol Hill summit June 15](#).

*AmfAR, June 18, 2017*

#### **Treatment rates low for substance use disorders in US**

Findings in a SAMHSA report indicated approximately 4% of individuals with an alcohol use disorder received specialty treatment for the disorder in 2015; similarly, 11% of individuals with an illicit drug use disorder received treatment. The percentage of adolescents aged 12 to 17 years who used marijuana in the past month decreased from 7.9% in 2011 to 7% in 2015. In 2015, 8.8% of adolescents used illicit drugs in the past month. Marijuana and prescription drugs were the most common types of illicit drug use among adolescents. The percentage of adolescents who initiated alcohol use, marijuana use and cigarette use in the past year were lower in 2015 than in 2011. In 2015, approximately 9.5% of adolescents used alcohol for the first time. Most adolescents did not perceive great risk for harm from monthly or weekly marijuana use or having five or more drinks once or twice a week. An estimated 3 million (12.5%) adolescents had at least one major depressive episode in the past year in 2015. The percentage of major depressive episodes among females was three times higher than that of males (19.5% vs. 5.8%). Further, the percentage of adolescent females who experienced a major depressive episode was higher in 2015 than in any year from 2011 to 2014.

*Helio, June 12, 2017*



### [Behavioural, not biological, factors drive the HCV epidemic among HIV-positive MSM: HCV and HIV modelling analysis including HCV treatment-as-prevention impact](#)

#### **Abstract**

**Background:** Uncertainty surrounds why hepatitis C virus (HCV) is concentrated among HIV-positive men who have sex with men (MSM). We used mathematical modelling to explore reasons for these infection patterns, and implications for HCV treatment-as-prevention.

**Methods:** Using a joint MSM HIV/HCV transmission model parameterized with UK behavioural data, we considered how biological (heightened HCV infectivity and reduced spontaneous clearance among HIV-positive MSM) and/or behavioural factors (preferential sexual mixing by HIV status and risk heterogeneity) could concentrate HCV infection in HIV-positive MSM as commonly observed (5-20 times the HCV prevalence in HIV-negative MSM; defined as the HCV ratio). We explored how HCV treatment-as-prevention impact varies under differing HCV ratios.

**Results:** Biological factors produced low HCV ratios (< 3), not explaining the skewed epidemic. However, combining preferential mixing by HIV status with sexual risk behaviour heterogeneity produced high HCV ratios (> 10) that were highly sensitive to both factors. Irrespective of the HCV ratio or behavioural/biological factors, HCV treatment of HIV-diagnosed MSM markedly reduced the HCV prevalence among HIV-positive MSM, but less impact was achieved among all MSM for lower HCV ratios.

**Conclusions:** Sexual behaviour patterns likely drive observed HCV infection

patterns among MSM, limiting the impact of targeting HCV treatment to HIV-diagnosed MSM.

*International Journal of Epidemiology, June 12, 2017*

### **Urban clinic achieves high SVR rates in HCV/HIV coinfected patients**

Patients with hepatitis C and HIV coinfection had high rates of sustained virologic response in an urban clinical setting with the use of standard nurse and pharmacist adherence support programs, according to results of a recent study."In this real-world cohort of predominantly black, inner city HIV/HCV coinfected patients, treated with oral [direct-acting antivirals], we observed high SVR rates (above 95%)," the researchers wrote. "Despite the high prevalence of psychiatric disease and addiction disorders, the observed SVR rate was similar to that observed in registration clinical trials. These HCV cure rates were consistently high regardless of race, cirrhosis status and HCV treatment experience."

*Health, June 14, 2017*

### **Global Health Experts Say Elimination of Hepatitis C in the US is Possible: How Do We Make It Happen?**

With a growing consensus in the global health community that Hepatitis C (HCV) could be eliminated, a new report from the O'Neill Institute for National and Global Health Law at Georgetown University highlights a key missing element needed to achieving complete elimination—adequate surveillance and monitoring—and explains how modest investments would improve lives and save money. The report, "Monitoring the Hepatitis C Epidemic in the United States: What Tools are Needed to Achieve Elimination?", was published in advance of the National Viral Hepatitis Roundtable congressional briefing June 15.

*Newswise, June 14, 2017*

### **CDC Examines Predictors of Parental Intent to Vaccinate Against HPV**



Maternal education, Hispanic ethnicity, and provider recommendations are associated with parental intent to vaccinate adolescents against human papillomavirus (HPV), according to a study

published in the June 8 issue of the U.S. Centers for Disease Control and Prevention's Preventing Chronic Disease. The researchers found that among unvaccinated adolescents, there were significant associations for Hispanic ethnicity (adjusted odds ratios [AORs], 1.87 and 1.57, respectively, for boys and girls), mothers with less than a high school diploma (AORs, 2.41 and 1.86, respectively, for boys and girls), and having a health care provider recommend the vaccine (AORs, 1.87 and 1.38, respectively, for boys and girls) with parents' intention to have their adolescent child vaccinated within

the next 12 months. For boys, non-Hispanic black race was a significant predictor of parents' intent to vaccinate (AOR, 1.89).

*Empr.com, June 14, 2017*

### **Cancer, Sex, and Vaccines**

*The public health cost of America's ambivalence toward HPV vaccination*

Head and neck cancers related to human papillomavirus (HPV) are becoming more common, yet barely half of America's children have received vaccines known to be effective in preventing HPV infection. The question, according to a [report in Vox](#), is why? The article traces the growing public health problem to the 1960s' "sexual revolution" that broke taboos on oral sex. It took a while but HPV, transmitted sexually, is now recognized as causing many cases of oropharyngeal cancer in both sexes, along with cervical cancer in women.

Vox lays blame for poor uptake of HPV vaccines on physicians who fail to recommend it -- "in part because of the sexual stigma" -- as well as on the anti-vaccine movement and on state governments, which could make HPV vaccination mandatory for school entry but mostly don't.

*Medpage Today, June 15, 2017*

### **An American Crisis: The Lack of Black Men in Medicine**

The current state of diversity within the United States medical workforce does not reflect representative numbers of the Black male population. Research data continues to reveal continuing trends in the areas of discrimination, incarceration, health disparities and mortality with respect to Black males. The lack of increase in Black male medical school applications and matriculation contrasted by the continuing trends mentioned above illustrates that there is in fact an American crisis. We present here a call to arms, to address the need of African American men in medicine. The absence of Black males in medical school represents an American crisis that threatens efforts to effectively address health disparities and excellence in clinical care. This disturbing trend is in need of more empirical examination of medical school data specifically in the areas of: qualification barriers, race/ethnic classification and the impact of diversity on quality of healthcare in the U.S.

*National Academy of Medicine, June 12, 2017*

### **Motor Vehicle Crash Risk for Teens with ADHD Much Lower than Previously Reported**

A dolescent drivers with attention-deficit hyperactivity disorder (ADHD) have a 36 percent higher crash risk than other newly licensed teens. Although elevated, this risk is far lower than previous reports of being four times higher. This is the first large-scale study to provide detailed information on crash risk of adolescents with ADHD compared to other newly licensed young drivers.

*Children's Hospital of Philadelphia, June 12, 2017*

## Talking to Boys the Way We Talk to Girls



Such squelching messages run counter-intuitively to male wiring, it turns out: Guys are born more emotionally sensitive than girls. For three decades the research of Edward Tronick explored the interplay between infants and their mothers. He and his colleagues in the department

of newborn medicine at Harvard Medical School discovered that mothers unconsciously interacted with their infant sons more attentively and vigilantly than they did with their infant daughters because the sons needed more support for controlling their emotions. Some of their research found that boys' emotional reactivity was eventually "restricted or perhaps more change-worthy than the reactivity of girls," Dr. Tronick noted in an email. Mothers initiated this - through physical withdrawal. "So the 'manning up' of infant boys begins early on in their typical interactions," Dr. Tronick said, "and long before language plays its role. Judy Chu, a human biologist, conducted a two-year study of 4- and 5-year-old boys and found that they were as astute as girls at reading other people's emotions and at cultivating close, meaningful friendships. In her book "When Boys Become Boys" she maintains that by the time the boys reached first grade, sometimes earlier, they traded their innate empathy for a learned stoicism and greater emotional distance from friends. Interestingly, they adopted this new behavior in public, exclusively, but not at home or when their parents were around.

New York Times, June 15, 2017

## The Emerging Science of "Bromosexual" Friendships

For a long time, friendships between gay men and straight men - what some now call "bromosexual" friendships - were uncommon. Homophobia was likely one reason; another was that straight men probably assumed they didn't have much in common with gay men. But lately, "bromosexual" friendships have started to receive more attention, acceptance and interest. They're being explored and depicted in movies, books and blogs. In October, The New York Times even devoted an article in their Style section to "The Rise of the 'Bromosexual' Friendship." This sort of normalization is good news. But social scientists still haven't studied the dynamics of these friendships: why they develop and how they're maintained.

Gayety, June 9, 2017



## What's behind New Zealand's shocking youth suicide rate?



A new report by Unicef contains a shocking statistic - New Zealand has by far the highest youth suicide rate in the developed world. The high suicide rate ties in with other data, showing for instance child poverty, high rates of teenage pregnancies or families where neither of the parents have

work. New Zealand also has "one of the world's worst records for bullying in school", says Shaun Robinson of the Mental Health Foundations New Zealand. He explains there is a "toxic mix" of very high rates of family violence, child abuse and child poverty that need to be addressed to tackle the problem. New Zealand's own statistics also reveal that suicide rates are highest for young Maori and Pacific Islander men.

BBC, June 15, 2017

### Kids Are Quoting Trump To Bully Their Classmates And Teachers Don't Know What To Do About It

Donald Trump's campaign and election have added an alarming twist to school bullying, with white students using the president's words and slogans to bully Latino, Middle Eastern, black, Asian, and Jewish classmates. In the first comprehensive review of post-election bullying, BuzzFeed News has confirmed more than 50 incidents, across 26 states, in which a K-12 student invoked Trump's name or message in an apparent effort to harass a classmate during the past school year. In the parking lot of a high school in Shakopee, Minnesota, boys in Donald Trump shirts gathered around a black teenage girl and sang a portion of "The Star-Spangled Banner," replacing the closing line with "and the home of the slaves." On a playground at an elementary school in Albuquerque, New Mexico, third-graders surrounded a boy and chanted "Trump! Trump! Trump!" The first school year of the Donald Trump presidency left educators struggling to navigate a climate where misogyny, religious intolerance, name-calling, and racial exclusion have become part of mainstream political speech. These budding political beliefs among some students carry consequences beyond the schoolyard. Today's high schoolers will be eligible to vote in 2020, and today's fifth-graders will be eligible to vote in 2024. But even if the wave of Trump-related bullying doesn't reflect some widespread political awakening among young people, it indicates a more troubling reality: the extent to which racial and religious intolerance has shaped how kids talk, joke, and bully.

Buzzfeed, June 6, 2017



### The bromance is blossoming, says study



[Our study](#), published in *Sex Roles: A Journal of Research*, was based on in-depth interviews with 30 British undergraduate sports students. We asked: do bromances exist in real life? What do they look like? And why should we care? We wanted to understand what

a bromance was, why men have them and how they form. With sport previously being a hyper-masculine environment, and universities being the first time many people have independence, sports students are a good indicator of future gender attitudes and their transformation. That said, we make no generalisation that this is representative beyond our sample, but suspect it may well be. A bromance was defined by our participants as a highly close and intimate friendship, where both parties are emotionally invested in each other's well-being. Participants suggested, for example, that a bromantic friend was "someone who is literally there for you all the time" and "will always be there to back you up if you need it". A bromance is between friends whose mutual support is perceived as limitless and unwavering. All of the participants said they had at least one relationship they would class as a bromance. Compared to a regular friendship, bromances involve higher levels of emotional disclosure, often on highly sensitive issues that show vulnerability. These men say that "there are no boundaries" and "nothing is off limits". They proclaim their love for each other, they share secrets and even discuss health anxieties. Whereas men will often exaggerate the number of sexual encounters they've experienced in regular conversation, there is no need for such inflated claims in bromances. As well as their emotional intimacy, these guys engaged in non-sexual physical intimacy, too. Kissing, cuddling and spooning were common perks for men in bromantic relationships. All but one of the men interviewed engaged in cuddling and spooning their bromances, and most had kissed their bromances. They said things like: "You can lie in bed with your bromance, have a cuddle and just talk." The impact of the recent cultural approval of the bromance may be significant. In 2015, men were three times more likely to commit suicide than women in the UK. But men raised in the 1980s have the highest rates of suicide, and young men today have the lowest rates. Emotional restrictiveness and traditional toxic scripts of masculinity have long been considered a risk factor for mental health concerns, violence and suicide. Masculinity is no longer this debilitating and deadly curse that forces young men to act in a particularly toxic manner and, as such, these emotionally open and loving bromances are blossoming.

*Medical Express, June 8, 2017*

### [\*\*Teen Boys Treated for Assault Often Want Mental Health Care, Too\*\*](#)

Many teen boys treated at an ER following a violent assault also want psychological services to help them cope with the trauma, according to new research. "Assault victims describe feeling constantly tense and 'on guard,' and having nightmares or unwanted flashbacks of the assault. Unfortunately,

many youth also begin to avoid talking about the event or avoiding the places or people that remind them of the assault -- school, friends, normal adolescent activities," said study author Rachel Myers, a research scientist at Children's Hospital of Philadelphia. "It shows us that just treating the external wounds is not enough. Young men not only need, but want, help to cope with their fears and difficult emotions in the aftermath of injury," Myers said in a hospital news release.

*Health Day, June 7, 2016*

### **UK: Some Teens Say They're Contemplating Suicide to Get Mental Health Treatment**

Students in the United Kingdom are reportedly harming themselves in order to access mental health services. Tes magazine reports teens in the UK are doing things that appear to be suicide attempts, but are really a bid to get treatment amid dwindling mental health services. According to Tes, many are turned away from mental health treatment because their symptoms aren't seen as serious enough, which is spurring some young people to have suicidal ideation to be seen.

*Teen Vogue, June 5, 2017*

### **AUSTRALIA: "National suicide emergency" among males prompts mental health campaign rollout**



Two of Australia's leading mental health organisations have launched separate yet encompassing programs to tackle the elevating issue of male suicide. Lifeline has announced the Our Toughest Challenge Yet campaign, which is aimed at breaking down traditional male values of stoicism and masculinity while highlighting the importance of open and non-judgmental

conversations about suicide. Meanwhile, youth mental health organisation headspace has launched the Fathers Campaign, which advocates the central part a father can play in breaking down the same stigma. According to headspace, 13 per cent of young men independently seek help for mental health issues. This is on top of statistics showing three quarters of youth suicides are undertaken by men in Australia. "We know from our more than 850,000 interactions across our 24/7 crisis support services each year that reaching out when you're struggling can be one of the toughest actions someone can take - it shows real courage." And while we have a wonderful culture of mateship in Australia, outdated ideas about stoicism and masculinity mean we often don't reach out to our friends and loved ones during tough times. Indeed, only 40 per cent of callers to Lifeline's 13 11 14 crisis line are male, while 75 per cent of people who die by suicide are

male."So, if you're struggling with your relationship, finances, job or general health and wellbeing, I strongly encourage you to reach out to a mate, a loved one or support service like Lifeline. It might be tough, but it also might be the best thing you can do."

*Mandurah Mail, June 6, 2017*

### **How Do ADHD Symptoms Manifest Differently in Girls and Women vs. Boys and Men?**

According to the Centers for Disease Control and Prevention, surveys have shown that boys are more likely than girls to ever be diagnosed with attention deficit hyperactivity disorder - 13.2 percent to 5.6 percent, respectively. This isn't surprising. Dr. Jeffrey Newcorn, associate professor of psychiatry and pediatrics and director of the Division of ADHD and Learning Disabilities at the Icahn School of Medicine at The Mount Sinai Hospital, explains that the diagnosis ratio between the genders at this age leans significantly more towards boys than girls. The reason for this, he explains, boils down to differences in the way ADHD symptoms - inattention, hyperactivity or a combination of both - are typically exhibited between the genders. "Because boys are usually more hyperactive than girls, who tend to be more inattentive and quiet, they're more likely to be diagnosed," he says. "Boys tend to call attention to themselves." The boy who is disruptive or frequently blurts out random comments without a filter, for example, is more noticeable, and therefore more likely to obtain an ADHD diagnosis, than a girl whose symptoms aren't as blatant.

*US News, June 7, 2017*



### **Most ADHD medicine used by December-born children**

Children born at the end of the year are more likely to receive ADHD medication or an ADHD diagnosis than children born early in the year. This is according to a new study from the Norwegian Institute of Public Health. The researchers have examined ADHD diagnoses and ADHD medication use among 510,000 Norwegian children aged 6-14 years (born in the period 1998-2006). The analyses show that both medication and diagnosis of ADHD are more frequent among children born at the end of the calendar year than among children born early in the year. The association with birth month continued through childhood and into adolescence. By the ninth grade, 3.6 per cent of the boys who were born in January to March received ADHD medication. "Medication use increased with birth month. Among ninth grade boys born in October to December, 5.1 per cent received such medications", says Kari Furu, senior researcher at the Norwegian Institute of Public Health.

*Medical Express, June 9, 2017*

## [America's Hidden HIV Epidemic](#)

*Why do America's black gay and bisexual men have a higher HIV rate than any country in the world?*



Thanks to the success of lifesaving antiretroviral medication pioneered 20 years ago and years of research and education, most H.I.V.-positive people today can lead long, healthy lives. In cities like New York and San Francisco, once ground zero for the AIDS

epidemic, the virus is no longer a death sentence, and rates of infection have plummeted. In fact, over the past several years, public-health officials have championed the idea that an AIDS-free generation could be within reach - even without a vaccine. But in certain pockets of the country, unknown to most Americans, H.I.V. is still ravaging communities at staggering rates. Last year, the Centers for Disease Control and Prevention, using the first comprehensive national estimates of lifetime risk of H.I.V. for several key populations, predicted that if current rates continue, one in two African-American gay and bisexual men will be infected with the virus. That compares with a lifetime risk of one in 99 for all Americans and one in 11 for white gay and bisexual men. To offer more perspective: Swaziland, a tiny African nation, has the world's highest rate of H.I.V., at 28.8 percent of the population. If gay and bisexual African-American men made up a country, its rate would surpass that of this impoverished African nation - and all other nations. The crisis is most acute in Southern states, which hold 37 percent of the country's population and as of 2014 accounted for 54 percent of all new H.I.V. diagnoses. The South is also home to 21 of the 25 metropolitan areas with the highest H.I.V. prevalence among gay and bisexual men. Jackson, the capital of Mississippi, the country's poorest state, is best known for blues, barbecue and "The Help." It also has the nation's highest rate - 40 percent - of gay and bisexual men living with H.I.V., followed by Columbia, S.C.; El Paso; Augusta, Ga.; and Baton Rouge, La. In Jackson, a small city of just over 170,000, half a dozen black gay or bisexual men receive the shock of a diagnosis every month, and more than 3,600 people, the majority of them black men, live with the virus. The South also has the highest numbers of people living with H.I.V. who don't know they have been infected, which means they are not engaged in lifesaving treatment and care - and are at risk of infecting others.

*New York Times, June 6, 2017*

## [Six-question risk score can identify HIV-positive gay men needing testing for acute hepatitis C](#)

Six questions can identify HIV-positive gay men who are at elevated risk of having acute (recent) hepatitis C infection and who would benefit from further testing, according to a paper published in Eurosurveillance last week. The risk score was based on data from a Dutch cohort and has been validated

with separate datasets from Belgium, the Netherlands and England. Better targeted testing of hepatitis C for gay men living with HIV could reduce the number of tests done, lowering costs and facilitating implementation in settings such as sexual health clinics. There is a lack of recommendations on how to target hepatitis C testing.

The six questions in the risk score concern self-reported behaviours:

- Condomless receptive anal intercourse in the past six months (score 1.1)
- Sharing of sex toys in the past six months (score 1.2)
- Fisting without gloves in the past six months (score 0.9)
- Injecting drug use in the past 12 months (score 1.4)
- Sharing of straws to snort drugs in the past 12 months (score 1.0)
- An ulcerative sexually transmitted infection in the past 12 months (score 1.4)

A man scoring a total of 2.0 or more would be recommended to be tested for acute hepatitis C.

*aidsmap, June 6, 2017*

### **FDA Approves First Generic Truvada in US**

The US Food and Drug Administration (FDA) has approved the first generic version of emtricitabine/tenofovir disoproxil (Truvada, Gilead Sciences) to both treat and prevent HIV infections in this country, the agency announced today. The manufacturer of the generic is Teva Pharmaceutical Industries. However, the leader of an HIV prevention organization told Medscape Medical News that more generic drug makers are likely to introduce their versions of emtricitabine/tenofovir disoproxil. Generic versions of the drug are already marketed in other nations. In 2013, the FDA approved a generic form of emtricitabine/tenofovir disoproxil made by Strides Arcolab Limited in India for use outside the United States under a White House AIDS relief program. The generic was not made available in the United States because the drug was under patent protection.

*Medscape, June 9, 2017*

### **RELATED : Switching Course, Gilead Markets HIV Drug for Prevention**

The company introduced Truvada (emtricitabine and tenofovir disoproxil fumarate) to the U.S. market in 2004 for HIV treatment. In 2012, Gilead won approval to market it for prevention after two large, peer-reviewed studies showed it also was effective at preventing infections in healthy people. But the company decided against promoting the drug as a preventive treatment, deferring to patient advocates who feared it could encourage promiscuity and unsafe practices, such as having sex without condoms. In July, the drugmaker began marketing Truvada for PrEP to doctors through professional publications, digital advertising and other channels, including the website PreventHIV.com. And this fall, the drugmaker began marketing directly to consumers with print advertisements in publications geared toward

the lesbian, gay, bisexual and transgender community, including OUT, Advocate and SWERV. It plans soon to expand to social media and digital. Gilead said it wants to reach people whose doctors are either unaware or reluctant to prescribe Truvada for prevention.

*Medscape, December 1, 2017*

## JOURNAL

### HIV preexposure prophylaxis for adolescents and young adults.

Allen, Emily; Gordon, Allegra; Krakower, Douglas; Hsu, Katherine  
Current Opinion in Pediatrics: Post Author Corrections: June 8, 2017  
doi: 10.1097/MOP.0000000000000512  
REVIEW: PDF Only

#### Abstract

Purpose of review: The review describes the evidence for HIV preexposure prophylaxis (PrEP) with daily combined tenofovir disoproxil fumarate and emtricitabine for adolescents and young adults. Current recommendations are described, as are the unique medical, socioeconomic, and legal considerations regarding the use of PrEP for youth.

Recent findings: PrEP with daily oral tenofovir disoproxil fumarate-emtricitabine has been shown to help prevent new HIV infection among adults at substantial risk. Evidence suggests a protective benefit of PrEP for youth at risk for HIV, although low adherence is emerging as a barrier to effective use.

Summary: Effective use of antiretrovirals for PrEP represents a seminal development in HIV prevention efforts. Improving access and adherence to PrEP for youth has the potential to substantially reduce the incidence of HIV in this population.

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### The lack of black men in medicine

In the dozen years it has been on television, the fictional medical drama "Grey's Anatomy" has garnered numerous awards. But the show's biggest accomplishment may be the diversity of the actors, cast as doctors using a color-blind technique. Unfortunately, racial diversity in the field is not reality. In fact, medical school matriculation rates for black males have failed to surpass those from 35 years ago, according to a recent analysis of data from the Association of American Medical Colleges and information



from a paper by Marc Nivet, presented by two UConn Health researchers. African-American men make up just 2.8 percent of the

applicants to medical school. Out of all African-American applicants, only 38 percent are men, and black males who are unsuccessful in their first application are less likely to reapply than their white counterparts, they write. Their findings are set against a backdrop in which there have been overall increases in the rate of black male college graduates and a prodigious expansion of medical schools in the U.S.

"The absence of Black males in medical school represents an American crisis that threatens efforts to effectively address health disparities and excellence in clinical care," according to their paper in the Journal of Racial and Ethnic Health Disparities.

*Medical Express, June 6, 2017*

### **IRELAND: Cycling "scary and hazardous", particularly for young men**

*Study also finds enormous health benefits to cycling and calls for improved infrastructure*



Using data from the 2011 census, the study of more than 50,000 Dublin city commuters investigated whether the benefits to an individual taking up cycling in Dublin outweighed the risks for all ages, genders and trip lengths. Among the key results published in

the Journal of Transport and Health were that a shift to cycling had an overall positive effect on the health of the population and is associated with a 10-20 per cent reduction in conditions like cardiovascular disease, breast cancer, colon cancer, dementia, depression and type II diabetes. But the study also highlighted that men aged 20-29 have a particularly high risk of collisions with other vehicles on the road. This risk was also shown to increase with every extra kilometre they travel, so that some individuals within this category experience a net negative health impact of switching to a cycling commute. According to the report's authors, the study provides a scientific basis to support the general perception "that cycling in heavy traffic in Dublin can be scary, and hazardous".

*Irish Times, June 7, 2017*

### **Boys More Likely to Hide a Concussion Than Girls**

When it comes to reporting a sports-related concussion, high school boys are less likely to speak up than high school girls, new research reveals. The findings, derived from surveying nearly 300 young Michigan athletes, highlight a "show-no-weakness" mentality that experts say needs to change to protect brain health. "Males are more worried about what their peers or coaches would think of them if they reported [their concussion]," said study author Jessica Wallace. She's director of the master of athletic training program at Youngstown State University in Ohio. "It's a mentality of, 'If I report this, I'm going to be perceived as weak,'" said Wallace, who's also a

member of the National Athletic Trainers' Association. "We suspected some differences between males and females at the high school level, but were probably surprised by the magnitude."

*US News, June 9, 2017*

**Overweight Boys Who Return to Normal Weight Before Young Adulthood Eliminate Increased Risk of Developing Type 2 Diabetes as Adults**

Males who are overweight in childhood but achieve normal weight as young adults do not have an increased risk of type 2 diabetes in adulthood, compared to men who were never overweight, according to a study titled "Are Adverse Effects of Child Overweight on Risk of Type 2 Diabetes Reversible by Remission to Normal Weight in Young Adulthood?" presented today at the American Diabetes Association's 77th Scientific Sessions ® at the San Diego Convention Center.

*PR Newswire, June 9, 2017*

## JOURNAL

**Teenage pregnancy prevention: the role of young men.**

Vargas, Gabriela; Borus, Joshua; Charlton, Brittany M.

Current Opinion in Pediatrics: Post Author Corrections: May 22, 2017

doi: 10.1097/MOP.0000000000000510

REVIEW: PDF Only

### Abstract

Purpose of review: Although teenage pregnancy is declining in many parts of the world, it remains associated with considerable social, health, and economic outcomes. Pregnancy prevention efforts focus primarily on young women, with minimal attention to young men. This review highlights recent literature pertaining to the role of young men in pregnancy prevention.

Recent findings: Young men have varying views on contraception as well as which partner(s) should be responsible for its use. Limited contraception knowledge reduces young men's sexual health communication as well as their contraception use. Healthcare providers play a major role as one of the main sources of sexual health information for young men, but there are gaps in young men's sexual health care so new guidelines have emerged.

Summary: Recent literature highlights young men's range of views on contraception as well as their low sexual health knowledge and sexual health communication. To address teenage pregnancy and improve young men's overall wellness, healthcare providers should routinely address sexual health. Healthcare providers may use our newly proposed acronym, Hello. Initiate. Sexual health assessment. Both condoms and female dependent methods. Examine genitals. STI screening. Talking to partner(s). Talking to parent(s) or guardians, to incorporate current clinical recommendations.  
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## **How to Raise a Feminist Son**

*We raise our girls to fight stereotypes and pursue their dreams, but we don't do the same for our boys.*

We're now more likely to tell our daughters they can be anything they want to be - an astronaut and a mother, a tomboy and a girlie girl. But we don't do the same for our sons. Even as we've given girls more choices for the roles they play, boys' worlds are still confined, social scientists say.

They're discouraged from having interests that are considered feminine. They're told to be tough at all costs, or else to tamp down their so-called boy energy. If we want to create an equitable society, one in which

everyone can thrive, we need to also give boys more choices. As Gloria Steinem says , "I'm glad we've begun to raise our daughters more like our sons, but it will never work until we raise our sons more like our daughters." That's because women's roles can't expand if men's don't, too. But it's not just about women. Men are falling behind in school and work because we are not raising boys to succeed in the new, pink economy. Skills like cooperation, empathy and diligence - often considered to be feminine - are increasingly valued in modern-day work and school, and jobs that require these skills are the fastest-growing .

*New York Times, June 1, 2017*



## **'It's Not Difficult, Just Try It,' Doctors Implore Young Men To Talk About Health**

Experts said that partly accounts for the gender gap between men's and women's health - on average women live 5 years longer than men, overall mortality is 41 percent higher for men, and mortality is higher for 8 of the 10 leading causes of death. It's a problem that's led doctors from Orland Health to launch 'Mission Manhood' to get men to take an important first step in making their health a priority. "What I realized in the past four years doing the Drive 4 Men's Health, is that it's okay to talk," Dr. Brahmbhatt said. "I think that's when people start to feel or hear about what their friends are doing and what other guys are doing," Dr. Sijo Parekattil added. Their message is that really truthful health conversations among male relatives, and with doctors are especially important. "If they see dad opening up and talking about these issues then, you know, I think it makes them a lot more comfortable," Dr. Parekattil said. Women are often the gatekeepers of their family's health, but getting a man to the doctor is only the first step, getting him to talk about what's bothering him is just as important.

*CBS, May 31, 2017*

## **Suicide risk for adolescents who drink and use drugs**

*Alcohol, drug and violence-related injuries in adolescence are warning signs*

of suicide risk, study suggests.



A small number of adolescents (0.5%) died within 10 years of being admitted but the researchers calculated that the risk of death after admission for self-harm, alcohol or drug-related injuries, or violence was double that of adolescents with accident-related injuries (7.3 deaths per 1000 girls and 15.6 per 1000 boys, compared with 3.8 per 1000 girls and 6.0 per

1000 boys, respectively). Furthermore, adolescents who were admitted for injuries related to self-harm, alcohol, drugs, or violence were more likely to die by suicide, drug or alcohol use, or homicide than those who were admitted following an accident (63.9% compared with 33.6%). The 10-year risk of suicide for adolescents admitted for self-harm (2.9 per 1000 girls and 9.8 per 1000 boys) was similar to that of adolescents admitted for drug or alcohol-related injuries (2.5 per 1000 girls and 7.2 per 1000 boys). This risk was five to six times higher than for adolescents admitted for accident-related injuries (0.4 per 1000 girls and 1.2 per 1000 boys). Between 10 and 25% of suicides among young adults could be associated with self-harm, alcohol, drug, or violence-related injury at age 16-19 years, the researchers estimate, and they are calling for adolescents admitted to hospital with such injuries to receive similar support from mental health professionals as those admitted after self-harm.

*Pharmaceutical Journal, May 30, 2017*

### Precancerous Lesions Associated with HPV Dropping in Connecticut, YSPH Study Finds

The vaccine for the Human Papillomavirus (HPV) is proving to have significant population-level effects in Connecticut, with rates of precancerous lesions caused by HPV down drastically among young women, a new Yale School of Public Health study finds. The study used data



collected between 2008 and 2015 and revealed that rates of cervical lesions caused by HPV, known as cervical intraepithelial neoplasia grades 2-3 and adenocarcinoma in situ (CIN2+), declined in that period by between 30 percent and 74 percent among women 21 to 26 years old. The total number of cases reported declined over this period from 2,163 in 2008 to 1,540 in 2015.

*Yale School of Public Health, May 30, 2017*

### WHEN IT COMES TO YOUNG MEN AND MENTAL HEALTH, TALKING

## ABOUT IT ISN'T ENOUGH

Earlier this month, Mental Health Awareness Week concludes for another year leaving people in the public eye are discussing how we need to talk about mental health more than ever. But this is a conversation we need to be constantly having - not just for seven days of the year. Suicide is the biggest killer of young men under 45, and two-thirds of people admitting they've experienced a mental health problem, it's obvious we're at the eye of a mental health storm. Recent conversation has focused on young people - young men in particular. They're a demographic that has long struggled to have the space to talk about their mental health issues. Often told to 'be a man', for a long time even the idea of young men discussing things like depression, suicidal thoughts or anxiety was unheard of, with very few people even addressing them directly. While some of the high profile names that have committed to the mental health conversation include Prince Harry and journalist Bryony Gordon, artists from across the creative spectrum have also been getting involved. Singers Laura Mvula and Zayn Malik have spoken about their struggles with anxiety, Years & Years frontman Olly Alexander is making a documentary about LGBT mental health, rapper Stormzy has been candid about his depression, and actors Brad Pitt and Catherine Zeta-Jones have opened up about their mental health struggles. We might be in crisis, but the calls to talk have never been louder. But can the arts truly add to the mental health conversation, and more importantly, is simply talking about our mental health enough?

*The Debrief, May 27, 2017*



## UK: One million teen study reveals suicide risk

A Department of Health funded study using data from one million UK teenagers, suggests that those who are admitted to hospital for drug, alcohol, or violence-related injury should be seen by a mental health professional, in a similar way to young people who self-harm. The study ,\* published today in *The Lancet*, reveals that adolescents who are admitted to hospital with such injuries are at a similar risk of suicide 10 years later as those who have self-harmed. The authors stress that the overall risk is relatively low-for example, 2-3 girls out of 1,000 and seven boys out of 1,000 who are admitted as an emergency to hospital with alcohol or drug-related injuries die from suicide within 10 years-but they say these rates are 5-6 times higher than among adolescents admitted to hospital following an accident. The risks were highest for boys aged 18-19 years, and those with a chronic health condition.

*On Medica, May 26, 2017*

## Poverty linked to early puberty in boys

*A study by The Murdoch Children's Research Institute has found boys from*

*very disadvantaged homes are more than four times more likely to start puberty early.*

Children, especially boys, from disadvantaged homes are more likely to hit puberty early and could face poorer health later in life as a result, an Australian study shows. The Murdoch Children's Research Institute (MCRI) project found boys who grew up in very disadvantaged homes were four times more likely to start puberty at age 10 or 11. The risk of early puberty for girls who grew up in lower socio-economic homes was double. While the health implications of early onset puberty are not yet known, research has previously associated it to emotional behavioural and social problems in adolescents, says lead researcher Associate Professor Ying Sun. She says their findings now raise the possibility the timing of puberty may play a role in the links between early social disadvantage and health problems later in life. "If our research can improve the understanding of these links, we can potentially inform new public health initiatives that improve the health and wellbeing of all children for the rest of their lives, said lead researcher Associate Professor Ying Sun.

SBS, May 24, 2017

#### **PrEP use consistent with CDC guidelines may reduce STIs among MSM**

The use of pre-exposure prophylaxis, or PrEP, for HIV prevention in addition to routine screening and treatment of sexually transmitted infections could reduce the incidence of these infections among men who have sex with men, even when condom use is reduced, according to the results of a modeling study recently published in Clinical Infectious Diseases . The results, which were previously presented at CROI 2017 , showed that if 40% of PrEP-eligible MSM initiated PrEP and underwent biannual screening, more than 40% of chlamydia infections and 42% of gonorrhea infections would be prevented over the next 10 years. This finding would occur even if a patient reduced condom use 40% while receiving PrEP. The researchers attributed the decline in STI incidence to an increase in the detection of asymptomatic (17%) and rectal cases (16%) that would subsequently be treated.

Health, May 23, 2017

#### **Opinion: How Policing Black Boys Leads To The Conditioning Of Black Men**

Mistrust and alienation between black men and the police have become so entrenched that we need radical, sweeping change. The collective experience of black men in the criminal justice system is sobering. African Americans are 2.5 times more likely to be arrested than whites,



and numerous studies have shown that black men are disproportionately targeted, stopped, frisked, and searched through the practice of racial

profiling. Black men end up in prison more often, receive longer sentences than similarly situated white men, and are more likely to be killed during police encounters than white men - 21 times more likely. But, as criminal defense attorneys, we can attest to the fact that as harshly and as unfairly as black men have been treated in the criminal justice system, the fate of black boys has been worse. Decades of data show that the journey to racial disparity begins when black men are boys. Black boys are policed like no other demographic. They are policed on the street, in the mall, in school, in their homes, and on social media. Police stop black boys on the vaguest of descriptions - "black boys running," "two black males in jeans, one in a gray hoodie," "black male in athletic gear." Young black males are treated as if they are "out of place" not only when they are in white, middle-class neighborhoods, but also when they are hanging out in public spaces or sitting on their own front porches.

*WNYC, May 23, 2017*

### Circumcised men at twice the risk for cancer-causing HPV, study shows

Circumcised men should be as vigilant in preventing oncogenic HPV infection as those who are uncircumcised, new research suggests. Circumcised participants in a study presented at the annual meeting of the American Urological Association were twice as likely as their uncircumcised counterparts to have either of two HPV strains associated with penile cancer, researchers said. Their findings are not consistent with previous research. "Classically, circumcision has been shown to be protective against HPV infection and ... we're not completely sure why, but there was a higher rate of these higher-risk HPV infections in men who are circumcised," study researcher Mickey Daugherty, MD, a urology resident at the State University of New York Upstate Medical University, told Infectious Disease News. Daugherty said the high proportion of men in the United States who are circumcised could account for the prevalence of HPV in that population. Nonetheless, he said, the results show that circumcision alone is not a preventive measure.

*Helio, May 22, 2017*

### Growing number of Washington students report they've thought about suicide - or attempted it

In the 2016 survey, girls reported a higher rate of suicidal thoughts and attempts than boys. Among the sophomores surveyed, 26 percent of girls reported thinking about suicide and 13 percent said they had attempted it, compared with 14 percent and 7 percent of boys, respectively. However, more teenage boys die from suicide, according to the Washington State Department of Health. Students who identify as lesbian, gay, bisexual or queer also appear to have high rates , though not every school administered the survey questions related to sexual orientation. In the schools that did include the optional question, 38 percent of gay and lesbian students said they had considered suicide and 25 percent said they had attempted suicide. Among bisexual students, half said they had considered suicide and a fourth

said they had made a suicide attempt. Those rates are at least two times the level of classmates who identify as straight, with 16 percent saying they considered and 8 percent saying they attempted suicide.

*Seattle Times, May 22, 2017*

### **IRELAND: Suicide rates are falling - but how can we get them to zero?**



In 2011, 554 people died by suicide. In 2015, that number had dropped by a fifth to 451. Those figures for 2015 represent 76 females, and 305 males. And that's not a stand-alone year - rates of suicide among women fell from 24% of suicides in 2008 to 17% in 2015, while rates

have been increasing in young men. "In the past, there have been higher rates of suicide among males compared to females," Professor Brendan Kelly says. "But the difference has never been so stark as it is now." Kelly is an international expert on mental health, who advises the Irish government and World Health Organisation on the protection of human rights of the mentally ill and their families through policy, law and practice. He says that we shouldn't stop doing what we're doing, but look at additional ways to reach out to men that work better. "We've the most gendered rates of suicide in Europe," he says. "Looking at these rates might be helpful at getting them down to zero."

*Thejournal.ie, May 21, 2017*

### **HPV vaccine substantially reduces oral HPV risk**

Human papillomavirus (HPV) vaccination appears to confer a high degree of protection from oral HPV infections , according to a study scheduled for presentation at the annual meeting of the American Society of Clinical Oncology, to be held from June 2 to 6 in Chicago. Data from 2627 Americans, aged 18 to 33, were analyzed to assess the effect of self-reported receipt of at least one dose of an HPV vaccine on oral HPV infection (vaccine types 16/18/6/11) prevalence. The researchers found that the population-weighted prevalence of oral HPV16/18/6/11 infections was significantly lower in vaccinated versus unvaccinated individuals (0.11% vs 1.61%; P =.008), which corresponded to an estimated 88.2% reduction in prevalence. For 33 non-vaccine HPV types, prevalence rates were similar (3.98% vs 4.74%; P =.24). "When we compared the prevalence in vaccinated men to non-vaccinated men, we didn't detect any infections in vaccinated men. The data suggest that the vaccine may be reducing the prevalence of those infections by as high as 100%," study author Maura Gillison, MD, PhD, a professor of thoracic/head and neck medical oncology at the University of Texas MD Anderson Cancer Center in Houston, said in a center news release. "But, unfortunately, because of low uptake of the vaccine, the burden of infection had only been reduced by 17% overall, and only 7% in men."

*Clinical Advisor, May 21, 2017*

## Why men should keep a journal

This is why the effect of writing journals can be so powerful for men. The single biggest killer of men between 20 and 49 is suicide. Part of the problem is that when men become depressed, they conceal their feelings and prefer not to seek help. While 67% of women will tell someone if they feel depressed, only 55% of men will confide in someone. This is slowly changing and men are speaking out - from Rio Ferdinand to Professor Green and Prince Harry.

The Guardian, May 21, 2017

## AUA 2017: NHANES: Nearly Half of US Men Test Positive for HPV, Yet Vaccination Rates Lag and Recommendations Demur



In a recent nationwide sampling of the NHANES\* database, almost half of men tested positive for human papilloma virus (HPV). Yet, only a small proportion of young men have received vaccination against HPV, a common sexually transmitted infection (STI) that can lead to genital warts and

malignant disease. This underutilization exists despite its availability, a 'permissive' vaccination recommendation from the American Committee for Immunization Practices for boys aged 11 to 26 years, and a recently available vaccine against the 4 major strains of HPV. Aiming to estimate the current prevalence of HPV infection, Robert E. Brannigan, MD, reporting at the May 2017 American Urological Association meeting in Boston, described findings from an analysis of data from the National Health and Nutrition Examination Survey NHANES\*, a program of studies designed to assess the health and nutritional status of adults and children in the United States. The survey is unique in that it combines interviews and physical examinations. The authors' findings and conclusion point to a possible shortcoming in public health messaging, as although almost half of men tested positive for HPV on penile swab in this nationwide sample, only a small proportion of young men at risk had received vaccination against HPV. And, more men tested positive for the HPV strains that are associated with penile cancer than HPV strains linked to genital warts. Interestingly, the researchers pointed out that circumcised men had a two-fold increased risk of high-risk HPV infections.

*Uro Today, May 16, 2017*

## Interventions to Increase Male Attendance and Testing for Sexually Transmitted Infections at Publicly-Funded Family Planning Clinics

### **Abstract**

#### **Purpose**

We assessed the impact of staff, clinic, and community interventions on male

and female family planning client visit volume and sexually transmitted infection testing at a multisite community-based health care agency.

#### Methods

Staff training, clinic environmental changes, in-reach/outreach, and efficiency assessments were implemented in two Family Health Center (San Diego, CA) family planning clinics during 2010-2012; five Family Health Center family planning programs were identified as comparison clinics. Client visit records were compared between preintervention (2007-2009) and postintervention (2010-2012) for both sets of clinics.

#### Results

Of 7,826 male client visits during the time before intervention, most were for clients who were aged <30 years (50%), Hispanic (64%), and uninsured (81%). From preintervention to postintervention, intervention clinics significantly increased the number of male visits (4,004 to 8,385;  $\Delta = +109\%$ ); for comparison clinics, male visits increased modestly (3,822 to 4,500;  $\Delta = +18\%$ ). The proportion of male clinic visits where chlamydia testing was performed increased in intervention clinics (35% to 42%;  $p < .001$ ) but decreased in comparison clinics (37% to 33%;  $p < .001$ ). Subgroup analyses conducted among adolescent and young adult males yielded similar findings for male client volume and chlamydia testing. The number of female visits declined nearly 40% in both comparison (21,800 to 13,202; -39%) and intervention clinics (30,830 to 19,971; -35%) between preintervention and postintervention periods.

#### Conclusions

Multilevel interventions designed to increase male client volume and sexually transmitted infection testing services in family planning clinics succeeded without affecting female client volume or services.

*Journal of Adolescent Health, May 2017*

### [Teen Boys Treated In ER for Violent Injury Asking for Help with Mental Health](#)



A new study published in the *Journal of Adolescent Health* shows that young males who were treated for violence-related injuries in an urban pediatric emergency department (ED) overwhelmingly identified a need for mental health services, including therapy and suicide

counseling. "Assault victims describe feeling constantly tense and 'on guard,' and having nightmares or unwanted flashbacks of the assault. Unfortunately, many youth also begin to avoid talking about the event or avoiding the places or people that remind them of the assault - school, friends, normal adolescent activities," said lead study author Rachel Myers, Ph.D., research scientist at CHOP Myers.

"It shows us that just treating the external wounds is not enough. Young men not only need, but want help to cope with their fears and difficult emotions in

the aftermath of injury."

*Psych Central, May 14, 2017*

### **Emergency Departments Could Play Significant Role in Reducing Suicide Attempts**

*NIH-funded research shows an intervention that includes follow-up phone calls reduces the risk of future suicide attempts for people at risk*

"We expect that EDs are capable of helping individuals at risk for suicide attempts. Earlier ED-SAFE study findings showed that brief universal screening could improve detection of more individuals at risk,", said Jane Pearson, Ph.D., chair of the Suicide Research Consortium at the NIMH. "These recent findings show that if ED care also includes further assessment, safety planning, and telephone-based support after discharge, there is a significant reduction in later suicide attempts among adults."

*NIH, May 1, 2017*

### **It's not what you think**



Chris Cornell died early Thursday morning. His band Soundgarden played a show on Wednesday night at the Fox Theater in Detroit. Two hours after the show ended, he was gone.

Cornell is speaking to us all one last time. This

isn't something we left behind with our twenties. This isn't something cured by age or financial security. This isn't something you "outgrow." If it's allowed to fester, depression is stronger than wisdom. Depression is insidious and tenacious. Depression can get to anybody. It can make you feel like an old man at 27. It can make you feel lost as a child at 52. Call it a senseless tragedy. Call it a second-act cautionary tale. Call it whatever you want. Just don't blow it off as meaningless.

*thefirsttenwords.wordpress, May 20, 2017*

### **Boys Town National Hotline sees jump in suicide calls**

The Boys Town National Hotline recorded a 12% increase in calls from 2012 to 2016 from youth and young adults considering suicide and seeking help for different types of mental anguish. Dr. Dan Daly is a child psychologist at Boys Town and says it is an alarming statistic. Dr. Daly says, "Last year we actually interrupted about 450 suicides in progress and I'm talking where a kid has already ingested pills or a couple cases where there was a gun in there presence. These calls are always very serious and any uptick in that number alarms us." Daly says if a person is reaching out for help they typically don't want to go through with a suicide. He says girls tend to reach

out more often than boys so when they do so they are typically very desperate. He says they are very glad to get those calls because when kids are talking they are not acting.

*Nebraska Radio Network, May 18, 2017*

**[Axe Asks, "Is It Okay To Experiment With Other Guys?" In New Ad](#)**

*The body spray brand believes masculinity comes in many different scents.*



Axe is no longer just for straight male teens who want to become chick magnets. As part of its Find Your Magic Initiative , the men's body spray fragrance brand has released a new campaign video, "Is It Ok For Guys?," based on a recent study showing that "72% of

guys have been told how a real man should behave." The masculinity-redefining initiative is an extension of last year's LGBT-inclusive Find Your Magic campaign, which also focused on masculinity's many different variations. Axe has partnered with the non-profits Promundo, Representation Project, and Ditch the Label to better understand and address the issues that young men face while trying to live their most authentic lives. The new video, which shows some bullying, asks if it's okay for guys to wear pink, not like sports, or experiment with other guys, among other commonly Google-searched queries. In other words, the ad sums up, "Is it okay for guys to be themselves?"

*NewNowNext.com, May 20, 2017*

**[Babies with involved fathers learn faster, study finds](#)**



An active male role in the early stages of babies' development produced better performance in cognitive tests by the age of two, researchers found. The team from Imperial College London, King's College London and Oxford University, says the findings show the value of early paternal

involvement. They said the signs could be seen from as early as three months. The study said there was "compelling support" for the importance of a mother's impact on a child's cognitive development, but more interest was now focused on the association between father-infant interactions and development. It said previous studies had found that men tended to have a "more stimulating, vigorous" style, encouraging a child's risk-taking and exploration tendencies, which in turn might facilitate cognitive development.

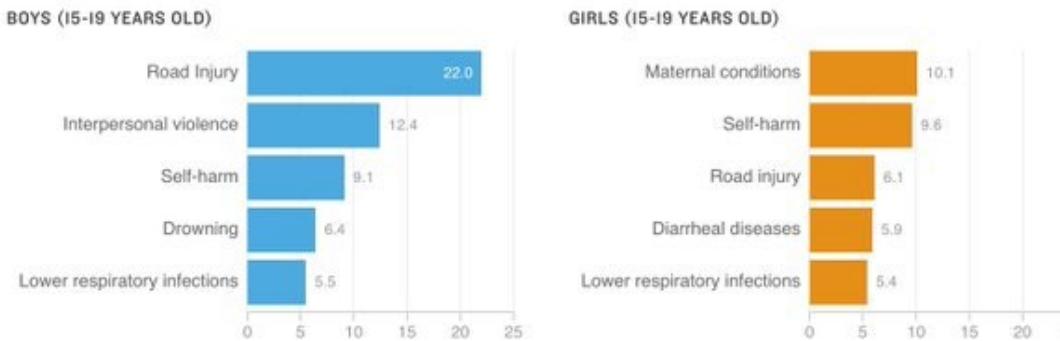
*BBC, May 10, 2017*

## How Many Teenagers Die Each Day ... And Why

### WHO Says Time to Stop Ignoring Adolescent Health

#### Causes Of Adolescent Deaths

Here are the top five causes of adolescent death by sex and age per 100,000 in 2015.



Source: World Health Organization

The world loses about 3,000 adolescents each day. That adds up to 1.2 million deaths a year. And with a bit more investment, the majority of those deaths can be prevented, according to a global study released on Tuesday by the World Health Organization. That's far fewer than the 16,000 babies and children under 5 who die each day. But the WHO report points out that while many programs around the world are dedicated to improving infant mortality, very few programs address for the needs of vulnerable tweens and teens.

While the study focuses on the causes of death, Dr. Anthony Costello, director of WHO's Department of Maternal, Newborn, Child and Adolescent Health, said the point was to help develop a framework and a plan to improve the health of adolescents. If adolescents had access to good health services, education and social support, fewer young people would die. In the case of traffic related deaths, he said better traffic laws, speed limits, the use of seatbelts could save lives in countries that don't have strict driving safety laws. Costello pointed out that "In India, for example, there are 90,000 deaths on the road each year; many of those are adolescents and children." Dr. Flavia Bustreo, the assistant director-general at WHO, said, "Adolescents have been entirely absent from national health plans for decades." The report proposes changing these plans and trying to help adolescents develop healthy lifestyle habits. Costello said, "The roots of diabetes, of heart attacks, of strokes, of lung cancer, the root of that lies in the adolescent years, how the adolescents approach nutrition, and diet and exercise, whether they start to smoke or not, or abuse other substances."

A study published in *The Lancet* in April shows that improving the physical, mental and sexual health of adolescents could result in significant economic returns. The study contends that an investment of about \$4.60 per person per year would yield more than 10 times as much in benefits to society. This

study was conducted by researchers from Victoria University and the University of Melbourne along with the United Nations Populations Fund.

*NPR, May 16, 2017*

*VOA, May 19, 2017*

### **Overweight Boys Face Higher Colon Cancer Risk as Adults**

Overweight boys may be more likely to develop colon cancer later in life, but losing weight might lower that risk, Danish researchers say. Although earlier studies have suggested that overweight children run a higher risk of being diagnosed with colon cancer as adults, it had been less clear what effect weight loss might have on this risk.

"These results highlight the importance of weight management in childhood," Britt Wang Jensen, of Bispebjerg and Frederiksberg Hospital in

Copenhagen, and colleagues reported. Excluding skin cancers, colon cancer is the third leading cancer diagnosed in both men and women in the United States, according to the American Cancer Society. More than 95,000 new cases of colon cancer and almost 40,000 new cases of rectal cancer will be detected in 2017, the cancer society added. In the new study, the researchers examined the health records of more than 61,000 males in Denmark born between 1939 and 1959. During an average 25 years of follow-up, more than 700 of them developed colon cancer as adults.

*Lincoln Journal Star, May 19, 2017*



### **Study finds athletes with ADHD more likely to play team sports, could increase injury risk** (full article requires subscription)

A new study from The Ohio State University Wexner Medical Center finds athletes with attention deficit/hyperactivity disorder (ADHD) are more likely to compete in team contact sports than individual sports, which could increase their risk of injury. The study, presented today at the American Medical Society for Sports Medicine Annual Meeting, analyzed more than 850 athletes who competed in a variety of sports over a five-year period at The Ohio State University.

*Northwest Signal, May 16, 2017*

### **Exposure to misinformation online linked to lower levels of HPV vaccine coverage**

New research published in *Vaccine* has demonstrated that vaccine coverage is lower in places where exposure to misinformation and conspiracies are higher. Dr Adam Dunn from Macquarie University in Australia, with researchers from Sydney and Boston, has been monitoring Twitter for HPV related tweets since 2013, tracking the kinds of information and websites users share and discuss online. "In our work we use Twitter like a giant set of rain gauges, but instead of estimating how much rain fell on a city each hour or day, we estimate the city's information diet," said Dr Dunn. They found

that information from Twitter was more useful for explaining differences in HPV vaccine coverage than information about education, insurance coverage, and income. Topics that were common in states with lower rates of coverage included anecdotal stories about adverse events, negative reactions to policy changes, and pharmaceutical industry conspiracies.

*Medical Express, May 17, 2017*

**New Map Highlights Children's Vaccine Rates, Disease Outbreaks by State Interactive national map shows vaccine rates and epidemic data.**

Pharmacists can now have detailed childhood immunization data for their state at their fingertips through the help of [an interactive map](#) from the American Academy of Pediatrics (AAP). Pharmacists "might use it to look at their own state and ask 'Where can we be doing a better job?' Then they can become advocates in their own state," said Sean O'Leary, MD, MPH, Associate Professor of Pediatrics at Children's Hospital Colorado and the University of Colorado School of Medicine. The interactive map lists children's immunization rates by state in a number of vaccination categories, including data on the DTaP, MMR, varicella, influenza, and HPV vaccines, and a combined 7-vaccine series. The combined 7-vaccine series includes data for children age 19 to 35 months old who have received: DTaP, Polio, MMR, Hib, hepatitis B, varicella, and PCV.

*Modern Medicine, May 15, 2017*

**Interconnected, Intertwined and Colliding: Co-Occuring Epidemics of HIV, Viral Hepatitis, and Opioids**

*By Richard Wolitski, Ph.D., Director, Office of HIV/AIDS and Infectious Disease Policy, U.S. Department of Health and Human Services*

I was recently at the 2017 National Rx Drug Abuse & Heroin Summit to participate in a panel discussion about the inescapable interconnections between the opioid epidemic, HIV, viral hepatitis, and other diseases that are spread by injection drug use. The panel focused not only on the many challenges, but also on the opportunities to better integrate our responses and, by doing so, to expand access to comprehensive, integrated prevention services for people who inject opioid drugs. The need for these services is great-and growing. According to CDC, opioid-related addiction and deaths have been increasing for nearly two decades, and overdoses of prescription opioids and heroin killed more than 33,000 people in 2015-the most ever recorded. Injection drug use is a significant aspect of this problem. We've known for a very long time that injecting drugs puts people at risk for blood-borne infections, because used needles and syringes are brutally effective at transmitting a host of known and yet-to-be-known infectious diseases. From my perspective as Director of the HHS Office of HIV/AIDS and Infectious Disease Policy, the current situation threatens to become a perfect storm, with the opioid, HIV, and viral hepatitis epidemics intersecting in dangerous ways.

*blog.AIDS.gov, May 17, 2017*

The Suicide Prevention Resource Center has received many questions about the Netflix series 13 Reasons Why (13RW). They list the most common questions from parents, schools, media, and community leaders [here](#), with resources to help you talk about the series and suicide risk and prevention.

## Pop Quiz

### Would You Pass A Sex Ed Test In 1957?

In 1957 Lester A. Kirkendall, sex educator and Oregon State College professor of family life, revised and updated a booklet he originally published in 1947, called *Understanding Sex*. It was part of a series of booklets aimed at young people to help them solve "the problems of everyday living." With his updated volume, Kirkendall aimed to answer common questions about sex and to teach "desirable attitudes towards sexual behavior and relationships with members of the other sex..." Answer the questions [here](#) to see if you would've passed a Kirkendall-taught course in "family life"!

*Buzzfeed, May 19, 2017*



### Youth most at risk for violence or mental health issues have increased access to guns

New research presented at the 2017 Pediatric Academic Societies Meeting found adolescents who reported greatest access to guns—either in their own home or a friend's—also were among those with higher risk for violent behavior. Researchers discovered additional factors linked with increased firearms access that included past suicide attempts and self-reported mental health disorder diagnoses. Authors of the abstract, "Cause for Concern: The Presence of Mental Health Issues or Violence Involvement is Associated with an Increase in Youth Access to Firearms," presented their findings on Sunday, May 7, at the Moscone Convention Center in San Francisco. Access to firearms poses serious health risks for teens, the abstract authors said, with guns causing 29 percent of all adolescent deaths in the United States. The study, funded by the U.S. Centers for Disease Control and Prevention, involved 1,100 youth between ages 10 and 17 and 647 parents living in two Colorado communities at high risk for violence. The researchers conducted confidential, face-to-face interviews in participants' homes.

*Medical Express, May 4, 2017*

### BOYS WHO ARE UNHAPPY WITH THEIR BODIES ARE JUST AS VULNERABLE AS GIRLS

*Girls are more likely than boys to suffer body dissatisfaction but a new study shows the damage to quality of life is the same*

A new Australian study published in the Journal of Adolescent Health, has for the first time shown that body dissatisfaction isn't just dangerous for girls. When young and teenage boys start worrying too much about how they look it is just as damaging to their quality of life. And while girls report



significantly higher rates of body dissatisfaction, just over half boys in the study of 1,666 school children reported some body dissatisfaction. "When boys are unhappy with their bodies it impairs their quality of life to an equal degree as it does for girls," says lead researcher on the study, University of Melbourne psychologist Dr Scott Griffiths. The finding comes at a time of emerging evidence that men are increasingly suffering from body dissatisfaction, as highlighted by the alarming growth in steroid use in Australia. It suggests that boys could also be increasingly at risk and Dr Griffiths says the research should be a wake up call for parents and health services. "There is this inaccurate perception that boys just don't care about their body image, and it is a common perception especially among older health professionals and among fathers who grew up in a different time when perhaps body image was less important for men."

*University of Melbourne, May 4, 2017*

### **RUNNING THROUGH STEREOTYPES**

*A new program coming to the area focuses on healthy bodies and minds for young boys.*

Let Me Run has spread roots across the United States, and now the program will make a home in Iowa City. Ashley Armistead, the founder of Let Me Run, said the national program lasts for seven weeks and ends in a 5K for the pre-teen to teenage boys. While the program involves physical fitness and activity, she said, it also strives to "break the boy code" and improve upon emotional topics such as relationship building, self-confidence, and humility. Running, she said, is a great way to approach these concepts. "Running is a vehicle [to teach boys emotional health] because it sets the stage," Armistead said. Janie Cook, the director of expansion for Let Me Run, said she was contacted last fall by locals Hailee Sandberg and Charity Nebbe to start the program in the Iowa City area. Sandberg and Nebbe, she said, are involved with Girls on the Run, a similar program to Let Me Run for girls, and they wanted to start a program for boys.

*Daily Iowan, May 4, 2017*

### **GETTING IN SYNC ON HIV, HEP C, AND LGBT HEALTH**

*By Richard Wolitski, Ph.D., Director, Office of HIV/AIDS and Infectious Disease Policy, U.S. Department of Health and Human Services*

"Last week, along with other federal leaders, I had the opportunity to address the 2017 Synchronicity Conference. It is a national conference organized by HealthHIV that focuses on HIV and hepatitis C (HCV). This year, for the first time, the conference also addressed LGBT health. The conference gathered over 700 participants from across the country in Arlington, Virginia, including clinicians, service providers, advocates, and others working in health centers, AIDS services organizations (ASOs), community-based organizations (CBOs), health departments, and elsewhere. The conference provided an important opportunity to more closely examine the interconnections between HIV, HCV, and LGBT health and how to best to respond to them."

*AIDS blog.gov May 3, 2017*

### **National suicide hotline receives calls about controversial Netflix show**

*Critics of a popular new Netflix show say episodes are streaming negative thoughts and bad impressions of suicide into young minds.*



Gohr and critics alike believe the topic of suicide is being glorified in the new Netflix series "13 Reasons Why". The show starts with a suicidal death and then backtracks how the people in a young girl's life were "reasons" that lead to her suicide. "The message of the show to me I find very disturbing,"

said Gohr. She and others who work the hotline at Boys Town have received calls from teens recently about the Netflix show's content. "One good thing maybe that's coming out of that is that suicide is being talked about."

*WOWT News, April 30, 2017*

### **Marriage Equality Laws Linked to Drop in Teen Suicide**

*Experts say marriage equality laws are likely a proxy for other changes in attitudes that create a more tolerant and accepting atmosphere for teens who identify as belonging to a sexual minority.*

Marriage equality laws appear to be associated with a reduction in the proportion of high school students reporting suicide attempts, according to a report published February 20 in JAMA Pediatrics. The researchers analyzed data on more than 700,000 public high school students who participated in the Youth Risk Behavior Surveillance System

(YRBSS) from 1999 through 2015. They looked at changes in suicide attempts among the students before and after the implementation of state policies in 32 states permitting same-sex marriage and year-to-year changes in suicide attempts in 15 states without such policies. A secondary analysis examined how same sex-marriage laws affected suicide attempts among high school students who self-identified as belonging to a "sexual minority."



Same-sex marriage equality policies were associated with a 0.6 percentage point reduction in suicide attempts-equivalent to a 7 percent decline in the proportion of all high school students reporting a suicide attempt within the past year. Among students who identified as belonging to a sexual minority, the absolute decrease in suicide was 4.0 percentage points-equivalent to a 14 percent relative decline in the proportion of adolescents who were sexual minorities reporting suicide attempts in the past year. APA President Maria A. Oquendo, M.D., Ph.D., an expert in suicide, said the study points to the importance of environmental factors in risk for suicide. "We know that LGBT youth have significantly higher suicide rates, and this study supports the importance of advocating for policies that promote tolerance and acceptance," she said.

*Psychiatric News, April 18, 2017*

### [Watch The MTV Soap Opera That Is Secretly Teaching Sex Ed](#)



MTV Shuga - the name is pan-African slang for a woman with a cool vibe - has launched its fifth season this spring. And Ikubese is one of its stars. He plays mega-hunk club promoter and reformed bad boy Femi. What he knows now is that Shuga isn't the average teen drama. It's also a public health

intervention. Folded into each soapy, 30-minute episode are messages about how and how often to get tested for HIV, as well as scenes that dispel common misconceptions about the disease. Commercially, it's doing pretty well. TV channels and radio stations in 42 African countries have signed up to broadcast the latest season of Shuga , and by MTV's count, the show has reached 719 million people worldwide who've either watched or listened to it through local entertainment networks or online on YouTube. In South Africa alone, Shuga seasons 3 and 4 were the number one drama show on the country's biggest TV channel, SABC1.

*NPR, April 18, 2017*

### [Loneliness Is A "Silent Epidemic" Among Men, With Those Aged 35 Suffering Most](#)

*It's thought eight million men in the UK feel lonely at least once a week.*

Loneliness is something we usually associate with older generations, but new research suggests millions of men across the UK are hiding feelings of isolation, with men feeling most lonely at the age of 35. The study finds an estimated eight million (35%) men feel lonely at least once a week, while for nearly three million (11%), it's a daily occurrence.

More than one in 10 men also say they are lonely, but would not admit it to anyone. The research has been published to mark the launch of a month-



long spotlight on men, by the cross-party Jo Cox Commission on Loneliness.  
*Huffington Post UK, March 5, 2017*

### **Iceland knows how to stop teen substance abuse but the rest of the world isn't listening**

*In Iceland, teenage smoking, drinking and drug use have been radically cut in the past 20 years. Emma Young finds out how they did it, and why other countries won't follow suit.*



Today, Iceland tops the European table for the cleanest-living teens. The percentage of 15- and 16-year-olds who had been drunk in the previous month plummeted from 42 per cent in 1998 to 5 per cent in 2016. The percentage who have ever used cannabis is down from 17 per cent to 7 per cent. Those smoking cigarettes every day fell from 23 per cent to just 3

per cent. Laws were changed. It became illegal to buy tobacco under the age of 18 and alcohol under the age of 20, and tobacco and alcohol advertising was banned. Links between parents and school were strengthened through parental organisations which by law had to be established in every school, along with school councils with parent representatives. Parents were encouraged to attend talks on the importance of spending a quantity of time with their children rather than occasional "quality time", on talking to their kids about their lives, on knowing who their kids were friends with, and on keeping their children home in the evenings. A law was also passed prohibiting children aged between 13 and 16 from being outside after 10pm in winter and midnight in summer. It's still in effect today. Home and School, the national umbrella body for parental organisations, introduced agreements for parents to sign.

*Mosiac, January 17, 2017*

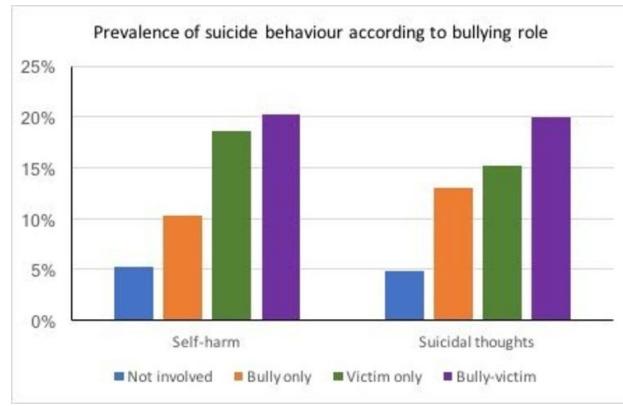
### **Michael Phelps Opens Up About ADHD Struggles: A Teacher Told Me I'd Never Amount to Anything**

He's the most decorated Olympian of all time, but don't think for a second that growing up as Michael Phelps was easy. The 31-year-old swimming superstar -and new father - opened up about his struggles with ADHD in a new video for the Child Mind Institute's Speak Up for Kids campaign , explaining that a teacher once predicted that the Baltimore native would never succeed. "I [saw] kids who, we were all in the same class, and the teachers treated them differently than they would treat me," he says. "I had a teacher tell me that I would never amount to anything and I would never be successful." Phelps, who has earned a whopping 23 gold medals during his Olympic career, said he's lived with ADHD "my whole entire life, and it's something I continue to live with. It's changed my life since the beginning."

*People, April 28, 2017*

### [Teenagers who are both bully and victim are more likely to have suicidal thoughts](#)

Most research into teen bullying tends to focus only on the victim. This means we know little about how the bully is affected. A new Australian study shows that teenagers who have been both a victim and a bully are at greatest risk of mental health problems, including self-harm and suicidal thoughts. Three-



quarters of the adolescents who reported that they had bullied others were also victims of bullying. The study asked 3,500 14-to-15-year-old Australian teenagers - who were participants in the Longitudinal Study of Australian Children (LSAC) - whether they had experienced any of 13 different types of bullying behaviour in the past month. This included being hit or kicked on purpose, called names, or forced to do something they didn't want to do. The participants were asked if they had bullied anyone in the last month using the same bullying behaviours. LSAC also included questions about whether teenagers had self-harmed, had suicidal thoughts, and whether they had made a plan to attempt suicide. One-third of teenagers reported that they had either bullied, been a victim of bullying, or both (bully-victim). On the whole, all three groups were more likely to report self-harm, suicidal thoughts and a plan for suicide than those who were not involved in bullying.

*The Conversation, April 27, 2017*

### [Sociologist Michael Kimmel on American masculinity in the era of Trump](#)



Michael Kimmel has kept company with a lot of unsavoury guys. He's lent his ear to the bitterness and rage of neo-Nazis, fathers'-rights activists, Confederate-flag-wavers, militia members, Tea Partiers, Bible Belt homophobes and high-school shooters. These furious men have told Kimmel, a

sociologist at New York's Stony Brook University, that they feel emasculated by the changing social and economic status quo. Kimmel characterizes their state of displacement and resentment as "aggrieved entitlement." Kimmel catalogued these stories in his aptly titled 2013 book, *Angry White Men: American Masculinity at the End of an Era*. At the time, it read like the last wrathful wheeze of the white, Christian patriarchy. Looking toward a future of greater equality, Kimmel declared, "The era of unquestioned and unchallenged male entitlement is over." In hindsight however, *Angry White Men* turned out to be more a portent of things to come than a death knell.

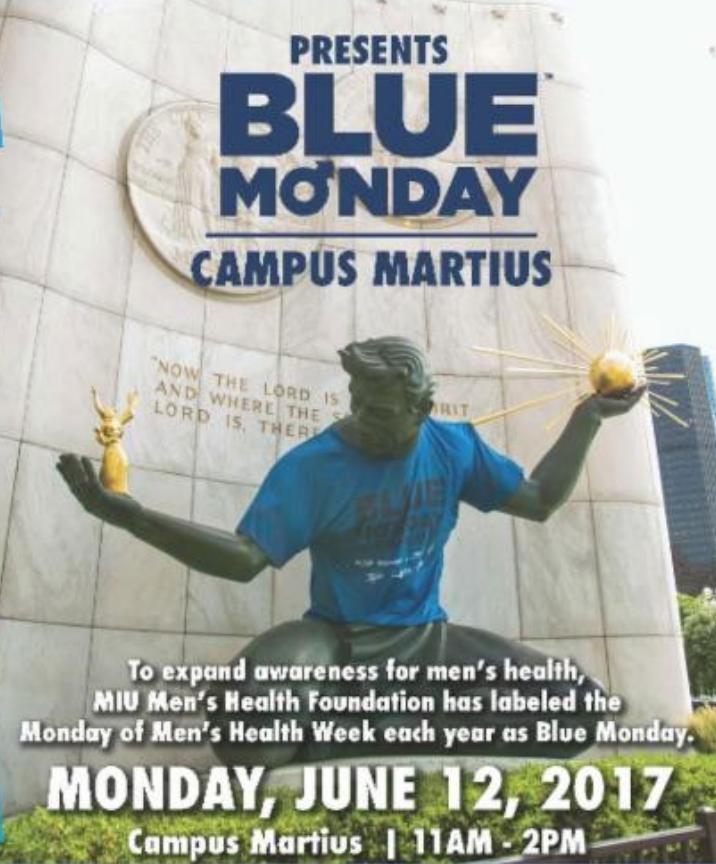
An energized, emboldened "alt-right" harnessed white resentment to help elect Donald Trump as U.S. president and white-male entitlement has made a roaring comeback. Just in time to make sense of it, *Angry White Men* has been reissued with a new preface. In it, Kimmel writes, "Like many Americans, I didn't see Trump's victory coming. I underestimated the depth of angry white men's rage and how others, including plenty of angry white women, might find it resonant as well." The Globe and Mail spoke to Michael Kimmel about Trump's appeal, selective nostalgia and the fear of humiliation.

*The Globe and Mail, April 26, 2017*

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**PMY PARTNER HIGHLIGHT**  
**MIU Men's Health Foundation**

**Blue Monday**



Blue Monday is a day to promote and kick-off Men's Health Week

[BLUEMONDAYMENSHEALTH.ORG](http://BLUEMONDAYMENSHEALTH.ORG)

**PLEASE WEAR BLUE IN  
HONOR OF BLUE MONDAY  
#BLUEMONDAY2017**

- Free Health Screenings
- Live Music by The Session Band
- Move with Balance Wellness and Fitness Center at 12PM and stretch with Citizen Yoga at 1PM
- Fun Games and Prizes
- Food Trucks

Please bring  
your own mat!

### Vaccine-type HPV prevalence in US declines 65% among young women

Since the HPV vaccine was first introduced in the United States in 2006, researchers observed a 65% decline in the overall prevalence of vaccine-type HPV among women aged 18 to 24 years in 2014. "This study shows in a nationally representative population that the HPV vaccination program has reduced vaccine-type HPV among females from 18 to 24 years of age. This adds to the body of evidence that vaccination can prevent HPV infections that can cause cancer," Sara E. Oliver, MD, MSPH, Epidemic

Intelligence Service officer for the CDC, told Infectious Disease News. "We've seen the largest reductions in vaccinated females, but we are also seeing declines among unvaccinated females, which is an extra benefit of the vaccination program."

*Helio, April 26, 2017*

### **Community Targeting of High Risk Minority Males Improves HIV Detection and Treatment**



Over 9 months about 6% of the young gay and bisexual men we tested through outreach were HIV infected. We identified less than 1% of infected young men through routine clinical encounters in places such as the ER. We linked over 98% of these youth to medical care successfully. Those we tested via tailored, age-appropriate community outreach efforts were also most likely to accept linkage to HIV prevention services than young men tested through routine clinical interactions. We

believe offering testing routinely to young gay and bisexual men encountered in clinical care environments remains critically important. But our findings suggest locally tailored outreach to young men at high-risk is an essential complement, if we are to succeed in identifying undiagnosed infections among the youngest gay and bisexual men and link them to an appropriate array of evidence-based HIV prevention and care services.

*Medical Research, April 25, 2017*

### **This Disturbing New Sex Trend Is On the Rise**

We learned just last month that 65 percent of Americans report having unprotected sex -and nearly half of them are never using a condom during sex . Now, a new study published in the Columbia Journal of Gender and Law reveals that some guys are slipping off the glove during sex without their partner's consent, a phenomenon coined as "stealthing." That's right, some guys actually think this type of behavior in bed is okay. But as Sinead Ring, Ph.D., of Kent Law School points out in an article published by Broadly , consenting to sex with a condom does not necessarily mean that consent still stands if you decide to slip it off mid-act without letting your partner know. A Switzerland court found a man guilty of rape for this very reason.

*Men's Health, April 24, 2017*



### **UK: GPs almost unanimously back HPV vaccination in boys, poll shows**

GPs almost unanimously support extending the HPV vaccination programme to teenage boys as well as girls, according to a poll conducted by

campaigners. It comes as the Joint Committee for Vaccinations and Immunisations (JCVI) prepares to conclude officially in June whether a scheme vaccinating teenage boys would be cost-effective. The GPC warned it was 'ridiculous' that people are being left to die from these cancers 'when their life could have been saved by a simple injection'. The current HPV vaccination programme, launched in 2008, offers universal vaccination to schoolgirls aged 12-13 - but is not extended to teenage boys, who are considered to indirectly benefit through a protective 'herd effect'. Despite calls from GPs and other health professionals to offer the scheme to boys, the JCVI's latest statement, made in February, said it saw 'very little benefit to be had by vaccinating boys', given that uptake is high at 80% in girls.

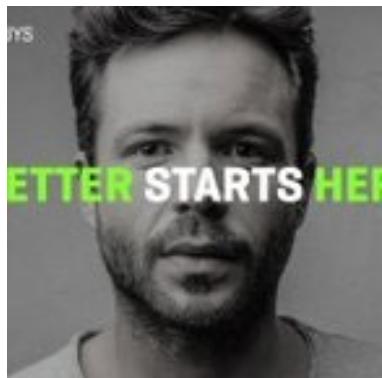
*GP Online, April 24, 2017*

## HIGHLIGHTED WEBSITE

### [HeadsUpGuys](#)

A Website For Men. About Men.

*Health Strategies for Managing and Preventing Depression*



HeadsUpGuys is a resource for supporting men in their fight against depression by providing tips, tools, information about professional services, and stories of success. Our team of clinicians, researchers, and mental health advocates bring together their expertise and personal experiences to provide you with this unique resource, HeadsUpGuys. HeadsUpGuys was developed through the generous support of the Movember Foundation and is based at The University of British Columbia (UBC), Canada.

## Focus: Masculinity and Mental Health

This past week Prince Harry started a dialogue about mental health that reverberated around the globe. Almost 20 years after the death of his mother, he opened up about his grief and revealed he sought counseling after years of "total chaos."



[In a candid interview with Britain's Daily Telegraph](#) newspaper Sunday, Harry said: "I buried my head in the sand for many, many years" after the death of Princess Diana in a Paris car crash in 1997.

The 32-year-old said that he had come "very close to a complete breakdown on numerous occasions" and had endured "years of total chaos" because he was unable to deal with his grief. Harry, who is fifth in line to the throne, was

just 12 years old when Diana died. He told the newspaper that he only addressed his emotions and got help in the past couple of years after his brother, Prince William, and others told him: "Look, you need to deal with this."

He was promoting [Heads Together](#), a mental-health charity he set up with his brother and the Duchess of Cambridge, more commonly known as William and Kate. "I started to have a few conversations and actually all of a sudden, all of this grief that I have never processed started to come to the forefront and

I was like, there is actually a lot of stuff here that I need to deal with," he said. "So I was a typical 20, 25, 28-year-old running around going 'life is great,' or 'life is fine' and that was exactly it," he added. A podcast of his interview with a Telegraph reporter can be heard [here](#).



For his part, Prince William on Tuesday [posted a video of he and Lady Gaga](#) sharing a FaceTime chat, which is part of the Heads Together campaign. The umbrella group of eight leading mental health groups is the official charity of the London Marathon that happened yesterday, April 23.

In the meantime, again in the UK, a [recent assessment](#) by the Samaritans found that suicide rates among men are around three times higher than women. A recent [Mental Health Foundation report](#) also found that men were significantly less likely to talk about mental health problems than women. In 2006, a controversial study suggested that women talk around three times more than men, using an average of 20,000 words to a man's 7000. Research suggests that women may talk more than men in small, collaborative groups, and men more than women in larger groups where asserting dominance matters.

An article in the April 21 issue of the Telegraph, entitled "[Telling young men to suppress their anger is a dangerous game - society must give them an outlet](#)" discussed this issue further.

In the wake of Prince Harry's disclosures, according to a report in the [April 18 issue of the Telegraph](#), ministers are now examining plans to station NHS professionals in secondary schools on a full-time basis for a green paper on young people and mental health that will be unveiled later this year. They want to "normalise" discussions about mental health in school to tackle concerns that rates of depression and anxiety among teenagers have increased by 70 per cent in the past 25 years.

Another UK mental health effort, #1in4 campaign, part of the [BBC's Minds Matter](#) season, aims to break through the stigma associated with mental illness. Stars from across music, film, theatre and TV are supporting the initiative by posting selfies with four fingers held up, using the hashtag #1in4. Broadchurch stars Colman and Tennant as well as Hollywood star Hardy all posed for the snaps and shared words of solidarity encouraging fans to do the same.

Stateside, in an April 21 article entitled [Depression is an Illness, Not a Weakness](#), a blog of the National Alliance on Mental Illness discusses why boys and young men find depression a difficult topic to discuss.

For more information about a personal view of the importance of strong male friendships visit [Disconnected Male](#)



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### [\*\*Op-Ed: Earning Trust Is Key to Minority Men's Health\*\*](#)

*Medical professionals need to heed cultural and socio-economic factors to help minorities, says the director of the Minority Men's Health Center at the Cleveland Clinic.*

The list goes on and on.

Minority men - especially African-Americans - die from heart disease 44 percent more often than the population as a whole. Death from a variety of cancers is 33 percent higher. Their incidence of kidney disease is four to six times greater than Caucasian men, and diabetes is 80 percent higher. Hepatitis C, hypertension, HIV and kidney transplantation are dramatically elevated, too. Overall, African-American men have a life expectancy about eight years shorter than white men, in large part due to these disproportionate health disparities. Some of these conditions are biological and hereditary in nature, and thus extensive research is being conducted into their causes. But many - far too many - health disparities are grounded in socio-economic and cultural factors that extend across generations of minority men.

*US News, April 21, 2017*

### [\*\*Study: Improving health and wellbeing of adolescents could bring 10-fold economic benefit\*\*](#)

*As the World Bank meetings begin, a new study shows that investments in adolescent health and wellbeing are some of the best that can be made towards achieving the SDGs*

Improving the physical, mental and sexual health of adolescents aged 10-19 years, at the cost of US\$4.6 per person per year, could bring a 10-fold economic benefit by averting 12 million adolescent deaths and preventing

more than 30 million unwanted pregnancies in adolescents. Similarly, investing to increase the extent and quality of secondary education, at a cost of US\$22.6 per person per year, would generate economic benefits about 12 times higher and result in an additional 12 million formal jobs for people aged 20-24 years. The findings are published in *The Lancet* on the eve of the World Bank Spring Meetings in Washington D.C. where finance and development leaders from 188 countries will discuss the critical need for investment in adolescents.

*News, Medical Lifestyles Sciences, April 21, 2017*



1. Stand in front of a mirror and look for any signs of swelling.
2. Support your testicles with one hand and feel each one with your other hand.
3. Roll the testicles between the thumbs and fingers feeling for lumps. It is normal to feel a soft, cord-like structure on the top and back of each testicle. Lumps that need to be checked by your healthcare provider may be as small as a grain of rice and are usually quite firm like hard rubber. Also check for areas that feel tender.

## Play with Purpose! April is Testicular Cancer Month!

REMEMBER: Testicular cancer is primarily a disease of young males.

[#testicularcancerawarenessmonth](#)



## How Childcare Enriches Mothers, and Especially the Sons They Raise

Government spending on high-quality day care in early years delivers an economic boon that lasts three generations, a new study [The Lifecycle Benefits of an Influential Early Childhood Program](#), finds.

New York Times, April 20, 2017

## Study finds children with ADHD have questions for their doctor but don't ask them

Children with attention deficit hyperactivity disorder want to ask their physicians about their condition and medications but often don't, according to researchers at the University of North Carolina at Chapel Hill. [The study](#) could help doctors and parents leverage this interest to help children better manage their ADHD. "We have found that there has been very little research into how providers, parents and youth communicate about ADHD and ADHD medications," said Betsy Sleath, the lead author of the study and the George H. Cocolas Distinguished Professor at the UNC Eshelman School of Pharmacy. "What we do know is that kids often aren't part of the conversation when their parents and doctors are talking ADHD. We wanted to know how the kids felt about that." Sleath's team recruited 48 boys and 22 girls ranging in age from 7 to 17 years at two private pediatric practices in North Carolina who had been diagnosed with ADHD and prescribed medicine, and examined how children with ADHD perceive

communication with their pediatric care providers, whether they say they take their ADHD medications correctly and where they prefer to learn about their condition.

*Medical Express, April 20, 2017*

**No decline in HCV rates among HIV-positive men who have sex with men**

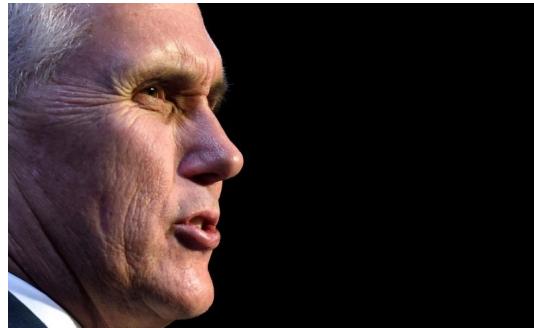
Hepatitis C incidence among HIV-positive men who have sex with men has shown no significant decline in Europe, though the trends differ by geographical region and age, according to results of a [recently published study](#). "While HCV incidence appears to have stabilized in Western Europe and remained stable in Southern Europe, a recent increase in HCV incidence was observed in Northern Europe," the researchers wrote. "Interestingly, higher HIV RNA levels, recent HIV infection and younger age were associated with higher HCV incidence. The time from HIV seroconversion to HCV infection has significantly shortened in recent years. Hence, routine and continued surveillance following HIV diagnosis is needed."

*Helio, April 18, 2017*

**Why Didn't Pence Do the Christian Thing?**

*The VP's extreme-conservative policies on the HPV vaccine needlessly risked Indiana children's lives. What he did unto them-among others-is something Christ himself rejected above all.*

In 2015, in response to a parent's complaint about a letter that was sent to parents of schoolchildren informing them of the availability and merit of the HPV vaccine, Governor Pence asked Indiana public-health officials to make it clear that the HPV vaccine was "optional" and that parents could remove their names from the state registry that had identified their children as lagging behind on their immunizations. Pence, like his conservative supporters, believed in abstinence-only sex education. He reasoned, correctly, that if people didn't have sex before they were married, and didn't stray from their marriage, they would never contract a sexually transmitted disease. Unfortunately, this situation describes a very small percentage of U.S. residents, including those in Indiana. Pence didn't stop at gutting his state health department's letter. He also reprimanded the state health commissioner for speaking about the HPV vaccine at Indiana's National Coalition Conference, later requiring all public-health employees to submit their presentations about vaccines to his office for approval prior to any speaking engagement. Then he prohibited the release of a document by the Indiana Cancer Consortium that included information on cervical cancer, the only known cause of which is HPV. Mike Pence did everything that he could to make sure that Indiana's parents and schoolchildren knew as little as possible about the consequences of HPV



infection and the availability of a vaccine to prevent it.  
*Daily Beast, April 15, 2017*

### The Changing Landscape of HIV Treatment

The infectious disease landscape has been evolving, largely due to advancements in treatment and technology. The CDC estimates that more than 1.2 million Americans are living with HIV. In the hepatitis C virus (HCV), between 130 and 150 million individuals worldwide have chronic HCV, of whom, approximately 700,000 will die each year from HCV-related liver diseases. In part 1 of a 4-part exclusive interview with Specialty Pharmacy Times, Ron Nahass, MD, MHCM, FACP, FIDSA, discusses the impact of antiretrovirals and new blockbuster HCV drugs, challenges in the field, patient adherence, telehealth, and more.

*Specialty Pharmacy Times, April 12, 2017*

### VIDEO: Vashon Island: The place where many parents skip jabs



There is alarm from some doctors in the US that President Trump could usher in a new era of scepticism about vaccines, which save millions of lives around the world every year. An island in Washington state has some of the lowest vaccination rates in the country. Are parents there endangering lives?

*BBC, April 11, 2017*

### Give schoolgirl cancer virus jab to boys too, say teachers: Fears lack of vaccinations will mean male cancers will soon outstrip those occurring in women

- HPV can cause cervical cancer in women and other cancers in men
- Campaigners say the vaccination programme is discriminatory
- Public Health England reviewing whether to extend vaccination to boys

Schools should urge boys - and not just girls - to have a controversial vaccine to protect them from cancer, teachers said yesterday. All teenage boys should be encouraged to have the vaccine to counteract a rise in cancers linked to the human papilloma virus, they demanded. HPV can cause cervical cancer in women and a wide range of other cancers in men, yet only girls are routinely vaccinated against it.

*Daily Mail, April 11, 2017*

### FDA Grants Pediatric Indication for 2 HCV Drugs

The FDA approved new indications for sofosbuvir (Sovaldi, Gilead) and ledipasvir-sofosbuvir (Harvoni, Gilead) to treat hepatitis C virus in children from 12 to 17 years of age. These are the first direct-acting antiviral treatments approved for children and adolescents with HCV. DAA drugs reduce the amount of HCV in the body by preventing the virus from multiplying, and in most cases, they cure HCV. These approvals provide

pediatric treatment options for six major genotypes of HCV. "The approvals of Sovaldi and Harvoni for pediatric patients will enable adolescents to finally benefit from interferon-free treatment for HCV infection," said Karen Murray, MD, a professor of pediatrics at the University of Washington School of Medicine and Seattle Children's Hospital. "These therapies address a significant unmet medical need and represent an important advance for HCV-infected adolescents."

*Pharmacy Practice News, April 10, 2017*

### **Estimates show high prevalence of HIV, hepatitis among homeless veterans**

Homeless veterans experience a higher prevalence of HIV, hepatitis C virus and hepatitis B virus infection compared with non-homeless veterans, according to a retrospective analysis of VA data. Veterans are disproportionately affected by HIV, HCV and HBV compared with the general public, and homeless veterans are at a particularly high risk for infection due to overlapping risk factors such as high rates of mental health and substance use disorders, according to Amanda J. Noska, MD, MPH, infectious disease physician at the Providence VA Medical Center in Providence, Rhode Island, and colleagues.

*HealthDay, April 10, 2017*

### **Over 20% of USA adults infected with high-risk HPV**

About 1 in 5 U.S. adults under age 60 is infected with a "high-risk" strain of genital human papillomavirus (HPV) that increases the risk of cancer, according to a new report. Of 37 known HPV types, fourteen of these are known as high-risk strains because they are linked with an increased risk of certain cancers, including cancers of the cervix, vagina, vulva, anus, penis and throat. Overall, about 23 percent of the participants were infected with a high-risk strain of genital HPV, the report found. These strains were slightly more common in men than in women. About 25 percent of the men were infected with a high-risk strain of genital HPV, Of 37 known HPV types, f with 20 percent of women.

*Live Science, April 6, 2017*



### **The Rise of Male Breast Reduction Surgery**

In the UK, the number of men who had undergone the surgery had doubled between 2006 and 2011 and continues to increase. It is the most common plastic surgery undergone by males in Ireland and, in 2016, male breast reduction surgery was one of the top plastic surgery trends in the United States of America (men made up 40% of breast reduction surgeries in the USA). Gynecomastia is a genetic condition which shows itself in pre-adolescent boys and, in some cases, men over the age of 50 years old. It is a condition which causes a spike in oestrogen and results in large breasts.

*Master Herald, April 8, 2017*

### **FDA approves Gilead's hepatitis C drugs for teenagers**

The Food and Drug Administration today approved supplemental applications for Gilead Sciences' Sovaldi (sofosbuvir) and Harvoni (ledipasvir and sofosbuvir) to treat hepatitis C virus in children ages 12 to 17. According to the FDA, these are the first direct-acting antiviral treatments approved for children and adolescents with HCV. Direct-acting antiviral drugs reduce the amount of HCV in the body by preventing the virus from multiplying, and in most cases, they cure HCV. Harvoni and Sovaldi were previously approved to treat HCV in adults.

*Drug Store News, April 7, 2017*

### **Dutch men across the world hold hands to support attacked gay couple**



In a simple act of solidarity, Dutch men across the Netherlands and around the world have held hands this week to protest the beating of two gay men. The attack has shaken a nation that has long prided itself on its tolerance. The beating happened early Sunday morning in the eastern city of Arnhem - long seen as one of the world's most welcoming places for same-sex couples. The city's mayor conducted the

world's first gay marriages in 2001. Arnhem police said on Facebook that the couple stated they were verbally abused by a group of young people armed with bolt cutters because they were walking hand-in-hand over a bridge. In the confrontation that followed, both men were injured, and one had his front teeth smashed out.

*cbsnews, April 7, 2017*

*Photo Courtesy of Lauren Harris, Dutch Embassy London @MsLoloJ*

### **Personal Lubricant Made From Seaweed Extract May Prevent HPV, One Of The Most Widely Spread STIs**

Nearly everyone will get HPV at some point in their lives, and while there is a vaccination that protects against the most prevalent cancer- and warts-causing types, inoculation rates are low. So a team of researchers at Rutgers University are working on a personal lubricant made with seaweed extract that could thwart HPV, according to MedicalXpress. Carrageenans are a substance found in seaweed that is typically used to



thicken food, however scientists are looking to use it in a gel lubricant that can be applied to prevent the STI during sex. They'll recruit 100 women who will be randomly assigned the lubricant with the seaweed extract or a control lubricant without. Participants will use the topical before and after sex and undergo a monthly test to see whether carrageenans have any HPV protection, writes MedicalXpress.

*Medical Express, April 6, 2017*

### **Erich Bergen Reveals Testicular Cancer Battle: "Men Are Dying Because They Don't Want Someone Looking at Their Junk"**



Erich Bergen is opening up about his life-changing health crisis for the first time. In the new issue of PEOPLE, the actor reveals that he was diagnosed with testicular cancer in 2013 and underwent surgery and chemotherapy to treat the disease. Now in remission and ready to share his story, the actor - who stars alongside Téa Leoni in Madam Secretary - hopes to spread awareness. "Men, in

general, don't like talking about this stuff, which is why men die from it," says Bergen, 31. "There has to be more conversation about it - there's nothing to be ashamed about."

*People, April 5, 2017*

### **Opponents of FDA Nominee Scott Gottlieb Invoke Opioid Crisis**

Gottlieb is a Washington fixture, with a medical degree, experience at the FDA and in the Centers for Medicare and Medicaid Services. He is a fellow at the right-leaning American Enterprise Institute and a respected health policy analyst. But his critics cite his ties to the drug industry and his role at New Enterprise Associates, which bills itself as the world's largest venture capital firm. It invests heavily in medical technology and healthcare companies. They seized on the opioid crisis as Gottlieb's potential weak spot. "Trump's nominee to be the next FDA commissioner, Dr. Gottlieb, is entangled in an unprecedented web of close financial and business ties to the pharmaceutical industry and was no doubt chosen because he is well-suited to carry out the president's reckless, ill-informed vision for deregulating the FDA's review and approval process for prescription medications, including opioids," Dr. Michael Carome, director of Public Citizen's Health Research Group, told reporters on a conference call.

*NBC, April 5, 2017*

### **Confidentiality concerns may deter teens from sexual, reproductive health care services**

According to a national survey, 12.7% of sexually-active teenagers and young adults who were on their parent's insurance plan would not use sexual

and reproductive health services due to concerns that their parents would learn about it. "Changes in the U.S. health care system have permitted dependent children to remain on a parent's health insurance plan until the child's 26th birthday and required coverage of certain preventive services," Jami S. Leichliter, PhD, from the Division of Sexually Transmitted Disease Prevention, the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention at the CDC, and colleagues wrote. "Although these provisions likely facilitate access to the health care system, adolescents and young adults might not seek care or might delay seeking care for certain services because of concerns about confidentiality, including fears that their parents might find out."

*Health, April 5, 2017*

### **Depression and HIV/STI: A Link Could Lead to Prevention Strategies**

Researcher Bridgette M. Brawner, PhD, APRN, of the department of family and community health at the University of Pennsylvania School of Nursing in Philadelphia and colleagues examined the link between psychological factors that might hamper emotional regulation and HIV/STI risk-related behavior in heterosexual black adolescents. The design focused on the influence of depression and emotional regulation in sexual decision making. "Blacks, adolescents, and people with mental illnesses are all disproportionately affected by HIV/STIs," Dr Brawner said. "We know that the unique psychopathology of mental illness, including impulsivity and engaging in unprotected sex to alleviate depressed mood, may heighten one's HIV/STI risk."

*Psychiatry Advisor, April 4, 2017*

### **Exposure to common pesticides causes boys to hit puberty earlier**

- Boys exposed to environmental pesticides hit puberty earlier, a new study says
- A 10 percent increase in exposure boosts the hormones that produce testosterone
- Experts say the boys can suffer from stunted growth and have behavioral issues

Exposure to pesticides can cause boys to hit puberty earlier, a shocking new study finds. Scientists say boys with a 10 percent increase of the chemicals in their body were up to 110 percent more likely to be in an advanced stage of puberty. The pesticides increase levels of hormones that spur the production of testosterone. Previous research has shown that early puberty increases the risk of diseases in adulthood, such as testicular cancer in men and breast cancer in women. Early puberty also can stunt growth and cause behavioral problems.

*Daily Mail, April 4, 2017*

### **Department of Health now offers the Coaching Boys into Men program**

Coaching Boys into Men is an evidence-based program that equips athletic

coaches with strategies, scenarios and resources needed to build attitudes and behaviors that prevent relationship abuse, harassment and sexual assault. CBIM educates athletes that violence never equals strength.

*WGNS Radio, April 4, 2017*

[Manhood in the Age of Trump](#)

Frank Bruni, New York Times

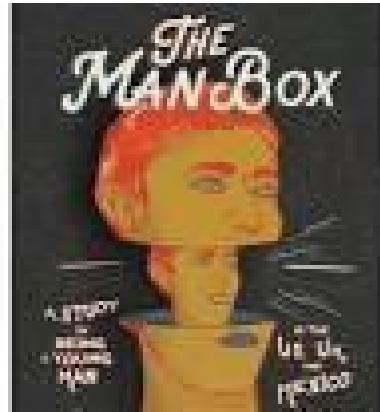
A real man lusts. A real man rages. A real man doesn't chip in with domestic duties. That's not just Trump's view - he once boasted that he'd never change a diaper - but also, apparently, the message that many young men in America today still get, according to an intriguing study released a few days ago.

Promundo, a nonprofit organization that promotes gender equity, surveyed roughly 1,300 American men between 18 and 30. Seventy-five percent said that they're supposed to act strong even when scared or nervous; 63 percent said that they're exhorted to seize sex whenever available; 46 percent said that they're waved away from household chores. Promundo also surveyed British and Mexican men, and neither group described a gender construct as musky, musty and unyielding as the one that Americans detailed. The research suggested that plenty of American men live in what some sociologists call the Man Box, constricted by a concept of manhood that includes aggression, hypersexuality, supreme authority and utter self-sufficiency.

April 2, 2017

[Promundo and Axe Launch First-Ever "Man Box" Report, a Critical Look at Being a Young Man in the US, UK, and Mexico](#)

On March 30, Promundo and Axe, Unilever's leading male grooming brand, launched The Man Box report - a new study on young men's attitudes, behaviors, and understandings of manhood - at the United States Institute of Peace (USIP) in Washington, DC. At the report's unveiling, its authors from Promundo, alongside representatives from Axe, USIP experts, advocates, and academics, will discuss this new research on attitudes in the United States (US), United Kingdom (UK), and Mexico and what these findings mean for men, women, and the prospects for peaceful societies. The research, conducted with a representative, random sample of young men aged 18 to 30 in the US, UK, and Mexico, reveals that most men still feel pushed to live in the "Man Box," a rigid construct of cultural ideas about male identity. In fact, at least 57 percent of men report being told that a "real man should behave a certain way" at some point in their lives. This includes being self-sufficient, acting tough, looking physically attractive, sticking to rigid gender roles, being heterosexual, having sexual prowess, and using aggression to resolve conflicts.



Promundo, March 30, 2017

#### [Study sheds light on why the male suicide rate is so high](#)



Bottling up emotions. Finding it hard to cry. Feeling ashamed about being depressed. Or embarrassed at the idea of reaching out for help. These are issues for many men. And the mental health effects of these attitudes need addressing. Male suicide is a growing

crisis. Every two hours, a man commits suicide in the UK. It's the number one killer of men under the age of 45. Yes, a man under 45 is more likely to die by suicide than from any kind of disease, accident or at the hands of someone else. Some commentators have said that nobody knows why the male suicide rate is

so high. But a new study tells us it may have to do with the masculine ideal of self-reliance. This study of 14,000 Australian men found that those who strongly identified with being self-reliant were significantly more likely to report suicidal thoughts.

The Canary, March 26, 2017

#### Recent Journal Articles

##### [Prescription Opioid Exposures Among Children and Adolescents in the United States: 2000-2015](#)

Jakob D. Allen, Marcel J. Casavant, Henry A. Spiller, Thiphalak Chounthirath, Nichole L. Hodges, Gary A. Smith

CONCLUSIONS: Prescription opioid-related HCF admissions and serious medical outcomes were higher among teenagers. Contrary to trends for other prescription opioids, exposures to buprenorphine have increased in recent years; children aged 0 to 5 years accounted for almost 90% of buprenorphine exposures. These findings indicate that additional prevention efforts are needed.

AAP News and Journals, March 2017

##### [Trends in Medical and Nonmedical Use of Prescription Opioids Among US Adolescents: 1976-2015](#)

Sean Esteban McCabe, Brady T. West, Phil Veliz, Vita V. McCabe, Sarah A. Stoddard, Carol J. Boyd

CONCLUSIONS: Prescription opioid exposure is common among US adolescents. Long-term trends indicate that one-fourth of high school seniors self-reported medical or nonmedical use of prescription opioids. Medical and nonmedical use of prescription opioids has declined recently and remained highly correlated over the past 4 decades. Sociodemographic differences and risky patterns

involving medical and nonmedical use of prescription opioids should be taken into consideration in clinical practice to improve opioid analgesic prescribing and reduce adverse consequences associated with prescription opioid use among adolescents.

AAP News and Journals, March 2017

[Tobacco Product Use Among Lesbian, Gay, and Bisexual Adolescents](#)

Hongying Dai

**CONCLUSIONS:** Tobacco use differs among subgroups of sexual minority youth, with lesbians and bisexual girls having a higher prevalence of tobacco use than their straight peers. Heterogeneity of tobacco use across distinct sexual identity groups underscores the need to develop evidence-based tobacco control strategies for sexual minority youth.

AAP News and Journals, March 2017

[The scary reason doctors say kids need HPV vaccinations](#)



The number of people diagnosed with HPV-related oropharyngeal cancer, tumors found in the middle of the pharynx or throat including the back of the tongue, soft palate, sides of throat and tonsils - is relatively small - about 12,638 men and 3,100 women in the United States each year, according to the Centers for

Disease Control and Prevention. But these numbers are expected to continue to rise, overtaking incidence of cervical cancer by 2020. One study revealed the

presence of HPV in 20.9 percent of oropharyngeal tumors before 1990, compared with 65.4 percent in those sampled after 2000.

Washington Post, April 2, 2017

Pediatric ADHD Accounts for 6 Million Physician Visits Annually

Children aged 4 to 17 years who have a primary diagnosis of attention-deficit/hyperactivity disorder (ADHD) collectively made 6.1 million visits to physicians' offices in 2012-2013, new research shows. "Health care utilization related to ADHD is of interest because the prevalence of parent-reported ADHD diagnosis among US children and adolescents has increased in recent years," Michael Albert, MD, MPH, Hyattsville, Maryland, and colleagues write. More than twice as many boys aged 4 to 17 years made an ADHD-related visit in 2012-2013, at 147 visits per 1000 boys, compared to 62 visits per 1000 girls. This held true for the two age groups assessed, with boys aged 4 to 12 making 156 visits per 1000 boys vs 59 visits per 1000 girls. For children aged 13 to 17, boys made 130 visits per 1000 boys compared with 67 visits per 1000 girls.

Medscape, March 28, 2017

New study from New Zealand shows HPV vaccine has reduced rates of genital warts

The human papillomavirus (HPV) vaccine was introduced in New Zealand in 2008 to prevent cervical cancer. It is free to all men and women aged nine to 26 inclusive. This is because 99.7 per cent of cervical cancers are associated with the sexually transmissible infection. There is mounting evidence the HPV vaccination program is preventing cervical disease. This includes both precancerous lesions and cervical cancer. Although it takes 10 to 20 years from HPV infection until cervical cancer develops, the data are already showing a 17 per cent decline in precancerous lesions in women aged



25 to 29. But the human papillomavirus is also responsible for causing genital warts. Despite a range of questions about the vaccine's efficacy in this area, a recent New Zealand study has shown a large reduction in genital warts.

Stuff.nz, March 29, 2017

[Overweight boys much more likely to suffer liver disease when older](#)



Young men who are overweight or obese run a higher risk of developing severe liver disease or liver cancer in later life, according to new research. A high Body Mass Index (BMI) is associated with an increased risk of severe liver disease and liver cancer in adults, while also increasing the risk for type two diabetes.

Researchers led by Dr Hannes Hagström, of the Centre for Digestive Diseases at the Karolinska University

Hospital in Stockholm, Sweden, set out to investigate how BMI in early adolescents impacted on liver problems later in life. They used registered data from more than 1.2 million Swedish men enlisted for military conscription between 1969 and 1996. The men were followed up from one year after conscription through until December 31, 2012, for the research published in the journal 'Gut'. Results showed that there were 5,281 cases of severe liver disease, including 251 cases of liver cancer. The researchers discovered that overweight men were almost 50pc more likely, and obese men more than twice as likely, to develop liver disease in later life than men of normal weight.

Independent.IE, March 27, 2017

[New drug breakthrough can cure hep C in kids](#)

A new cure for hepatitis C in children and adolescents is on the way, promising to help some of the silent victims of a nationwide heroin epidemic. A Cincinnati Children's Hospital Medical Center doctor who helped lead the research for the drug combination says the new medication regimen brings hope for all children with the disease. "Years ago, I told my patients' parents that, in your child's lifetime, we're going to have a cure for this," said Dr. William Balistreri,

lead author of the study and medical director emeritus for Cincinnati Children's Pediatric Liver Care Center. Before this, he said, "there wasn't anything that was really reliable."

Cincinnati.com, March 25, 2017

### COLLEGE MASCULINITY AND MENTAL HEALTH

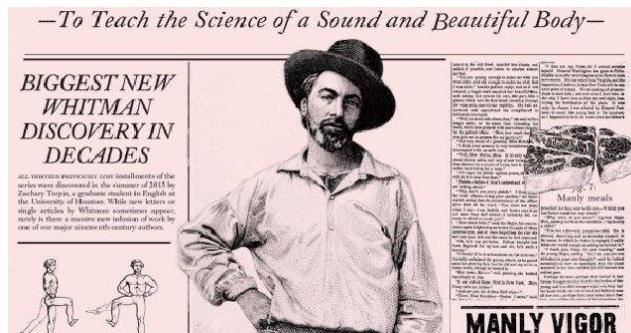
The stigma discouraging men from discussing their mental health is especially dangerous in college.

It is sadly ironic that it is man's inability to look vulnerable or weak in the eyes of others that inhibits them from admitting to suffering at the hands of mental illness, because it's these same men that are exhibiting incredible strength and perseverance as they battle tirelessly against the illness every day. If only men were able to see obtaining help and defeating mental illness through a competitive lens as they do for so many other aspects in life, then they would realize that it's an accomplishment, not a defeat.



StudyBreaks.com, March 22, 2017

### LESSONS ON MALE INSECURITY (AND INDIGESTION) FROM WALT WHITMAN'S MEN'S-HEALTH COLUMN



In 1858, Walt Whitman, at the age of thirty-nine, was eking out a living as a journalist at the Brooklyn Daily Times, generating thousands of words a week at an unflagging pace. Adrift and demoralized, Whitman cultivated a

bohemian image and dreamed of reinventing himself as a travelling orator.

Instead, that fall, he attached himself to a more mundane endeavor, as the author of a series of advice columns for the New York Atlas on the topic of men's health. The articles, which are collected in a new book, " Manly Health and Training: To Teach the Science of a Sound and Beautiful Body , brim with piquant digressions and bumptious, often contradictory advice on diet, exercise, and beauty. Whitman implores men to do things briskly: walking, showering, rubbing themselves down with dry cloths and hair gloves. He likes stale bread and fresh air; he foresees the rise of athletic footwear, noting that "the shoe now specially worn by the base-ball players" should be "introduced for general use." It's easy to roll your eyes at his dictates, especially when they come under such blustering headers as "the great american evil-indigestion" and "could there be an entire nation of vigorous and beautiful men?" (Short answer: I don't see why not!)

New Yorker, March 21, 2017

#### [Studies Suggest Cautious Optimism About Declines In Teen Opioid Use](#)

In the midst of an opioid epidemic that continues to devastate families, a sliver of hope has arrived. Two long-term studies published Monday show that opioid use among teens and opioid poisonings among younger children are on the decline.



Though it gets less press, the opioid epidemic has been hitting teens and children hard, with hospitalization rates for opioid exposures nearly doubling for teens and more than doubling for kids under 5 between 1997 and 2012. But family members' opioids are a major source for youth who use them, and opioid prescriptions have been decreasing since around 2011, reducing youth access to the drugs, noted both studies' authors. "It is our hope that these declines are due to careful prescribing practices and enhanced monitoring of prescription opioids among adolescents that will eventually translate to a reduction in negative opioid-related consequences, such as overdoses," says Sean Esteban McCabe, the lead author of one of the studies and a research professor at the University of Michigan Substance Abuse Research Center.

NPR, March 20, ,2017

### Most Teens Who Abuse Opioids 1st Got Them from a Doctor

Most American teenagers who abuse opioid drugs first received the drugs from a doctor, a new study finds.

Researchers looked at trends in the use of prescription opioids among U.S. adolescents from 1976 to 2015. They found a strong correlation between teens' taking the drugs for medical reasons and then later taking them for "nonmedical" reasons, or in other words, abusing them, according to the study published today (March 20) in the journal *Pediatrics*. "One consistent finding we observed over the past two decades is that the majority of nonmedical users of prescription opioids also have a history of medical use of prescription opioids," said study author Sean McCabe, a research professor at the University of Michigan.

### Long-Term Trends in Pediatric Opioid Use and Misuse in the U.S.

Christine M. Judge, MS, Louis M. Bell, MD reviewing Allen JD et al. *Pediatrics* 2017 Mar 20. McCabe SE et al. *Pediatrics* 2017 Mar 20. Rosen DA and Murray PJ. *Pediatrics* 2017 Mar 20.

live science, March 20, 2017

### HPV educational session may boost vaccination rates in high school students



A majority of high school seniors had a basic knowledge of human papillomavirus (HPV) and understood the benefits of the HPV vaccine after a 30-minute educational session, according to data presented at the 2017 national conference of the National

Association of Pediatric Nurse Practitioners (NAPNAP). Before the lecture, only 26% of the students understood what HPV was. Of the 74% of students who did not know what HPV was, 94% understood after the lecture. The researchers found that 91% of students who had received the HPV vaccine before the

session stated that they were likely to receive further doses of the vaccine. In addition, 67% of students who had never received the vaccine stated that they were likely to receive the vaccine after the session. Among those who were unsure if they received the vaccine, 91% indicated that they would receive the vaccine after the session. Overall, the results showed that after the educational session, 95% of the high school seniors understood what HPV was and understood the benefit of the vaccine, and 86% were likely to receive the vaccine. "In this time of increasing vaccine refusal by parents, educating seniors appears to be a promising way to increase HPV vaccination rates," the authors concluded.

Clinical Advisor, March 17, 2017

#### [Exploring the Road to HIV-HCV Eradication in the DAA Era](#)

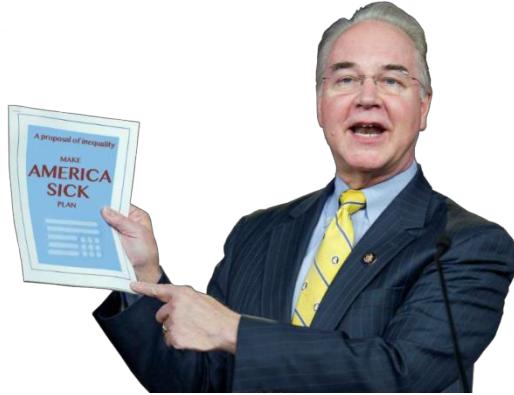
Coinfection with HIV and hepatitis C virus (HCV) is a common occurrence, with approximately 25% of HIV-infected patients in the United States being HCV-positive as well. According to the Centers for Disease Control and Prevention (CDC), HIV-HCV coinfection significantly increases patient risk for developing liver disease, often leading to liver-related death in coinfected individuals. A group based in France recently presented research they hope can lead to the eradication of HIV-HCV coinfection, potentially paving the way to rid the world of HCV in HIV-positive patients.

Contagion Live, March 16, 2017

#### [HHS Secretary Signals Opening for Anti-Vax Movement](#)

Declines to endorse universal vaccination for measles, mumps

Health and Human Services Secretary Tom Price, MD, declined to endorse universal vaccination during a CNN "Town Hall" on the Affordable Care Act (ACA) Wednesday night, instead saying only that vaccine regulations should be left up to states. Price's remarks came during a question from an audience member about what type of insurance she would be allowed to buy if the House Republicans' bill to replace the ACA became law. "Should it be required -- measles, mumps, those kinds of immunizations?" Blitzer said. Price responded "I believe it's a perfectly appropriate role... for government -- this happens by and large at the state government level, because they're the ones that have public health responsibility -- to determine whether or not immunizations are required for a community population, whether it's growing kids or the like, or, if it's an outbreak of a particular infectious disease, whether immunization ought to be required or be able to be utilized," Price said.



MedPage Today, March 16, 2017

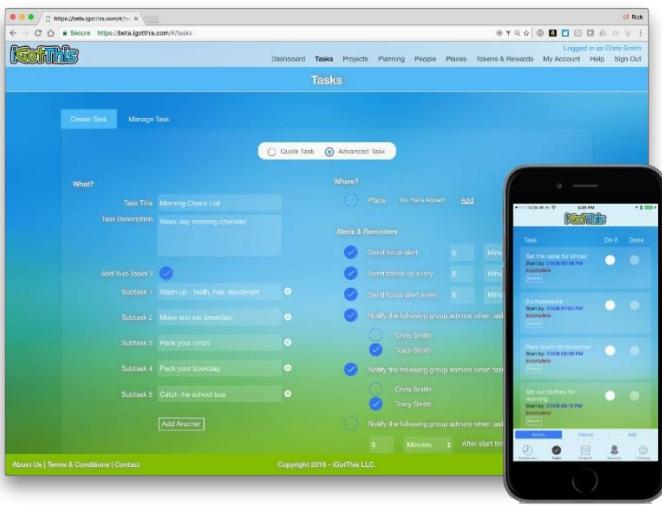
[Legislative activity related to the human papillomavirus \(HPV\) vaccine in the United States \(2006-2015\): a need for evidence-based policy](#)

State-based policies to mandate HPV vaccination are politically challenging and have received broad criticisms. There is a critical need to understand the legislative activities that underpin subsequent policy implementation. The objective of this policy analysis was to analyze state legislation that focused on HPV vaccination from 2006-2015. A content analysis was conducted among primary sources of legislative data from HPV vaccine-related bills, including using the National Conference of State Legislatures as a search-source. Findings reveal that much of the legislative activity occurred early after the HPV vaccination was introduced, and focused on increased information for parents, public financing, awareness campaigns, etc. Far fewer states focused on voluntary or mandatory vaccination. Understanding the barriers to achieving

mandatory vaccination policy and implementation of such policies for HPV vaccines remains a public health priority.

Dove Press, March 13, 2017

### [First Ever App for ADHD Families, iGotThis, Launches Kickstarter Campaign](#)



iGotThis, LLC. of Cincinnati, Ohio has launched a Kickstarter Campaign for the iGotThis solution. "iGotThis is the first task management system designed specifically for ADHD families. It helps ADHD kids get stuff done and stay focused, while

building their self-esteem. It has a built-in rewards system and badges to keep them motivated and gives real-time notifications to parents so they stay in the loop without hovering." explains iGotThis founder, Rich Schramm.

WBIW, March 13, 2017

### [Few Teens Treated Well for Opioid Addiction](#)

Barely one in 50 gets medication-assisted therapy

Just a small fraction of adolescents with opioid addiction will receive medications that can help them quit, new research shows. These medications, usually methadone or buprenorphine/naloxone (Suboxone), are prescribed to reduce craving for opiates and ease withdrawal symptoms, and studies show they help opiate users to abstain. In 2016, the American Academy of Pediatrics advised doctors to consider medication-assisted treatment, specifically

Suboxone, for adolescents with "severe opioid use disorders." To get a "baseline" sense of medication-assisted treatment in adolescents with opiate or heroin addiction, Kenneth Feder of Johns Hopkins School of Public Health in Baltimore and his colleagues looked at data on 139,092 patients receiving treatment at publicly funded programs in the United States in 2013. While 26% of adult heroin addicts received medication-assisted treatment, that was true for just 2% of adolescents. Among patients addicted to opiates, 12% of adults received medication, compared to less than 1% of adolescents, the researchers reported in the *Journal of Adolescent Health*, online March 1.

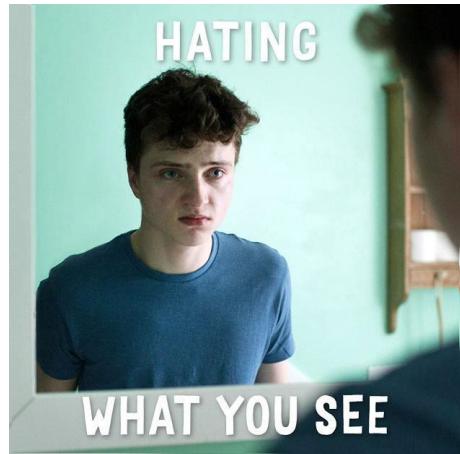
MedPage Today, March 12, 2017

#### [UK:"Things Guys Don't Talk About": New social media film for Childline](#)

Creative agency, Don't Panic, has created a hero film 'Things Guys Don't Talk About' for Childline, as part of its #ToughToTalk campaign, which aims to empower boys to seek support for suicidal feelings. The film was created using case-studies from boys that suffer from suicidal thoughts and feelings which to highlight the signs of suicidal behaviour. Figures reveal that boys are six times less likely than girls to talk to counsellors about suicidal thoughts.

Childline is urging boys to speak out about suicidal feelings as figures reveal they are six times less likely than girls to talk to counsellors about thoughts of ending their lives. The film was created using real accounts from boys over suicidal thoughts and feelings which are subtly referenced throughout the film to indicate to the viewer the signs that someone might be experiencing suicidal thoughts.

NetImperative, March 8, 2017



#### [Past-year prevalence of prescription opioid misuse among those 11 to 30 years of age in the United States: A systematic review and meta-analysis](#)

Misuse of prescription opioids has played an important role in national increases of fatal and non-fatal drug overdose, heroin use and injection, and HIV and HCV infection among young people. The observed high and increasing prevalence of prescription opioid misuse is an urgent public health issue.

Journal of Substance Abuse Treatment, March 7,2017

Few teens receive effective treatment for opioid addiction

Just a small fraction of adolescents with opioid addiction will receive medications that can help them quit, new research shows. These medications, usually methadone or suboxone, are prescribed to reduce craving for opiates and ease withdrawal symptoms, and studies show they help opiate users to abstain. In 2016, the American Academy of Pediatrics advised doctors to consider medication-assisted treatment, specifically suboxone, for adolescents with "severe opioid use disorders." To get a "baseline" sense of medication-assisted treatment in adolescents with opiate or heroin addiction, Kenneth Feder of Johns Hopkins School of Public Health in Baltimore and his colleagues looked at data on 139,092 patients receiving treatment at publicly funded programs in the United States in 2013. While 26 percent of adult heroin addicts received medication-assisted treatment, that was true for just 2 percent of adolescents.

Reuters, March 10, 2017

When Japan Had a Third Gender



Detail of "Two Couples in a Brothel" (1769-70), by Suzuki Harunobu. Credit Hiroko Masuike/The New York Times

A figure in a translucent kimono coyly holds a fan. Another arranges an iris in a vase. Are they men or women? As a mind-bending exhibition that opened Friday at the Japan Society illustrates, they are what scholars call a third gender - adolescent males seen as the height of beauty in early modern Japan who were sexually available to both men and women. Known as wakashu, they are one of several examples in the show that reveal how elastic the ideas of gender were before Japan adopted Western sexual mores in the late 1800s. The show, "A Third Gender: Beautiful Youths in Japanese Prints," arrives at a time of ferment about gender roles in the United States and abroad. Bathroom rights for transgender people have become a cultural flash point. The notion of "gender fluidity" - that it's not necessary to identify as either male or female, that gender can be expressed as a continuum - is roiling traditional definitions.

New York Times, March 10, 2017

[Quality improvement project helps pediatricians diagnose, manage ADHD](#)

A pilot project to improve the care of children with attention-deficit/hyperactivity disorder (ADHD) led to a reduction in symptoms as well as increased confidence among pediatricians in diagnosing and managing the disorder. At the end of the project, children with ADHD experienced a 12% reduction in symptoms, as measured by parent and teacher assessment. Furthermore, 70% of providers reported increased confidence in diagnosing ADHD and 83% reported increased confidence in managing and treating ADHD.

AAP Gateway, March 9, 2017

#### [French Study Points to Eradication of HIV-HCV Coinfection](#)

The French are reporting that with optimal use of hepatitis C virus (HCV) direct-acting antiviral based treatments, it may be possible to nearly eradicate HIV-HCV coinfection in France within 10 years in most of risk groups. The researchers presented a mathematical model at CROI 2017 suggesting a new era in terms of these two coinfections. HIV-HCV co-infection is highest among gay males.

Infectious Disease Advisor, March 8, 2017

#### [UK: Boys urged to 'open up' about suicidal feelings by new campaign](#)

The number of suicides among boys is much higher than girls, yet ChildLine says young men are six times less likely to seek help.



ChildLine says it delivered 1,934 counselling sessions for boys, compared with 11,463 for girls - however, national figures show the number of suicides among young men is considerably higher. Official figures from across the UK in 2015 show there were 168

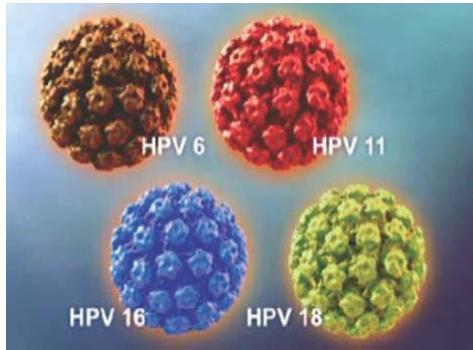
deaths attributable to suicide among boys aged 10 to 19, and 63 deaths among girls in the same age range. It is hoped the Tough to Talk campaign will help

boys struggling with suicidal feelings to realise they can seek support from ChildLine if they are unable to talk to friends or family.

Sky News, March 7, 2017

[Self-persuasion iPad app spurs low-income parents to protect teens against cancer-causing hpv](#)

As health officials struggle to boost the number of teens vaccinated against the deadly human papillomavirus, a new study from Southern Methodist University, Dallas, found that self-persuasion works to bring parents on board. The new study follows an earlier SMU study that found guilt, social pressure or acting solely upon a doctor's recommendation was not related to parents' motivation to vaccinate their kids. For the SMU study, the researchers educated parents in a waiting room by providing a custom-designed software application running on an iPad tablet. The program guided the parents in English or Spanish to scroll through audio prompts that help them think through why HPV vaccination is important. The parents verbalized in their own words why it would be important to them to get their child vaccinated. Inability to read or write wasn't a barrier.



Medical Xpress, March 7, 2017

[J&J's Janssen taps Japanese digital health company Welby for ADHD app](#)

Japanese digital health company Welby has collaborated with Janssen, a pharmaceutical division of Johnson & Johnson, to develop a mobile app for people with attention deficit hyperactivity disorder, or ADHD. The app will be available on iOS and Android throughout Japan. The app is part of Janssen's Healthy Mind program, an initiative to reduce stigma around mental health in the Asia Pacific region. The app is part of Janssen's Healthy Mind program, an

initiative to reduce stigma around mental health in the Asia Pacific region. The pharmaceutical company previously developed apps with Welby for use by patients with prostate cancer and chronic pain, and is looking to expand into more therapeutic areas. The app features medication reminders, goal-setting and schedule management tools. Medication adherence is a big goal of the app.

Mobile Health News, March 6, 2017

### Why Didn't Gay Rights Cure Gay Loneliness?

Together Alone - The Epidemic of Gay Loneliness



For years I've noticed the divergence between my straight friends and my gay friends. While one half of my social circle has disappeared into relationships, kids and suburbs, the other has struggled through isolation and anxiety, hard drugs and risky sex. Even as we celebrate the scale and speed of societal acceptance, the rates of depression, loneliness and substance abuse in the gay community remain stuck in the same place they've been for decades. Gay people are now, depending on the study, between 2 and 10 times more likely than straight people to take their own lives. We're twice as likely to have a major depressive episode. And just like the last epidemic we lived through, the trauma

appears to be concentrated among men. In a survey of gay men who recently arrived in New York City, three-quarters suffered from anxiety or depression, abused drugs or alcohol or were having risky sex—or some combination of the three. Despite all the talk of our "chosen families," gay men have fewer close friends than straight people or gay women. In a survey of care-providers at HIV clinics, one respondent told researchers: "It's not a question of them not knowing how to save their lives. It's a question of them knowing if their lives are worth saving."

Huffington Post, March 2, 2017

### [HIV Vaccine Shows 'Positive Signal' in Small Study](#)

Several HIV patients treated with a therapeutic vaccine strategy appear now to be able to control the virus without drugs, a researcher said here.

Five patients in a small trial have been off antiretroviral therapy for between 5 and 27 months without the usual skyrocketing HIV viral load that follows an interruption of treatment, according Beatriz Mothe, MD, PhD, of the Spanish AIDS research institute IrsiCaixa in Barcelona. "They go up, they go down" but their HIV viral load remains relatively low, Mothe told MedPage Today during a media briefing at the annual Conference on Retroviruses and Opportunistic Infections.

Medpage Today, February 17, 2017

### [Practical Approaches to Optimize Adolescent Immunization](#)

Health care providers must continuously strive to educate their patients and develop skills that can help parents and adolescents overcome vaccine hesitancy. Research on strategies to achieve higher vaccination rates is ongoing, and it is important to increase the knowledge and implementation of these strategies. This clinical report focuses on increasing adherence to the universally recommended vaccines in the annual adolescent immunization schedule of the American Academy of Pediatrics, the American Academy of Family Physicians, the Centers for Disease Control and Prevention, and the American Congress of Obstetricians and Gynecologists.

AAP Gateway, February 2017

### [Menstruation 101 For Boys: A Comic Book Is Their Guide](#)



A comic book about menstruation ... aimed at boys? That's what Indonesia has created. It started when a UNICEF team there looked at what happens when a girl gets her period. In a survey of over 1,100 girls, the team found lots of concerns about the cruel remarks boys would make. They'd point at a girl's stained skirt and say, "Hey, it's leaking." Or when a girl put her book bag behind her back to hide any stains, they'd say things like, "Why are you acting weird?" Why is staining a problem? There are not enough toilets in schools - only 1 per 100 students in Indonesia - so girls may not be able to change their pads as needed. Or there may not be a place to dispose of soiled pads in schools. The comic book tells boys that menstruation is perfectly normal. It's experienced every month by millions of girls and women, including their moms. And it's important to be courteous and supportive to friends.

wusf, March 4, 2017

#### Indian young people offered progressive advice on sexuality

An Indian government resource kit on adolescent health has received acclaim because of its progressive stance on sexuality.

The resource kit by the National Health Mission, written in collaboration with the United Nations Population Fund, is aimed at "peer educators" - young girls and boys who will be responsible for reaching out to adolescents and discussing

issues relating to their physical and mental health and development. The concept of masculinity is another issue dealt with in the resource kit. In a society dominated by patriarchy, boys are forbidden from showing their softer side and are told at a very young age that they are not meant to cry or show feelings. Gender stereotypes box men into roles that are meant to be strong and macho and tell girls to be soft-spoken and feminine. The resource book says that it's OK for a boy or a man to cry to vent his feelings, be soft-spoken or shy, just as it's OK for a girl to be outspoken or dress like boys or play sports generally identified as male sports. It cautions people against labelling boys who don't fit the gender stereotypes as "sissy" or describing outspoken girls as "tomboyish". "Men and boys are as weighed down by gender stereotypes and social conditioning as women are. Talking about gender equality therefore also inspires males to challenge the cultural messages about masculinity," said Rebecca Tavares, representative of the UN Women Office for India, Bhutan, Maldives and Sri Lanka.

BBC, March 4, 2017

#### [ADHD, asthma rates significantly higher among impoverished children](#)

Parent-reported lifetime prevalence and comorbidity of asthma, attention deficit/hyperactivity disorder and autism spectrum disorder in children were differentially influenced by poverty status, according to recent study findings. "The well-established relationship between childhood poverty and greater risk for chronic conditions may place children living in low-income families in double jeopardy for greater need of care and poorer access to care," Christian D. Pulcini, MD, Med, MPH, and colleagues wrote. "This rise in disease risk is coupled with an overall increase in childhood poverty within this time period."

Helio.com, March 3, 2017

#### [Transgender children are at greater risk of mental health problems](#)

Federal government won't pursue protections for transgender kids in public schools



Amid a flurry of cabinet appointments and immigration policies, the Trump administration has announced one thing it will not do: pursue policies that protect transgender children in public schools. This move could be quite dangerous, even deadly, science suggests. Transgender children, who are born one biological sex but identify as the other, already face enormous challenges as they move through a society that often doesn't understand or accept them.

Consider this: Nearly half (46.5 percent) of young transgender adults have attempted suicide at some point in their lives, a recent survey of over 2,000 people found. Nearly half. For comparison, the attempted suicide rate among the general U.S. population is estimated to be about 4.6 percent. What's more, a 2015 study in the Journal of Adolescent Health found that transgender youth are two to three times as likely as their peers to suffer from depression and anxiety disorders, or to attempt suicide or harm themselves.

Science News, March 3, 2017

#### [High-Tech Condom Ring Coming Out To Measure Boink Performance](#)

It's kind of a Fitbit for your junk.

"Users will have the option to share their recent data with friends, or, indeed the world," the manufacturer promises.



For the full "Terminator" bionic man effect comes a brave-new-world condom ring to measure almost everything guys have wanted to know about their sexual performance. The i.Con bills itself as the "World's First Smart Condom." ("Welcome to the future of wearable technology in the bedroom," notes manufacturer British Condoms.) In fact, the device is a ring that men can wear with a condom during sex to track a number of pertinent facts. It's not actually available yet, but the company is taking "early bird" registrations around the world for the product, which will sell for about \$75 once it's released sometime in 2017.

Huffington Post, March 3, 2017

[Study explores HPV vaccine acceptability in sexual minorities](#)

Although an HPV vaccine has been available for boys and girls in the United States since 2006, HPV prevalence in heterosexual men is estimated to be about 50 percent. For men who have sex with men (MSM), the estimate is 61 percent for those who are HIV-negative and 93 percent for those who are HIV-positive. Only limited data exist for transgender women (TW) globally. Focusing on Peruvian MSM and TW, a team of researchers has found that a preventive HPV vaccine is widely, though not universally, accepted among those populations.

Medical Express, February 28, 2017

[10 Tips On Helping Teen Boys Express Their Feelings](#)

Football player Jameis Winston's recent comments to elementary students that boys should be "strong" and girls should be "silent, polite, gentle," were met with a lot of criticism. But they also highlighted that plenty of people still hold the same gendered ideas about expressing feelings, even for young children. Plenty of parents nowadays work to emphasize that boys and girls should be able to express their feelings in healthy ways whether those feelings are happy, sad, proud or angry. But it's also important to make it clear that older boys can express those same feelings - even in ways like crying, despite the fact that a boy who cries is still often called weak or overly emotional.



Story contains numerous videos relating to boys' physical and mental health

Huffington Post, February 28, 2017

[Report on caring for teens after sexual assault calls for screening, anticipatory guidance](#)

An updated AAP clinical report on how to assess and care for adolescents who have been sexually assaulted includes guidance on the importance of offering routine screening and prevention messages. Teens and young adults ages 12-34 years have the highest rates of sexual assault, according to Care of the Adolescent After an Acute Sexual Assault from the AAP Committee on Child Abuse and Neglect and Committee on Adolescence. The clinical report is available [here](#) and will be published in the March issue of Pediatrics . "As pediatricians, we are poised to provide anticipatory guidance not only around sexual assault itself but the fact that being cognitively impaired with alcohol and drugs puts someone at risk for being assaulted," she said. "And no one is really immune - it happens to boys, too.

AAP News, February 27, 2017

[Get your boys to check their balls](#)



1. Stand in front of a mirror and look for any signs of swelling.
2. Support your testicles with one hand and feel each one with your other hand.
3. Roll the testicles between the thumb and fingers, feeling for any lumps. It is normal to feel a soft cordlike structure on the top and back of each testicle. Lumps that need to be checked by your healthcare provider may be as small as a grain of rice and are usually quite firm like hard rubber. Also check for areas that feel tender.

Speaking candidly about our genitals' state of health is something not many of us would readily do, so it's



understandable that mums would shy away from addressing the topic with their teenage sons. However, taking the time to talk testicles with your boys could end up saving their lives in the long run. Testicular cancer is one of the most commonly diagnosed types of cancer in men between the ages of 15 and 39 and claims the lives of many young men who are often too scared or embarrassed to speak up when it comes to finding lumps or irregularities in their testicles. Here are some helpful tips to turn 'the talk' into a healthy dialogue between mother and son, and useful facts about testicular cancer to bear in mind.

lafrika.com, February 27, 2017

[AUSTRALIA: Soft drinks a health risk for teen boys](#)

One in six Australian teenage boys is drinking more than 50 litres of soft drink a year, research reveals. One in six Australian teenage boys is drinking more than 50 litres of soft drink a year, research reveals. A Cancer Council study found that 17 per cent of male teens had at least one litre of soft drink a week, compared



with less than 10 per cent of girls drinking the same amount. It also showed that adolescents who drank a lot of soft drink were about twice as likely to not be eating enough fruit and to be consuming more junk food and energy drinks.

Kathy Chapman, chairwoman of the council's nutrition and physical activity committee, said teenage boys were putting themselves at higher risk of adult obesity, a known cancer risk, as well as other chronic diseases. "A litre of soft drink a week may not sound like much, but over a year it equates to at least 5.2kg of extra sugar," she said.

Yahoo News, February 27, 2017

#### [HPV vaccination in older individuals: A mess, perhaps mitigated by herd protection](#)

We know that vaccination with quadrivalent HPV vaccine is apparently most effective the younger the patient. The FDA approval is specifically for patients aged younger than 26 years, and various recommendations focus on vaccination of females - and now males - in younger teenage years. Part of the argument is that exposure is likely to be less at that age, thus allowing the vaccine to exert its fully protective effect. However, the studies cited above suggest that some measure of antibody induction is possible in much older age groups, and that these antibodies actually have a biological impact on viral expression and sometimes early cervix lesions. Skinner and colleagues reported 2 years ago, in the ongoing VIVIANE trial, that there is significant antiviral activity and activity against cervical abnormalities in women aged older than 25 years.

Helio, February 25, 2017

## [Will Betsy DeVos Kill Sex Ed in Public Schools?](#)

Doctors recommend that all teens get vaccinated against the cancer-causing HPV before they are sexually active. But that sort of frank sex-ed talk could be at risk under our new education czar.



Representatives from Focus on the Family who testified at the ACIP HPV vaccine hearings feared that if the HPV vaccine were universally recommended, adolescents would be encouraged to be sexually promiscuous. Despite the concern raised by Focus on the Family, a subsequent study found that the HPV vaccine hadn't freed teenagers to engage in promiscuous sex. I hadn't heard about Focus on the Family again until recently. It was during the confirmation hearings for Betsy DeVos, Donald Trump's pick to head the Department of Education. According to watchdog groups, the Edgar and Elsa Prince Foundation gave at least \$5 million to Focus on the Family. Edgar and Elsa Prince are Betsy DeVos's parents. For 17 years, DeVos has been listed as a vice president of her parents' foundation. One can only hope that DeVos's personal beliefs will not affect how the Department of Education approaches sex education in public schools, especially regarding a common cancer-causing disease and a vaccine that could prevent it.

The Daily Beast, February 25, 2017

## [The Mental Health Effects of Child Sexual Abuse on Males](#)

While females will typically internalize their trauma, males are more likely to externalise their experience through some high-risk behaviours. Females may contemplate suicidal thoughts and develop misconceptions about body image affecting diet. For males who were the victims of childhood sexual abuse are more likely to suffer in educational performance, risky sexual behaviour, social rebellion and



criminal activity. Young men and adolescents are also more likely to engage in binge drinking and experimental drug use. Post-traumatic stress disorder (PTSD) has also been more prevalent in males than females following the incidence of sexual abuse. Males also dominate the number of those who are hospitalised for psychiatric assessment. Perhaps as a consequence of the subsequent educational difficulties that boys face, there is also the suggestion that such men experience significantly more problems developing stable relationships. These include career and employment relationships.

Ground Report, February 25, 2017

[Zika Infection Shrinks Testicles in Mice](#)

Study authors unsure if virus can harm human fertility



Zika virus can be sexually transmitted through semen, and a new mouse study could help explain why that occurs -- and how the virus might damage male fertility. In lab research, Zika attacked the testicles of mice, targeting cells that produce the male hormone testosterone and ultimately causing testes to shrink, the researchers said. These findings

"explain the persistence of the virus in semen," said Dr. Amesh Adalja.

HealthDay, February 22, 2017

[Sex education for teen boys linked to higher dual contraceptive use](#)

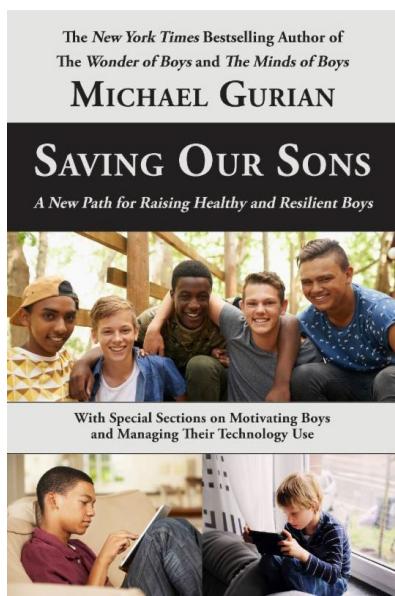
Young men and boys who receive sex education before age 18 are more likely than others to use more than one type of contraception, such as a condom in addition to their female partner's hormonal birth control, according to a small study. "The dual method significantly decreases the chances of contracting a sexually



transmitted infection (STI) or having an unplanned pregnancy," said lead author Nicole Jaramillo, a public health researcher at San Diego State University.

Washington Post, February 11, 2017

### Recent Book Release



Boys and their communities are challenged today in ways they have not been before. Dr. Michael Gurian has studied and served children and their families for thirty years. In his newest book, *Saving Our Sons*, he features the latest research in key areas of boys' lives including developing male emotional intelligence, empathy, and motivation, neuro-toxicity and the male brain, and electronics and video game use. The book is a comprehensive approach to raising sons in the new millennium that links practical strategies for parents and teachers with community intervention ideas based on twenty years of field work through the Gurian Institute,

### SAVING OUR SONS

can be found [www.michaelgurian.com](http://www.michaelgurian.com) and [www.amazon.com](http://www.amazon.com) .

[Adolescent suicide attempts decrease after passage of same-sex marriage laws](#)

Recent findings suggest that implementation of same-sex marriage policies reduced suicide attempts among adolescent sexual minorities. "Prior research suggests an association between same-sex marriage policies and mental health. Use of and expenditures on mental health care significantly decreased among men who have sex with men in the year following legalization of same-sex marriage relative to the year prior in Massachusetts. The effect was not dependent on partnership status, suggesting that same-sex marriage policies may have broad effects on the mental health of sexual minorities beyond the direct benefits of partnership or marriage," Julia Raifman, ScD, postdoctoral fellow at Johns Hopkins Bloomberg School of Public Health, and colleagues wrote. "Hatzenbuehler and colleagues also found that psychiatric disorders increased among adults who were sexual minorities after same-sex marriage was banned in 16 states."



Helio, February 20, 2017

#### [Offering HPV Vaccinations in Pharmacies Improves the Numbers, Reduces Future Cancers](#)

Pharmacists' accessibility and interactions with the public may help increase HPV vaccine coverage. Pharmacies are open longer hours than most primary care provider offices and patients may receive a vaccination without an appointment. The journal Preventive Medicine features data in its February 2017 issue that suggest that a pharmacist-led HPV vaccine provision could increase vaccine coverage. The study authors surveyed 1255 parents of American adolescents on their willingness to have a pharmacist vaccinate their children for HPV. Twenty-nine percent of respondents reported interest in vaccinating their children at a pharmacy. Parents who were willing to have their children vaccinated at pharmacies were more likely to believe that (1) pharmacists are skilled at vaccine administration, (2) the HPV vaccine is as important as other adolescent vaccinations, and (3) pharmacies can improve vaccine access.

Pharmacy Times, February 20, 2017

### [Imaging Study Confirms Brain Differences in People With ADHD](#)

Attention-deficit/hyperactivity should be considered a brain disorder, researchers say

Researchers who pinpointed brain differences in people with attention-deficit/hyperactivity disorder (ADHD), which is far more prevalent in young males than young females, say their findings show the condition should be considered a brain disorder. The international study -- the largest of its kind -- included more than 1,700 people with ADHD and more than 1,500 without the disorder. Participants were between the ages of 4 and 63. "We hope that this will help to reduce stigma that ADHD is 'just a label' for difficult children or caused by poor parenting. This is definitely not the case, and we hope that this work will contribute to a better understanding of the disorder," said study author Martine Hoogman.

HealthDay, February 16, 2017

### [Robert Wood Johnson Foundation and Penn GSE Launch Forward Promise](#)



The Forward Promise National Program Office, supported by a \$12 million investment from the Robert Wood Johnson Foundation, officially launches today at the University of Pennsylvania Graduate School of Education (Penn GSE). The office, which will promote a culture of health for middle- and high school-aged boys and young men of color, will focus on efforts to limit the effects of trauma and foster healing.

Benzinga, February 15, 2017

### [Teens May Go Hungry as Poorest Families Struggle to Feed Kids](#)

In extremely poor American families, teens go hungry more often than younger children, a new study finds. Parents will first forgo food themselves to feed their kids. But if there still isn't enough food for everyone, younger children take priority over teens, the research showed. "If you're really poor, you try to sacrifice yourself first, but when you're forced to make some choices, these parents are deciding to let the teens not have enough," said lead author Robert Moffitt. The Johns Hopkins researchers analyzed data from about 1,500 families in Boston, Chicago and San Antonio, who were surveyed several times between 1999 and 2005. The researchers said about 6 percent of kids who were 11 years old or younger weren't getting enough to eat, and 12 percent of those aged 12 to 18 regularly went hungry. Of those older children, 14 percent of boys didn't get enough food, compared to 10 percent of girls.

HealthDay, February 15, 2017

#### [ART, male circumcision drives down HIV incidence in Uganda](#)

### **Medical Male Circumcision now available free** at Kayunga District Hospital



**Still be faithful and use condoms**



A Ugandan community with an historically significant place in the HIV/AIDS epidemic in Africa experienced a substantial long-term decline in HIV incidence following the scale-up of ART and male circumcision last decade, researchers reported here. The 42% decline in HIV incidence in Rakai district, Uganda, over a 17-year period also coincided with a decrease in sexual activity among

adolescents, according to a prospective study by Mary K. Grabowski, PhD, assistant scientist in the department of epidemiology at the Johns Hopkins Bloomberg School of Public Health, and colleagues.

HealthDay, February 15, 2017

### Low-Income Kids More Likely to Have ADHD, Asthma

Autism more often diagnosed among children in higher-income families, study finds

Children in families struggling to make ends meet are developing asthma and attention-deficit/hyperactivity disorder (ADHD) at faster rates than kids from families with greater means, a new study finds. ADHD is far more prevalent among young males than it is among young females. On the other hand, kids from wealthier families are being diagnosed with autism spectrum disorder more often than children in poorer homes. But that likely indicates that those parents have better access to the health care services that can uncover an autism diagnosis, the study authors said. The findings suggest that family income and access to health insurance play a large role in a child's physical and mental health, said lead researcher Dr. Christian Pulcini. He's a pediatrics resident with the Children's Hospital of Pittsburgh.

HealthDay, February 14, 2017

### Gay Men Less Likely to Have Safe Sex Now: Survey

Better treatments may translate into complacency, HIV experts say

In a sign that powerful new ways to treat and prevent HIV are relaxing attitudes about safer sex, a new survey finds that gay and bisexual men are much less likely to use condoms than they were two decades ago. Men questioned at a Atlanta gay pride event in 2015 -- including HIV-positive men -- were more likely to say they'd recently had anal sex without a condom compared to men who were questioned at the same event in 2006 and 1997. Although there are signs that the rates of other sexually transmitted infections have increased and the possibility of a drug-resistant strain of the once-deadly virus looms, HIV



experts said the condom-less trend may not be as troubling as it appears. "There has been an increase in the understanding that condom-less anal sex is not risky" if men take a drug to prevent HIV infection or take medication if they are already infected, explained Jeffrey Parsons, who was not involved with the study. He's a professor of psychology at Hunter College in New York City who studies HIV and health behaviors. "Eventually, this is likely to result in decreased rates of HIV but also potentially higher rates of other sexually transmitted infections, which are much more easily treated than HIV," he said.

Medline Plus, February 13, 2017

February 14, 2017

On behalf of the board of directors of The Partnership for Male Youth, we're pleased to announce the 2017 National Summit on Adolescent and Young Adult Male (AYA) Health, to be held November 10-12 in Washington DC.

As you know as a supporter of our work, the health conditions that affect AYA males cut across a range of diseases, disabilities and conditions, and hence, specialty areas of clinical practice, public health, the social sciences and education. The purpose of the National Summit is to identify and begin exploring the nexus of health care and other disciplines that can play a role in advancing the health and wellbeing of AYA males, and to identify individuals, organizations and companies that can take the lead and partner with each other in a national, collaborative effort to address this important issue.

The summit will be designed to facilitate interaction and collaboration among these disciplines as well as other public and private stakeholders. The outcomes of the summit will be a scientific report on the state of current knowledge in the area of AYA male health and a multi-year action agenda for advancing AYA male health in areas from research to public policy.

We're very excited about this initiative. As a reflection of the Partnership's collaborative approach to addressing AYA male health, we are eager to have broad participation in the summit. To that end, if you would like to receive regular email updates about our progress, please register [here](#). The summit website will be announced shortly; in the meantime if you have any questions, ideas you would like to discuss or would like to participate in this effort please contact Dennis at (202) 841-7475 or [dbarbour@partnershipformaleyouth.org](mailto:dbarbour@partnershipformaleyouth.org).

Thanks for your continuing support, and here's to working together on behalf of our young males!

A handwritten signature in black ink that reads "David".

David L. Bell, MD, MPH

Chair

The Partnership for Male Youth

A handwritten signature in blue ink that reads "Dennis".

Dennis J. Barbour, JD

President and CEO

The Partnership for Male Youth

[Throat Cancer is Becoming a National Health Epidemic Say Oral Fitness Experts](#)



"HPV can cause cervical cancer, as well as cancer in the back of the throat, including the base of the tongue and tonsils, though these are not the same strains of the virus. Cancer often takes years, even decades, to develop after a person gets HPV. More than half of American men who are having sex will get HPV at some point in their lives."

According to the CDC, there is no approved test to check for HPV in the mouth or throat; this is why regular visits to your dentist are critical. A dentist can monitor any changes in your mouth. There are HPV tests that can be used to screen for cervical cancer.

California Newswire, February 10, 2017

#### [AAP reports teenage immunizations fall short of targets](#)

Immunization is a key preventive cornerstone of pediatric care but efforts often fall short with adolescents, according to two new clinical reports released by the American Academy of Pediatrics earlier this week. Nationally, adolescent vaccination rates lag well below the targeted threshold of 80% or greater for the HPV and influenza vaccines. Vaccination rates also vary considerably by vaccine and by state. During the 2015-16 influenza season, only 46.8% of adolescents ages 13 through 17 were vaccinated against the flu. And while HPV vaccination rates are improving slowly, only 40% of girls and 22% of boys had completed the then-recommended three-dose series of the HPV vaccine in 2014.

Drug Store News, February 9, 2017

#### [Sex education for teen boys linked to higher dual contraceptive use](#)

Young men who receive sex education before age 18 are more likely to use more than one type of contraceptive method during sex, such as a condom in addition to their female



partner's hormonal birth control, according to a small U.S. study. "The dual method significantly decreases the chances of contracting a sexually transmitted infection (STI) or having an unplanned pregnancy," said lead author Nicole Jaramillo, a public health researcher at San Diego State University in California.

Yahoo News, February 8, 2017

### Can the HPV Vaccine Protect Against Skin Cancer?

The HPV vaccine, which protects against several strains of the human papillomavirus , shows potential for preventing new spots of skin cancer from popping up in people who have had skin cancer in the past, a new report of two patients' cases suggests. Previous research has suggested that there's a link between HPV and certain types of skin cancer. However, the study was very small, and more research in larger groups of patients is needed before scientists can determine if the HPV vaccine really does reduce skin cancer risk.

Live Science, February 8, 2017

### ACS endorses two-dose HPV vaccination schedule



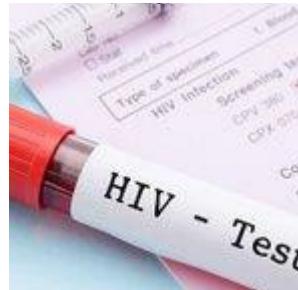
The American Cancer Society endorsed the updated recommendations from the Advisory Committee on Immunization Practices that support a two-dose schedule for boys and girls who initiate HPV vaccination from 9 to 14 years of age. "In the past several years, studies have shown

the vaccine is even more effective than expected," Debbie Saslow, PhD, senior director of HPV-related and women's cancers for ACS. "This new two-dose regimen is easier to follow, and we now know is very effective in preventing HPV, which is linked to a half dozen types of cancer."

Helio, February 7, 2017

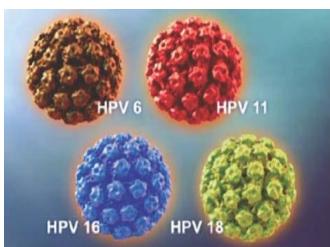
## [At-Risk Baltimore Youth Need Access to HIV Testing](#)

With over 1.2 million individuals living with HIV in the United States, the virus continues to be a major public health concern. For younger individuals (15-24 years of age) who are at increased risk, particularly men who are a part of racial/ethnic minority populations and men who have sex with men (MSM), testing is imperative. Unfortunately, testing rates for these at-risk populations remain low. Researchers from Johns Hopkins University decided to find out if these rates were low simply because the testing was not accessible to these populations. According to first author Arik Marcell, MD, MPH, "The study demonstrates the need for more transparent cross-collaboration between clinical and nonclinical realms that serve youth. We can do a better job to bridge these historical silos, and, as a result, improve the care youth receive. Having a better understanding of community-based organizations that serve youth can help clinical settings and HIV testing programs improve the access to youth being tested, especially in cities with high rates of HIV, such as Baltimore."



Contagion Live, February 7, 2017

## [Men: The STD You Have a 75% Chance of Contracting in Your Lifetime](#)



Data published in JAMA Oncology reveals for the first time just how many U.S. men have HPV right now. According to a nationwide survey of 18- to 59-year-olds, 45 percent of guys currently carry this virus. However, the youngest men - the 18- to 22-year-olds, who likely have less sexual experience and are more apt to have been vaccinated - skew this average way low. Looking at a few of the older groups, HPV rates among 28- to 32-year-olds are an eyebrow-raising 51 percent, while a sky-high 60 percent of 58- and 59-year-olds have the virus.

Men's Journal, February 7, 2017

[STD testing rates low in adolescent sexual minority males](#) (registration required)

Low levels of testing were found among sexually experienced adolescent sexual minority males (ASMM), especially those who reported sex without a condom at last intercourse.

Univadis.com, February 6, 2017

[AAP reports highlight how to optimize adolescent immunization](#)

Over the past decade, the AAP-recommended immunization schedule for 11- through 18-year-olds has become more complex due to the introduction of vaccines that protect against serious pathogens such as meningococcus, pertussis and human papillomavirus (HPV) and the recommendation for annual vaccination against influenza. The Academy has released two clinical reports to consolidate information on these vaccine-preventable diseases and their consequences, and to support pediatricians in achieving high vaccination rates in their adolescent population.



AAP Gateway, February 6, 2017

[CDC, AAFP Release 2017 Immunization Schedules Updates Include New HPV, MenB and HepB Vaccine Recommendations](#)

The CDC and its Advisory Committee on Immunization Practices (ACIP), together with the AAFP and other medical professional organizations, have released the 2017 adult and childhood immunization schedules. Changes this year include updated recommendations for a two-dose schedule of nine-valent HPV vaccine (HPV9; Gardasil 9) for patients ages 11-12, a two-dose schedule of meningitis B vaccine (MenB) for adolescents, a clarification regarding recommended adult candidates for hepatitis B (HepB) vaccine and revisions designed to make the adult schedule easier to navigate.

AAFP, February 6, 2017

[Black Americans Still Undertreated for HIV](#)



Although progress has been made, blacks in America are still being hit harder by HIV/AIDS, a new report from the U.S. Centers for Disease Control and Prevention says. The findings also indicated that many black men may be infected with HIV for years without knowing it. The CDC study found that of more than 12,200 black men and women diagnosed with HIV in 2014, nearly 22 percent had progressed to AIDS by the time they were diagnosed. That means diagnosis and treatment is often coming too late. Moreover, among all black Americans with HIV in 2013, only about 54 percent were receiving continuous medical care. Of those getting care, less than half had effectively suppressed the virus. This is far below the National HIV/AIDS Strategy goals of 90 percent of HIV patients in treatment and 80 percent with undetectable HIV by 2020, the study authors noted.

Health Day, February 3, 2017

[Irish Cancer Society warns parents about fake HPV vaccine news](#)



The Irish Cancer Society is warning parents to beware of misleading information about the HPV vaccine. Health professionals are said to be concerned about a significant drop in the numbers getting the vaccination. It's reported that just 50% of girls have taken up the offer of the first dose,

down from 87% two years ago. The Irish Cancer Society says parents are being frightened by fake news that the vaccine has serious long term side effects. Dr. Brenda Corcoran from the National Immunisation Office, says they've got spread the word the vaccine is safe and effective. "It is a challenge to all of us to counteract alternative facts which parents are reading and parents are believing. "Unfortunately they are not true. We have to be more involved in social media, we have to be more involved in ways that parents connect with each other to get the information out through whatever means."

Irish Examiner, January 27, 2017

[Kids with ADHD make 6.1 million doctor visits a year in U.S.: CDC](#)

Kids with attention-deficit/hyperactivity disorder account for more than 6 million physician office visits a year in the United States, say U.S. health officials. An average 6.1 million trips to a doctor, pediatrician or psychiatrist by children aged 4 to 17 in 2013 involved treatment for diagnosed ADHD, according to a report from the U.S. Centers for Disease Control and Prevention. The percentage has increased from a decade earlier, when 4 percent of physician visits were related to ADHD treatment, she said. This new research finds that the ADHD visit rate was more than twice as high for boys as for girls. Boys visited the doctor at a rate of 147 per 1,000, compared with 62 per 1,000 for girls.



UPI, January 26, 2017

[COMMENT: HIV Criminalization And Black Men](#)



For many black people, HIV isn't a death sentence. It's a prison sentence.

Centers for Disease Control (CDC) data shows that Black people, especially young black gay and bisexual men continue to account for more than half of new HIV diagnoses, the largest single category of people living with HIV, and they are already disproportionately criminalized because of the color of

their skin and their sexual orientation. Coming from socially and politically vulnerable communities in the Deep South, many of us face multiple intersections of stigma and discrimination, as well as a very tense history with the public health system and police violence, even before the advent of HIV.

Huffington Post, December 1, 2016

[How Trump's executive order impacts future of the Affordable Care Act](#)



The executive order may not have much impact for 2017, since government rules for this year have already been incorporated into contracts signed with insurance companies. Departments like Health and Human Services and Treasury will have to issue policies that embody the new president's wishes. The Trump administration can rewrite regulations carrying out the

legislation. New regulations cannot be issued overnight, but would have to follow a legally established process that requires public notice and an opportunity for interested parties to comment on the administration's changes.

PBS NewsHour, January 21, 2017

#### [Nearly half of U.S. men infected with HPV, study finds](#)

Many American men are infected with the cancer-causing human papillomavirus (HPV), but unlike women, men are more likely to stay infected throughout their lives, a new study finds. About 45 percent of U.S. men are infected with the sexually transmitted disease, as are 45 percent of women. Among women, the prevalence of HPV infection drops to about 22 percent as they age, but it remains high among men, said lead researcher Dr. Jasmine Han. She is in the division of gynecologic oncology at Womack Army Medical Center, in Fort Bragg, N.C. "We don't know why it stays high in men while it drops in women," she said. "Among men it's higher than expected." Han speculates that the virus may remain in men because it lives in the penile glands, while in women, the virus is near the surface of the vagina and is more easily shed.



UPI, January 20, 2017

[HPV: Almost Half Of US Men Infected With Cancer-Causing Human Papillomavirus; Should Vaccine Be Mandatory?](#)

A new report compiled by scientists from the Womack Army Medical Center in North Carolina revealed that although an equal percentage of U.S. men and women are infected with HPV (45 percent), vaccination rates are much lower for men. Based on this information, the study's lead author has suggested that the HPV vaccine become mandatory in order to prevent all genders from further cases of HPV-related cancers.

Medical Daily, January 20, 2017

[Study Maps "Uniquely Devastating" Genital Injuries Among Troops](#)

A new report on one of the most dreaded war wounds finds that 1,367 men in the United States military suffered injuries to their genitals or urinary tract in Iraq or Afghanistan from 2001 to 2013, mostly from bomb blasts. More than a third of the injuries were severe. The report, published this week by military researchers in *The Journal of Urology*, is thought to be the most comprehensive review of so-called genitourinary injuries in veterans. The problem was recognized before, but the extent was uncertain. The number of cases is "unprecedented" and the injuries "uniquely devastating" because they can impair a man's ability to have sex, father children or urinate normally, according to the report. Most of the wounded men - 94 percent - were 35 or younger, in "their peak years of sexual development and reproductive potential," the report said, adding that the psychological toll was especially heavy in such young men. Researchers say these men are at high risk for suicide.

New York Times, January 13, 2017

[Joint Statement by 69 Cancer Centers Supports CDC's HPV Vaccination Guideline](#)

Late last year, the CDC released new guidelines on vaccinating children against the human papillomavirus (HPV)-the new recommendations suggest fewer

shots and spacing them apart. Now, a conglomerate of 69 National Cancer Institute-designated cancer centers has come together to endorse the CDC's recommendations. According to the new recommendations, 11- to 12-year-olds should be administered 2 doses of the 9-valent vaccine, which should be spaced 6 months apart. However, adolescents and young adults, 15 years and older, should be administered 3 doses. "This collaborative effort is a tremendous opportunity to raise awareness of these new recommendations and the importance of HPV vaccination, knowing that most people will be exposed to HPV at some point in their lives," Lois Ramondetta, MD, professor of Gynecologic Oncology and Reproductive Medicine at MD Anderson Cancer Center, said in a statement. "We hope that requiring 2 shots instead of 3 will make it easier for children to be vaccinated, bringing rates closer to the Healthy People 2020 goal of 80%."

American Journal of Managed Care, January 12, 2017

[Lawrence Solomon: How vaccine safety turned into one of Trump's first presidential priorities](#)



With repealing Obamacare, building a wall, cutting corporate taxes and keeping jobs at home all high on Donald Trump's agenda, the announcement Tuesday that he asked Robert F. Kennedy Jr. to consider chairing a commission into vaccine safety and scientific integrity took many by surprise. It shouldn't have.

Vaccines and his belief that

they can cause autism are personal to Trump, who held multiple meetings with vaccine skeptics in the late stages of the presidential campaign and into the packed transition period prior to assuming the presidency. Moreover, although vaccine skeptics are often associated with far-left Birkenstock elites, many Republicans - including top Republicans close to Trump - have expressed doubts about the uncritical acceptance of vaccines.

Financial Times, January 11, 2017

#### [Student Athletes Emulate the Pros in Abusing Prescription Painkillers](#)

At least one study put the number of college student athletes who've used prescription medications to enhance their performance at as high as 53.3 percent. And another recent study on high school athletes, published online in the Journal of Child & Adolescent Substance Abuse, reported that 12 percent of male seniors and 8 percent of female seniors admitted to abusing painkillers.

The Herald, January 11, 2017

#### [Talking With Both Daughters and Sons About Sex](#)

Parents play a key role in shaping sexual decision-making among adolescents - especially for girls. A 2016 review of more than three decades of research found that teenagers who communicated with their parents about sex used safer sexual practices. Likewise, new research from Dutch investigators who studied nearly 3,000 teenagers found that young adolescents who reported feeling close with a parent were unlikely to have had sex when surveyed again two years later. Notably, both research teams found that daughters benefited more than sons, and that the effective conversations and relationships were typically had with mothers. According to Laura Widman, lead author of the review study and an assistant professor of psychology at North Carolina State University, "parents tend to talk about sex more with daughters than with sons, and we can speculate that that's what's probably driving these findings. Boys may not get the messages as frequently or have the kind of in-depth conversations that parents are having with girls."



New York Times, January 11, 2017

#### [Male Sexual Health: Why Young Men Don't Get The Information They Need About Reproductive And Sexual Health](#)



Fear is one barrier that keeps some young men from racial and sexual minority groups from getting proper sexual health care. A study in the Journal of Adolescent Health used information from several dozen black and

Hispanic guys between 15 and 24 years old to determine their own perceptions of factors that work for or against their reproductive health care. Of the young men in the study, 16 percent were gay or bisexual. The researchers from Johns Hopkins University School of Medicine found that some young men

reported concern about the stigma of being seen at certain clinics, like those where health care professionals test for sexually transmitted diseases. They said that was something that could keep them from getting adequate care for their sexual and reproductive health. They also expressed concerns about long wait times at clinics, privacy issues, and the cost of care.

Medical Daily, January 10, 2017

[New study reveals significant use of indoor tanning among sexual-minority adolescent boys](#)

In a new study of indoor tanning and skin cancer risk, the use of indoor tanning among non-heterosexual black male teens was found to be nearly equal to that of heterosexual white females. The study led by San Diego State University researcher Aaron



Blashill, was recently published in the journal JAMA Dermatology. "Contrary to popular thought, racial and ethnic minorities engage in indoor tanning and it appears to be particularly concentrated among sexual-minority adolescent boys," said Blashill, an assistant professor of psychology.

Medical Life Sciences News, January 6, 2017

[Females seeking a sex partner can tell whether males experienced stress during adolescence](#)



Among dominant pairs, female rats preferred the stressed males, spending more time with and visiting them more often. Among submissive pairs, females spent more time with control males than with social stress males. The results show that experience of stress in

adolescence leads to long-lasting changes in males that are perceptible to females, are moderated by social status and influence sexual behavior.

Science Blog, January 5, 2017

#### [Stores may steer teen boys to supplements doctors advise against](#)

Posing as a 15-year-old athlete wanting to bulk up during strength training, a researcher asked more than 200 health food stores whether he should take a sports performance supplement containing creatine. Despite recommendations against using creatine under age 18 by the American Academy of Pediatrics (AAP) and the American College of Sports Medicine, more than two-thirds of the stores' sales attendants told him to give it a try. Creatine is a naturally occurring compound involved in the production of energy in the body. Risks of creatine use include liver and kidney damage, dehydration and muscle cramps. [The study](#) was conducted by undergraduate student researchers participating in a summer clinical research program at Cohen Children's Medical Center in New York in 2014.

Multiple Sources, January 5, 2017

#### [Too much TV and video linked to mental health issues for boys, not so for girls: research](#)

Boys who watch an average of two hours of television every day are at a 2.6-time higher risk of developing "conduct and emotional problems". New research

from the Murdoch Childrens Research Institute has found a link between time watching television or playing video games and mental health among boys.

Sydney Morning Herald, January 5, 2017

### [Diagnosis of Concussions in Adolescent Male Athletes](#)

Concussions are the result of an impactful force applied to the head usually leading to temporary unconsciousness. If severe, they can lead to long-term neurological dysfunction. Concussions are a major health concern, specifically in adolescents and athletes, and are often difficult to diagnose.



A recent study published by Springer introduces plasma metabolomics profiling, a new method for diagnosing concussions and determines its function in adolescent male hockey players.

Medical News Bulletin, January 5, 2017

### [On The Men Who Rattled Pop's Gender Rules - And What It Means To Lose Them Now](#)



David Bowie

, Prince and George Michael are all pop icons who died in 2016. But there is something else that connects them: They all helped to redefine the concept of masculinity in pop culture. Cultural critic Wesley Morris has been thinking about how these artists performed gender and sexuality. He recently wrote in The New York Times that in today's climate, "The Princes and the George Michaels seem as radical as ever." Morris joined NPR's Ari Shapiro to discuss how Bowie, Prince and Michael called upon their audiences to reimagine what it is to be a man. Hear their full conversation at the audio link and read an edited transcript below.

NPR, December 30, 2016

[Few young men are unable to report last partner's contraceptive use](#)

Most young men say they know whether their last sexual partner used birth control and what kind it was, according to a recent U.S. study. The results provide valuable data for programs intended to prevent unplanned pregnancies that are aimed at young men, the researchers write in American Journal of Men's Health.

Reuters, December 26, 2016

[Student bullying on school buses: Comparing teen boys and girls](#)

Teenage boys who take the bus to school have a greater chance of being bullied than those who use other types of transportation, according to a recent study that also suggests girls generally are more likely to be bullied than boys.

Journalist's Resource, December 15, 2016

Journal Article

[Sex and Racial/Ethnic Differences in Positive Outcomes in Delinquent Youth After Detention A 12-Year Longitudinal Study](#)

Karen M. Abram, PhD1; Nicole M. Azores-Gococo, MS1; Kristin M. Emanuel, PhD1; et al

JAMA Pediatr. Published online December 19, 2016.

doi:10.1001/jamapediatrics.2016.3260

**Findings:** This 12-year longitudinal study of 1829 delinquent youth found that, 12 years after detention, only 21.9% of males and 54.7% of females had achieved more than half of the 8 positive psychosocial outcomes examined. Minority males, particularly African Americans, were the least likely to achieve age-appropriate milestones.

[CDC: Two-Dose Regimen of HPV Vaccine Sufficient Up to Age 15](#)

Children aged 9 to 14 years can now receive the human papillomavirus (HPV) vaccine on a two-dose schedule, rather than a three-dose one, according to updated recommendations issued by the Centers for Disease Control and Prevention (CDC). The recommendations are based on the findings of a year-long review of new clinical trial data conducted by the Advisory Committee on Immunization Practices (ACIP). The data show that among girls and boys in this age range, immunogenicity associated with the

two-dose regimen was not inferior to, and in some cases was superior to, that seen with the three-dose regimen.

*Medscape, December 15, 2016*

[STC Poses the Question - The HPV Vaccine To Prevent Cancers In Men: How Are We Doing?](#)

How are we doing in getting our young people vaccinated? STC recently reviewed vaccination rates for young males and females (9-18 years old). Using data from a number of state public health departments (with a sample size of over 3 million cases) revealed a completion rate for all three doses of 15.5% for girls and just 11% for boys.

Digital Journal, December 15, 2016

[What Parents of Early-Teen Boys Need to Know](#)

A glance into any middle-school classroom tells the tale: Boys in braces, papers spilling out of their backpacks, watch in silence as girls 6 inches taller, their homework all done, wave their hands in the air to give answers. The maturity gap between boys and girls looms largest in the early-teen years. New research on adolescent development reveals exactly which skills develop more slowly in boys after they enter puberty, and where they surpass their female classmates. Boys do catch up. Research shows boys' and girls' performance on many tasks tends to converge around age 15. But early adolescence is a critical stage when children are developing a sense of personal identity and social status. The research lends insight into the kind of support early-teen boys may need.

*Wall Street Journal, December 13, 2016*

[More are positive about HPV vaccine on Twitter than not, Drexel study finds](#)

"In our sample, I expected to see a large number of negative tweets based on traditional news coverage of the topic and because HPV can be portrayed as controversial because it brings together the fields of sexually transmitted infections, immunizations and cancer

prevention," Massey said. "But that wasn't the case on Twitter, we found." A vocal portion of the population has been lashing out -- especially online -- against the immunization due to perceived side effects. Massey's study sought to quantify how much content that negative population might be posting online. And through analyzing nearly 200,000 English-language tweets between the summers of 2014 and 2015, Massey and his team found that the most popular sentiment attached to tweets about the HPV vaccine were positive. Almost 39 percent of tweets gathered were classified as positive, while negative sentiments were detected in just a little more than 25 percent of the tweets analyzed.

*Eureka Alert, December 12, 2016*

### Young Males: Keep it Moving

By now it is pretty well accepted both that physical inactivity is bad - recently linked to 6 percent of all cases of heart disease worldwide and 11 percent of all premature deaths in the United States - and that exercise is good, because it tends to increase life span and protect against heart disease. Yet few studies actually show that exercise reduces the unhealthful impacts of too much sitting. People who work out but also sit for long hours - active couch potatoes, you might say - may often share the same elevated risks for disease and early death as their less active peers. A study published last month in *The American Journal of Physiology - Endocrinology and Metabolism* is one of the first to directly compare exercisers who also sit extensively with those who are more active generally. For their study, researchers from the University of Texas at Austin asked seven healthy young male volunteers to wear monitors and spend four active days in a row and four sedentary days in a row. When active, the subjects walked as often as they could, averaging more than 17,000 daily steps, and ended up sitting for a total of roughly eight hours a day on average; when sedentary, they sat for 14 hours or so. The findings suggest that a single vigorous workout may do little to counter the effects of prolonged sitting, while strolling around frequently in addition to exercising does seem to keep the harm at bay.

*New York Times, December 9, 2016*

[Measure your penis and chat about mental health, young Swedes told](#)

A clinic in southern Sweden hopes that its new penis measuring tape will convince more young men to stop by for appointments. The tape, which measures diameter rather than length, is designed to help young men find the appropriate size of condom. It is part of a new project in collaboration with the Blekinge county council which aims to get more young men to visit youth clinics. "When you get guys to visit you can move on to mental health, so we want to get them here one way or another," Emelie Svensson, a district nurse at the clinic told radio station P4 Blekinge. Since October the clinic has been visiting male-dominated upper secondary school courses to inform them about their work and sexual health, and will now also begin to visit homes for vulnerable young people. The Blekinge clinic is not the first in Sweden to use this kind of scheme. This time last year a public clinic in Stockholm started handing out measuring tapes to young men in an effort to encourage them to practice safer sex.

*The Local SE, December 7, 2016*

[Philippines HIV prevention policies leave behind men who have sex with men: rights group](#)

The Philippines is not doing enough to tackle soaring HIV prevalence among men who have sex with men by offering greater access to HIV testing and condoms, an international rights group said on Thursday. The prevalence of HIV among men who have sex with men in the Southeast Asian country has increased tenfold over the last five years, Human Rights Watch (HRW) said in a report. Last year, at least 11 cities in the Philippines reported HIV prevalence rates of more than 5 percent among men who have sex with men, the study said. The Philippines introduced effective policies targeting the outbreak of HIV among sex workers in the 1990s, however "it has failed to adapt its prevention strategies in line with the epidemic's shifting epicenter", HRW said in a statement.

*Business Insider, December 7, 2016*

[Tip for Improving HPV Vax Rates in Youth: Just tell parents that kids are due for immunizations](#)

Training providers to inform parents that adolescents are due for an HPV vaccine, as opposed to engaging in an open-ended conversation, is an effective way to increase vaccine initiation, according to a study published in *Pediatrics*. Clinics that received announcement training reported a 5 percentage point increase in HPV vaccine initiation coverage for 11- and 12-year-olds at 6 months compared with control clinics (95% CI 1.1% to 9.7%), reported the researchers, led by Noel T. Brewer, PhD, of the University of North Carolina School of Public Health in Chapel Hill and chair of the National HPV Vaccination Roundtable. Conversely, providers who were trained on participatory conversations did not see an increase in coverage.

*MedPage Today, December 5, 2016*

[Men More Likely to Use Marijuana Than Women, Study Finds](#)

*Researchers suggest 2007 recession may have spurred rise in pot use among men with low incomes*

As more American adults choose to puff at the marijuana pipe, a gender difference is becoming clear -- men are significantly more likely to smoke pot than women, a new study finds. Compared with 2002, an additional 6 million men reported past-year pot smoking in 2014. For women, that number was 4 million, the researchers said. Use remained at about 13 percent for men and 7 percent for women for a number of years. But after 2007, use rose about 4 percent among men and 3 percent among women, according to study authors Hannah Carliner and Deborah Hasin. They are epidemiologists at the Columbia University Mailman School of Public Health in New York City. "These changes parallel national trends in decreased perceived harmfulness of marijuana use, and legalization of both recreational and medical use in over half of U.S. states," Carliner said in a university news release. "However, changes in attitudes and legality do not sufficiently explain why we observe a sharp increase in use in 2007, or why this increase was greater in men than in women," she added. Further investigation revealed that the widening gender gap was driven by people with low incomes. Between 2007 and 2014, marijuana use increased about 6 percent among men in households earning less than

\$20,000 annually, compared to only 2 percent of women in that group.

*Medline Plus, December 5, 2016*

**WEBCAST: Niobe Way, "The Crisis of Connection for Adolescent Boys"**



Partnership board member and NYU Professor Niobe Way explains how boys' intimate friendships in early and middle adolescence support their mental health. By age adolescence, many boys speak of losing the close male friendships and reveal feelings of loneliness and isolation. The webcast illuminates the dangers of assuming that boys don't want or need close male friendships and the importance of fostering positive friendships that can help adolescent boys thrive.

*Office of Adolescent Health, DHHS, December 1, 2016*

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**Young guys may think preventing HPV is "women's work"**

Pitts and her collaborators presented findings on the perceptions college-age men hold about HPV at the National Communication Association's recent annual convention in Philadelphia. Pitts and colleagues also published a [related article](#) earlier this year in *Health Communication* entitled College Males' Enduring and Novel Health Beliefs about the HPV Vaccine. The team involved 84 undergraduate or newly graduated men in the study. The team held focus groups in which the men were able to discuss their beliefs, attitudes, and values associated with HPV. "Males are an important and overlooked population in HPV prevention," Pitts says. "The more we see equality with HPV messages targeting both males and

females, the better. That will help to prevent the spread of HPV and negative health consequences in the future." Pitts is also studying male perceptions about the HPV vaccine, and what barriers exist for getting it. "For years, professionals have said women are at high risk of getting HPV, but we can now protect them through the vaccine. But no one was thinking about the male role," Pitts says.

*Futurity, December 2, 2016*

[Why do so many U.S. teens skip the HPV vaccine?](#)

Vaccination rates were measurably higher among teenagers who received a recommendation by a medical provider. Rates for girls living in the Midwest and boys from low-income families eligible for the "Vaccines for Children" program were also higher. But while provider recommendation was "the strongest predictor" of vaccine completion, it was "insufficient to achieve high coverage rates, especially among boys," according to the study published in the *Journal of Community Health*. In addition, provider recommendation did not lead to a higher rate of vaccine acceptance among girls with "highly educated" mothers. "Highly educated mothers were immune to provider recommendations, suggesting that they may arrive at clinic visits with preconceived notions of what is appropriate for their child," the study says. "This paradox suggests some caregivers may perceive messages conveyed by clinicians as an option, rather than a direct recommendation. "Failure to address the skepticism of caregivers about HPV vaccines may significantly weaken the effectiveness of provider recommendations," the authors say.

*Futurity, December 2, 2016*

[California Has High Aspirations For Lowering HIV Infections](#)

Zero.

That's the number of new HIV infections California officials are aiming for under a comprehensive initiative released this fall. The "Getting to Zero" plan, intended to guide the state's AIDS policy from 2017 to 2021, is designed to boost surveillance, increase access to care and eliminate disparities in treatment. "Thanks to better treatment and prevention options, new testing technology and better access to health care, California has reached a point

where we can envision the possibility of zero new HIV infections," said Dr. Karen Smith, director of the California Department of Public Health.

*California Healthline, December 2, 2016*

### Mouth cancer rates soar over 20 years

A Cancer Research UK analysis reveals that rates of mouth (oral) cancer have jumped by 68% in the UK over the last 20 years. The figures - released during Mouth Cancer Action Month - reveal the cancer is on the rise for men and women, young and old, climbing from eight to 13 cases per 100,000 people over the last two decades. For men under 50, the rate has jumped by 67% in the last 20 years - going up from around 340 cases to around 640 cases each year. For men aged 50 and over, rates have increased by 59% climbing from around 2,100 cases to around 4,400 cases annually. Oral cancer is more common in men, but there have been similar increases women. Around nine in 10 cases are linked to lifestyle and other risk factors. Smoking is the biggest avoidable risk factor, linked to an estimated 65% of cases. Other risk factors include alcohol, diets low in fruit and vegetables, and infections with the Human Papilloma Virus (HPV).

*Drug Target Review, December 1, 2016*

### No play makes your son a dull boy: Study

The study showed that adolescent boys spending less time in physical activity and more hours in sitting idle are prone to show poor academic skills. "Boys who had a combination of low levels of physical activity and high levels of sedentary time had the poorest reading skills through Grades 1-3," said Eero Haapala from the University of Eastern Finland. On the other hand, increasing physical activity and reducing sedentary time, may improve academic achievement, the researchers said. It could improve reading skills amongst boys in Grades 1-3. This was also associated with better arithmetic skills among boys in Grade 1. However, in girls, there were no such strong and consistent associations of physical activity and sedentary time with reading or arithmetic skills, the study observed.

*IANS LIVE, December 1 2016*

### Doctors Seeing More HIV Patients With Multidrug Resistance

*People resistant to older medication also have problems with newer drug, study finds.*

A significant number of people with HIV have strains of the AIDS-causing virus that are resistant to both older and newer drugs, researchers report. The researchers looked at 712 HIV patients worldwide whose infection was not controlled by antiretroviral drugs. They found that 16 percent of patients whose infection was resistant to modern drugs had HIV mutations linked with resistance to older drugs called thymidine analogues. Among patients whose HIV had this mutation, 80 percent were also resistant to tenofovir, the main drug in most modern HIV treatment and prevention programs, the researchers reported. The findings were published in the Nov. 30 issue of The Lancet Infectious Diseases journal. "We were very surprised to see that so many people were resistant to both drugs, as we didn't think this was possible," study lead author Ravi Gupta, of University College London, said in a school news release.

*Healthfinder, December 1, 2016*

### HIV Treatment Good and Getting Better

*On World AIDS Day there is much to celebrate*

When the first World AIDS Day was marked, on Dec. 1, 1988, only one drug -- zidovudine (AZT) -- had been approved to treat HIV. And it was already becoming clear that, by itself, AZT could not stop progression to AIDS. On World AIDS Day 2016 -- nearly 30 years later -- the picture is dramatically different. There is still no cure for HIV. There is still no vaccine. Millions of people around the world catch HIV every year and many still die.

But some 18.2 million people are on HIV therapy, including a million who started in the past 6 months, according to the United Nation Joint Programme on HIV//AIDS (UNAIDS), and that treatment can save their lives.

*MedPage Today, December 1, 2016*

### Why Don't Doctors Tell Patients the HPV Vaccine Can Prevent Anal Cancer?

When it comes to the HPV vaccine cancer-preventing benefits for boys and men, much attention has been given to the association

between the virus and cancers of the mouth and throat. But there are other HPV-related cancers that men can get. Of men with cancers caused by HPV, about 14 percent are anal cancers, according to Dr. Stephen Goldstone, a New York City surgeon and assistant clinical professor in surgery at Mount Sinai's Icahn School of Medicine, who specializes in the treatment of cellular changes related to HPV. In a recent conversation, Dr. Goldstone stressed that men who have never had sex with other men can still get anal warts or cancer, but the substantial preponderance of HPV-related anal cancers occur in gay or bisexual men. Often, however, the discussion about HPV and cancer risk in men stops at the neck or fails to include the vaccine's broader protective benefits for men who have sex with other men. Like so many potentially fraught topics in medical care, balancing the reality of persistent homophobia with the need to fully educate parents about the benefits of a cancer-preventing vaccine requires nuance and a willingness to tolerate potentially awkward conversations. Even if the potential benefit is greater for those who may grow up to be gay or bisexual, the protective effect against anal cancer applies to all boys, and it should be included as part of the reasons to recommend it. And any discussion about the vaccine for older patients that doesn't specifically mention queer men does a disservice to those who need the information most.

*Slate, November 30, 2016*

#### [Majority of Brits unaware of a leading mouth cancer cause](#)

As a result of the Oral Health Foundation survey, conducted for Mouth Cancer Action Month, the charity is calling on dental and health associations and bodies, the government and policy-makers, as well as other charities, to help increase public awareness of the potential impact of HPV in a bid to reduce the amount of lives lost to mouth cancer each year. The Oral Health Foundation particularly wants further education and support for those aged between 25 and 34. This group displayed least awareness of the link but are conceivably at the highest risk due to low HPV vaccination levels and high levels of sexual activity.

Dentistry,        November        30.        2016 [\\_](#)

#### [Shanghai reports more HIV infections of young males](#)

Shanghai has reported fewer new HIV infections this year than last year, while the figure in young males has seen a significant growth, the city's health authorities said Wednesday. Data from Shanghai Municipal Commission of Health and Family Planning shows, from Jan. 1 to Nov. 20 in 2016, Shanghai reported 1,959 new HIV infection cases, 0.8 percent lower than the same period last year. The city reported 318 new HIV cases in males aged 18 to 24 during that period, a surge of 79.7 percent year on year.

*Xinhuanet, November 30, 2016*

#### [Young Men And Mental Health: Challenging Stereotypes](#)

The Office for National Statistics reported that 75% of the 6122 suicides in the UK in 2014 were undertaken by men. That's roughly 12 men every day. Shockingly, many of those will not have been in contact with any mental health professional. Only 53% of men who have felt depressed have actually spoken to anyone about it. Throughout the history of mankind, the male persona has been the epitome of stoicism, strength and courage. The male heroes from childhood stories instil in us the (perhaps dangerous) notion that the best kind of man is all of these things, and therefore dependable in the face of great adversity. Maybe the need to be strong, physically and mentally, goes some way to explain why men often only seek help when the mental condition has become extreme, making it all the harder to treat.

*Huff Post Young Voices, November 30, 2016*

#### [CANADA: HPV RATES ON THE RISE IN MEN](#)

A new study has been released and human papillomavirus (HPV) in men in Canada is on the rise. Mouth and throat cancers caused by HPV have been rising steadily over the past two decades, with a "dramatic" increase among Canadian men, according to a new report from the Canadian Cancer Society (CCS). According to this new study, the incidence of HPV-related mouth and throat cancers increased 56 per cent in males and 17 per cent in females, between 1992 and 2012. "In 1992, the age-standardized incidence rate (or ASIR) of those cancers was 4.1 per 100,000 Canadian

males. In 2012, it was 6.4 per 100,000 males. In females, the rate was 1.2 in 1992 and 1.4 in 2012."

*Niagara News, November 29, 2016*

[Trending data: A small increase in suicide rates for black boys](#)

Historically, statistics had shown that being black in the United States afforded protection against dying by suicide. African Americans across all age ranges had seen a low rate of suicide compared to other races, including whites. But this fact was overturned in 2015, when researchers examining suicide in very young children made a startling discovery: Among 5-11-year olds, rates of suicide for black children were actually higher than those for whites. Even more alarming, the suicide rate among black children was increasing, particularly for boys. The research team used publicly available data provided by the U.S. Centers for Disease Control and Prevention to examine trends spanning a twenty year period from 1993 to 2012, the last year that national suicide data was available at the time of their 2015 study. They found that rates of suicide among black children nearly doubled during that time, from 1.36 to 2.54 per one million. Among white children, rates actually declined, from 1.14 to 0.77 per one million.

*Philly.com, November 29, 2016*

[UK: Mindfulness Classes For Five-Year-Olds Introduced At Boy's School To Support Mental Health](#)

*"Taking time out allows them to recharge their mental batteries.'*

"Research has shown everything is becoming younger and younger, even to the extent of puberty starting sooner. The earlier we can teach them to spot the signs of when they're not quite right, and be responsive to that, the better." Poole introduced sessions after lunch, where pupils at the Bromley-based school enjoy "five minutes of calm". The idea of running mindfulness sessions in schools is not new. Dr Mark Williams, a professor of clinical psychology who researches the benefits of mindfulness, previously said during the Mindfulness in Schools Project conference in London: "Mental health difficulties really kick in at the age of adolescence - that's when children who perhaps have been

struggling a bit but who have managed before suddenly find that they can't manage."

*Huffington Post UK, November 28, 2016*

### The Hidden Risks of Eating Disorders in Guys

Think of someone who's suffering from an eating disorder, and a female face probably comes to mind. Unfortunately, this is often true for health care professionals, too, which is why eating disorders among men often go unrecognized and untreated. Believe it or not, 25 percent of those who suffer from eating disorders are male, according to N.A.M.E.D., The National Association for Males with Eating Disorders. "In the last 10 years, we've seen a rapid increase in eating disorders in males," says Stuart Murray, an assistant professor of psychiatry at the University of California--San Francisco, and director of N.A.M.E.D. "This has to do with more objectification of the male body, and unprecedented pressure for males to achieve a certain body type muscularity like The Rock [a.k.a., actor Dwayne Johnson]. For the first time ever, the rates of disordered eating practices in boys are now increasing faster than they are in girls."

*U.S.News & World Report , November 23, 2016*

### 'Moonlight' Sheds Light On The Taboo Of Being A Gay Man In The Black Community

In the Black community, talking about male sexuality - especially homosexuality - is taboo, with the virility of a man determined by his sexual preference. That's why Barry Jenkins' Moonlight is so important, as the acclaimed film has a fearlessness when it comes to the topic of Black men's sexualities. The movie explores the coming-of-age of a gay Black man, and it tackles the subjects of masculinity, sexuality, race, and self-worth in a way that few movies ever dare to do. And after the 2016 election, in which race and sexuality were hot-button issues, the movie is apparently resonating with audiences even more than it originally did.

*Bustle, November 22, 2016*

### RED ZONE: ONE IN EVERY 16 COLLEGIATE MALES WILL FACE SEXUAL ASSAULT

When people think about rape victims they often picture a female, and for the most part that is because females are disproportionately the targets of sexual assault and rape. While there is a big gap between rates of female versus male rape, for a minority of males in college their own experiences with sexual violence can be very present and traumatic. The Rape, Abuse and Incest National Network (RAINN) lists statistics showing that males aged 18-24 who are college students are approximately five times more likely than non-students of the same age to be a victim of rape or sexual assault. Similar to women, men in college have a higher chance of being raped than non-college students of the same age, which equates to about one in every 16 men in college according to the National Sexual Violence Resource Center.

*The Northern Light, November 22, 2016*

[Campaign led by George Washington University public health student raises awareness for men's mental health](#)

Some men on campus will grow their facial hair this month in honor of "no shave November." But health promotion and prevention services at GW are taking the month to raise awareness about men's mental health. Shawn Chiang, a graduate student in the Milken Institute School of Public Health, joined other organizations in a new social media campaign aimed at raising awareness for men's mental health as part of his practicum in the Colonial Health Center. Chiang said he started the campaign, which is largely through social media, because men are often hesitant to seek out counseling for mental health issues. "Men really care about their privacy and protecting their masculinity," Chiang said. "Social media was the right approach to it in the sense that they can access that information on their own time without invading their privacy."

*GW Hatchet, November 9, 2016*

[More "blue state" parents get kids vaccinated for HPV](#)

A new study shows how differences in vaccination rates can potentially reflect cultural norms and political beliefs. States that are more politically conservative, or "red states," tend to shy away from vaccines for teens, including the vaccine against HPV, a sexually

transmitted disease. Blue states tend to be more socially and politically liberal. Comparing data from the 2012 National Immunization Survey-Teen, to voting results of the presidential election of 2012, and also factoring in a variety of socio-demographic factors including median household income, education, and ethnicity, the study revealed a 10 percent higher HPV vaccination rate for girls, and a nearly 25 percent higher HPV vaccination rate for boys that live in blue states.

*Futurity, September 16, 2016*

### 'As boys, we are told to be brave': men on masculinity and mental health

Efforts have been made to challenge traditional stereotypes, but there is still pressure on men to be strong, independent, stoical, competitive and tough. According to research published by the American Psychological Association, these "masculine traits" have been linked with mental health issues such as depression and substance abuse.

### ***'Sexist' men more likely to have mental health issues, study finds***

Joel Wong, who led the research team at Indiana University Bloomington, said: "In general, individuals who conformed strongly to masculine norms tended to have poorer mental health and less favourable attitudes toward seeking psychological help, although the results differed depending on specific types of masculine norms." The research collated results of more than 70 US-based studies involving more than 19,000 men over 11 years. It focused on the relationship between mental health and conformity to 11 masculine norms. They included a desire to win, need for emotional control, and risk-taking. The traits most closely linked to mental health problems were playboy behaviour or sexual promiscuity, Wong said.

*The Guardian, November 24, 2016*

## **Inspiration**

## ***Being a Boy in an Unconventional Way***

[Boy makes hundreds of stuffed animals for sick kids around the world](#)



While other children play soccer or video games, Campbell "Bumble" Remess hunches over a sewing machine, crafting stuffed animals. "I just like coming home and sewing," said Remess in a video by Feed SBS about his toy making, which has been viewed 29 million times on Facebook. Even when mom Sonya "Son" Whittaker encourages him to do something else, Remess "sneaks" back to make more stuffed animals. "If Campbell could be on that sewing machine 24/7, he would. It's 'Campbell, go and play your Xbox.' 'Campbell come and watch a movie,'" she said in the video. "He's just not a normal kid. Not every 12 year old would want to do that." Over the past three years, Remess has made more than 800 plush toys, many of which he personally delivers to sick children at the local hospital. "I literally shake with emotion - it's an incredible thing to witness," Whittaker told TODAY via email. "One small idea, one small gesture can make huge impacts." Remess, who lives in Hobart, Tasmania, was 9 he asked his

parents if he could buy Christmas gifts for sick children. He wanted to do something to brighten their spirits. His parents said no; Remess is one of nine children and it's hard enough buying for their brood.

*Today, October 31, 2016*

[Stopping the Spread of Japan's Antivaccine Panic](#)

*Tokyo's indecisiveness in the face of controversy has fueled unfounded doubts about the safety of the HPV vaccine.*

In June 2013, just two months after the HPV vaccine was included in the National Immunization Program, the Japanese government made the unusual and perplexing decision to keep the vaccine in the NIP but suspend "proactive" recommendations for it. This was evidently in response to highly publicized accounts of alleged adverse reactions. The result was that girls in the target age group, from the 6th grade of primary school to the third grade of high school, stopped receiving the vaccine. Vaccination rates dropped to below 1% from about 70%.

*Wall Street Journal, November 24, 2016*

[1 in 7 Young Teens Is a Stalking Victim: Survey](#)

*They're at higher risk of substance abuse and depression, researchers say*

"Teen stalking is a public health issue. A lot of kids are being stalked," said Dennis Reidy, a behavioral scientist with the U.S. Centers for Disease Control and Prevention's division of violence prevention. He is lead author of a study reporting the survey findings. The new study is based on a 2013 written survey of over 1,200 students -- average age 14 -- in grades 6 and 9 at 13 U.S. schools. About two-thirds of the participants were white. The results showed that about 14 percent of the girls and about 13 percent of the boys had been stalking victims. Unwanted messages, such as voice mails and texts, were among the most common forms of stalking. Stalking victims were more likely to show signs of post-traumatic stress and mood disorders (including depression), and they appeared to be less hopeful based on their answers to other questions. They also were more likely to report alcohol use, binge drinking, and violence directed at them in dating relationships. And

they were also more likely to be sexually active, the findings showed.

The study was published in the December issue of the American Journal of Preventive Medicine.

*Medline Plus, November 23, 2016*

**Penile Cancer is Commonly as a Result of Human Papiloma Virus (HPV), and Human Immunodeficiency Virus (HIV) Infection**

Cancer, according to the International Agency for Research on Cancer (IARC) resulted in the death of around 4.6 million men worldwide in 2012. Around 14% of the world's total annual deaths are as a result of various cancers. Modern medicine has extended the life expectancy of a cancer patient by a great margin. However newer cases are diagnosed every year globally, the present rate stands at 7.4 million newly diagnosed males annually, according to the WHO. This is commonly as a result of the changing lifestyles, unhealthy diet, hereditary factors and exposure to carcinogenic elements, cigarette smoking, etc. Male specific cancers include: prostate cancer, testicular cancer, and penile cancer. Among which prostate cancer is the most prevalent form of male cancer. Male specific cancers are generally benign/malignant tumors that rarely undergo metastasis. Penile cancers are an even rarer form of cancer specific to the male reproductive organ i.e. penis, but unlike prostate and testicular cancer, they are commonly as a result of human papiloma virus (HPV), and human immunodeficiency virus (HIV) infection. According to the U.S National Cancer Institute study roughly 40% of all penile cancer is as a result of HPV infections, whereas HIV patients exhibit eight time increased risk of penile cancer. Hence penile cancer rates are high in developing countries of Africa, South Asia and South America. This is probably why vaccination for HPV virus (Gardasil or Cervarix) is regarded by a share of expert medical practitioners as a preventive measure in decreasing penile cancer rates globally.

*Medgadget, November 22, 2016*

**UK: Charities launch coalition to tackle issues facing men and boys**

More than 50 UK charities, academics, journalists and campaigners have launched a new coalition to tackle gender-specific issues that affect men and boys. The Men and Boys Coalition, which was

launched at an event in the House of Commons last week, has also called on the Big Lottery Fund to create a new Men and Boys Initiative to run alongside its existing ringfenced funding stream for women and girls. Charities involved in the coalition, which brings together organisations and people who specialise in fields ranging from mental health and suicide prevention to education and parenting, include the Campaign Against Living Miserably, the male domestic abuse charity the ManKind Initiative and the sexual violence charity Survivors Manchester. A statement announcing the new initiative said it was believed to be the first coalition of its type in the world and it would aim to ensure that issues affecting men and boys were fully recognised and tackled by government, the statutory sector and society in general.

*Third Sector, November 22, 2016*

[UK: The Vaccine's Justin Young on raising awareness for male mental health](#)

The Vaccines have spoken out about raising awareness for depression among men and using music to fight it, as they join a new campaign for male mental health with Years & Years, Frank Turner and more. This week, the Campaign Against Living Miserably (CALM) launches 'Torch Songs' - inviting huge artists to cover their favourite songs that highlight the power of music to raise the spirit and help us through darker times. In 2015, 4,618 men took their own lives - an average of 12 men every day and one every two hours. Now, more is being done to use music to combat depression. "Music is a constant, a saviour in the world which is unique to everyone," said project champion and BBC Radio One DJ Huw Stephens. "We all know how much music means to us, and can help us sometimes. The artists involved, sharing their unique cover versions of their personal Torch Songs, are magnificent. The songs strike the right note; give you hope; remind you of the possibilities; remind you you're not alone. We launch Torch Songs with some spectacular talents sharing their intimate Torch Songs with us - it's a great way to get people talking about talking."

*NME, November 22, 2016*

[Me And My Father's Suicide: The Importance Of Sharing How You Feel](#)

It wasn't until I entered my early twenties that I started to feel comfortable talking about how my father died. It was through being open about his suicide that I ended up having some incredible conversations with others, which over time has helped me to become at peace with what happened. It's also enabled me to reflect on how and why suicide in men has got to where it has, along with my own observations and experiences of growing up as a young man. Traditionally, boys tend to be less familiar and comfortable articulating their emotions. The ability to attach words to feelings is not something that perhaps comes as naturally to boys as it does to girls, and this can potentially be one of the influences that can lead to something as extreme as suicide further down the line.

*Huffington Post UK, November 21, 2016*

[What more boy births could reveal about South Africa's health status](#)

Our statistical analysis found that as the sex ratio at birth went up - that is, more males were born - so did life expectancy in a strongly related manner. In a similar fashion, as the sex ratio at birth went up the infant and under five mortality rates and total fertility rate went down. Simply put, the degree of statistical correlation between the sex ratio at birth and the other sentinel health indicators was strong and highly significant. This strongly indicates to us that sex ratio at birth in South Africa may be a sentinel health indicator. Correlation does not, of course, mean causation. However, other evidence from the past decade or so boosts our supposition.

*Medical Express, November 21, 2016*

The election is over. That was interesting.

Looking ahead, whatever one's partisan perspective, we are in for a very bumpy ride.

Who knew? Very few, as it turned out. Apart from the "election forecasting guru" Allan Lichtman and Michael Moore most of us believed we were on a course to "protect his legacy", as one of Secretary Clinton's flyers proclaimed, referring to President Obama.

Full disclosure: I'm very familiar with that flyer because I spent a week in Ohio before the election presenting it to voters on their doorstep or posting it to their doors. I did so not necessarily because I consider myself a partisan. I did it because I firmly believed my passion for my work representing young males would have a more receptive ear within a Clinton Administration.

And here's why.

To begin, speaking as a male I take great pride in how we, as a sex, have begun to liberate ourselves from the strictures of an outdated, and perverse, notion of masculinity. Today many younger males, in particular, are more open to the full human experience of sharing, understanding and vulnerability. They are less anchored to older, toxic norms of masculinity that served to isolate them and cause them so much pain. Yet, even with this greater acceptance of new norms of masculinity, the suicide rate among young males is still four times that of their female contemporaries, evidencing continuing emotional strain between competing masculinity norms. While the aphorism "Most men lead lives of quiet desperation and die with their song still inside them," is incorrectly attributed to Emerson, it does nonetheless capture the shackles that many males continually aspire to release themselves from.

That should be celebrated. Unfortunately, the rhetoric of the election season turned that positive development on its head. Again, speaking as an older male who is constantly trying to free himself from archaic notions of what it means to be "a man", I feel personally violated when repugnant male behavior is dismissed as "locker room talk" or merely "boys being boys." As someone who has spent time in male locker rooms numerous times a week over the course of 35 years I can attest that such talk does not occur. Even among gay males, a group to which I belong and which can be notoriously candid and loose about sexual matters, such talk is largely absent from locker room banter. Straight, Gay, Bi or Trans, real men who are confident in themselves have no need to speak that way and have no interest in doing so.

Similarly, I'm sure I'm not alone among my male compatriots in recoiling at statements like "I'd like to beat the crap out of (fill in the blank)" and "I love war". Unsolicited grabbing of anyone's genitals, male or female, is not something that any male I know would be boasting about.

Many young men today understand that these attitudes are evidence of weakness, not strength. To be sure, today many young men do not fear being labeled as less than a man because they don't condone brutish behavior or language. Many young men today don't fear being labeled sissy or faggot because they believe that those terms are archaic at best and demeaning at worst. Today increasing numbers of young men understand that masculinity has everything to do with confidence and caring and nothing to do with condescension and conquest.

Yet, this dated bravado was a large part of election rhetoric. How retro is that, and does it really make any difference anyway?

I can demonstrate how it does make a difference in the real world through anecdote. A physician colleague of mine, who is a gay male and a government employee, has been able to disclose his same sex marriage without fear of retribution because of an executive order issued by President Obama that disallows discrimination in the federal workplace on the basis of sexual preference. Since the election and much talk about reversing executive orders he now wonders whether his job may be in jeopardy because he has "come out" and the executive order protecting him may be revoked by the new President.

How's that for reality?

I grew up in the sixties - that period in time that, in many ways, represented a bridge between what our society had been and what it had the potential to be. It represented an opening to different values, perspectives and societal priorities. It represented the beginning of an openness about our country's diversity and what it means for us to be a "melting pot".

Since then we've continued forward on that path, be it with fits and starts and roadblocks erected by the darker side of politics. We've always been a relatively sane country and people, which has tempered any human tendencies by those in power to take us to extremes from which we cannot escape, extremes that

fundamentally threaten to undermine our social contract through perversion of our democratic institutions.

From the perspective of many, the outcome of our recent Presidential election represents the darkest side of our politics, bringing with it the potential for unprecedented, fundamental attacks on our system of government, ushering in a period of intolerance, hatred and abusive behavior. And with it, undermining of new norms of masculinity.

As I mentioned, among the more alarming, and archaic, clichés uttered during the Presidential campaign was "boys will be boys," a cliché that suggests that reckless or abusive behavior on the part of males is naughty at worst but mostly amusing and innocent. The flip side of that cliché is that, to be a man, to be masculine, is to engage in such behaviors; to act on primary instinct and applaud brute behavior. Most importantly, not to "feel" and explore the depths of one's humanity but to shut emotion down; to "stuff" it.

Health care providers, social workers, caregivers and all who are committed to serving young males understand that traditional norms of masculinity are dangerous to the physical and mental health of young males. Yet, those norms have been given new life and legitimacy by the outcome of the election. This year's election rhetoric turns the clock back by encouraging young males to believe that it is weak to be open and vulnerable. The rhetoric provides an alternative, mixed message: crudeness, cruelty and narcissism have rewards, among them, POWER, as evidenced by the outcome of this year's election.

Reflective of our primary constituency, adolescent males, the Partnership is a young organization, representing a young movement in this country - a singular focus on advancing the health and wellbeing of adolescent and young adult males. Regardless of one's political perspective, the results of the election could have a major impact on our ability to fulfill our mission.

The Partnership's mission is to strengthen young males through better health care and encouragement of healthy behaviors and attitudes. As a group, young males have already begun down this path. Our job now, more than ever, is to continue to encourage these behaviors and attitudes. As we enter unchartered political territory it is important to underscore for those young males in our lives the importance of being open, caring and always questioning

of norms that would serve to straightjacket them to lives of frustration and pain.

*With your help, we are inaugurating a new program we've called "Speaking for Myself". The program will engage young males to send us a video describing what they think it means to be a man. Those videos will be posted on our social media and the narrators of the best videos will be invited to submit a proposal on how they would spread their video message in their school, community or wherever young males can be found. Young males with the best proposals will be provided a small grant to implement their ideas.*

*Please help us by sending a contribution to the Partnership for "Speaking for Myself". We welcome contributions large, small and tiny and encourage you to enroll as a long-term supporter by signing up for an automatic monthly contribution. To get started, [click here](#). Contributions are tax deductible.*

*Let's do what we can to support our young males in this challenging time.*

#### Kids who watch porn won't necessarily turn into sex offenders

Of course, many young people search for it. In an Australian study of 200 young people, 38 per cent of 16- and 17-year-old boys and 2 per cent of girls said they searched for pornography . Another Australian study reported 93 per cent of boys and 61 per cent of girls aged 13-16 years old had seen pornography. Another study reported 44 per cent had seen online pornography. For both of these studies we don't know if this was by accident or on purpose. We know children who watch pornography are more likely to be either physically or verbally sexually aggressive, especially if the pornography is violent. Behaviours range from verbal sexual harassment and unwanted kissing to sexual assault. We also know that popular porn is becoming more violent. But has there been a corresponding increase in young people watching violent pornography to match the rise in sexual offending?

We don't know.

*ABC net, November 14,, 2016*

[Some Depressing News about Adolescent Depression That Requires Our Time and Attention](#)

10.1542/peds.2016-1878) provide us with some troubling data using trend information gleaned from the National Surveys on Drug Use and Health from 2005-2014 involving more than 172,000 teens ages 12-17 and more than 178,000 young adults ages 18-25. The authors show an increase in major depressive episodes increasing from 2005 to 2014 in teens from 8.7% to 11.3%, and a smaller yet significant increase as well in young adults. Even after adjusting for substance use disorders and controlling for socioeconomic confounders, the trends persist.

*AAP Gateway November 14, 2016*

[How Do You Break The Stigma Attached To Mental Health In Young Men?](#)

HuffPost UK is running a month-long focus around men to highlight the pressures they face around identity and to raise awareness of the epidemic of suicide. To address some of the issues at hand, Building Modern Menpresents a snapshot of life for men, the difficulty in expressing emotion, the challenges of speaking out, as well as kick starting conversations around male body image, LGBT identity, male friendship and mental health.

*Huffington Post UK, November 11, 2016*

[Stress 'changes brains of boys and girls differently'](#)

Very stressful events affect the brains of girls and boys in different ways, a Stanford University study suggests. A part of the brain linked to emotions and empathy, called the insula, was found to be particularly small in girls who had suffered trauma. But in traumatised boys, the insula was larger than usual. This could explain why girls are more likely than boys to develop post-traumatic stress disorder (PTSD),

the researchers said. Lead study author Dr Megan Klabunde said it was important to consider the different physical and emotional reactions to stressful events. "It is important that people who work with traumatised youth consider the sex differences. "Our findings suggest it is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment." And she added: "There are some studies suggesting that high levels of stress could contribute to early puberty in girls." Dr Klabunde said they would now look at other regions of the brain connected to the insula to see if they could detect similar changes.

*BBC, November 12, 2016*

#### School Vaccine Requirements Raise HPV Shot Rates

*There may be a 'spillover' effect when kids get other mandated immunizations, study finds*

Schools that require routine vaccines as a condition of attendance have higher rates of vaccination, including higher rates of immunization for the human papillomavirus ( HPV ), a new study finds.

*WebMD, November 8, 2016*

#### Young Adolescents as Likely to Die From Suicide as From Traffic Accidents

The Centers for Disease Control and Prevention has recently found that in 2014, the most recent year for which data is available, the suicide rate for children ages 10 to 14 had caught up to their death rate for traffic accidents. "It's clear to me that the question of suicidal thoughts and behavior in this age group has certainly come up far more frequently in the last decade than it had in the previous decade," said Dr. Marsha Levy-Warren, a clinical psychologist in New York who works with adolescents. "Cultural norms have changed tremendously from 20 years ago." In all, 425 children ages 10

to 14 killed themselves in 2014. In contrast, 384 children of that age died in car accidents. Far more boys than girls killed themselves in 2014 - 275 boys to 150 girls - in line with adults in the general population. American men kill themselves at far higher rates than women.

*New York Times, November 4, 2016*

### The Cognitive Benefits of Being a Man-Child

For men and women, extending adolescence has the potential to make the brain more capable in adulthood. In a time when college graduates return to live under their parents' roofs and top careers require years of internships and graduate degrees, the age of adulthood is receding, practically into the 30s. Adolescence, loosely defined as the period between puberty and financial independence, now lasts about 15 years, twice as long as it did in the 1950s. According to developmental researchers, there is one lasting gift that extended adolescence can bestow, and it resides in the brain. "Neurobiological capital" is built through a protracted period of learning capacity in the brain, and it is a privilege that comes to those lucky enough to enjoy intellectually stimulating environments in late adolescence. Far from a contributor to emotional immaturity, the trend toward an adolescence that extends into the mid-20s is an opportunity to create a lifelong brain-based advantage.

*The Atlantic, November 3, 2016*

### Heavy drinking while young may mean health problems later

Young adults who are problem drinkers tend to suffer from more health problems later in life than non-drinkers, even if they conquered their alcoholism years earlier, a new study indicates. Men with alcohol dependence in young adulthood had, on average, three medical conditions in their 60s, while non-drinkers only reported two, researchers found in an analysis of Vietnam-era veterans. In addition, drinkers' scores on a depression scale were about twice as high as those of non-drinkers. These effects were seen even among former drinkers who had been free from alcoholism for decades, said study author Randy Haber. He is a clinical psychologist

with the Palo Alto Veterans Affairs Health Care System, in Menlo Park, Calif.

*UPI, November 2, 2016*

### [Anal Cancer Rates Rising in Many Parts of the World](#)

*HPV vaccine, safe sex practices would help reverse trend, cancer specialists say*

Anal cancer rates are on the rise in many countries. But vaccination against human papillomavirus (HPV) -- a virus linked to the development of anal cancer -- may help curb rates of the disease, a new study suggests. Researchers looked at data from the International Agency for Research on Cancer. The data included 18 countries. The investigators found that anal cancer rates have been increasing in women and men in 13 of those countries, particularly Australia and other countries in the Americas, and northern and western Europe.

*HealthDay, November 2, 2016*

### [Opioid Poisoning In Kids Is On The Rise, Too](#)

The number of children and teenagers likely to be poisoned by opioids prescribed for other family members are rising, a new study shows. The rate of hospitalization for kids getting poisoned by prescription painkillers has increased 165% from 1997 to 2012 - that makes 3.71 children per 100,000. Around one in 10 high school kids reportedly take opioids for no medical reason. Close to 40% of them say they got their drugs from prescriptions.

*Immortal News, November 1, 2016*

### [A risky trend? Teen boys and muscle-building products](#)

It's not just teenage girls who are bombarded with images of 'perfect' figures. Teenage boys today are influenced daily by bodybuilders, athletes and models. Unfortunately, they're lifting the bar bell for our adolescent boys to look more muscular and 'perfect'. This was discovered in a

recent study involving 13,683 teens and young adults. Many boys are taking muscle-building products. By age 19, 12 percent of all males reported past-year use of a muscle-building product. Males 16-25 years old were more than three times more likely to use a product than those 13-15 years old. This study looked at the muscle-building products creatine, anabolic steroids, dehydroepiandrosterone (DHEA), hydroxymethylbutyrate (HMB), amino acids and growth hormone...so we should, too.

*Philly.com, October 31, 2016*

[Examining differences in how autism manifests in boys and girls](#)

Think autism, and an image of an awkward boy typically emerges. The developmental disorder is at least four times more common in boys, but scientists taking a closer look are finding some gender-based surprises: Many girls with autism have social skills that can mask the condition. And some girls are born without autism despite the same genetic mutations seen in boys with the condition. The gender effect is a hot topic in autism research and one that could lead to new ways of diagnosing and treating a condition that affects at least 1 in 68 U.S. children.

*The Daily Progress, October 30, 2016*

[Birth control: Male contraceptive injection 'shows promise'](#)

A hormone injection has been shown to be a safe and effective method of contraception - for men. US researchers say the jab was almost 96% effective in tests on around 270 men who were using it, with four pregnancies among their partners. However, a relatively high number developed side effects, including acne and mood disorders. Researchers have been investigating potential for male hormonal contraceptives for around 20 years. They have all been looking for an effective way of suppressing sperm production without causing unpleasant or unbearable side effects. Because men constantly produce sperm, high levels of

hormones are needed to reduce levels from the normal sperm count of over 15 million per millilitre to under one million/ml.

*BBC, October 28, 2016*

GSK Will No Longer Supply HPV Vaccine in U.S.

In a statement to FiercePharma, a spokesperson for GSK said, "With another HPV vaccine available in the U.S., patients will continue to have an option to help prevent HPV infection. Our license with the FDA is still in effect and the vaccine has 107 regulatory approvals covering 136 markets internationally." Two other HPV vaccines that are currently available include Gardasil (HPV Quadrivalent [types 6, 11, 16, and 18]) and Gardasil 9 (HPV 9-valent vaccine [recombinant]), both from Merck. In addition to being approved for girls and women (9-26 years of age), Gardasil and Gardasil 9 are indicated for use in boys and men 9 through 26 years of age to prevent anal cancer, genital warts, and anal intraepithelial neoplasia Grades 1, 2, and 3 caused by specific HPV types.

*MPR, October 28, 2016*

Sons 'fear talking to their fathers about mental health'

When depression hit Keenan Atkins in early secondary school, he was scared to talk to his father about it. Men of his dad's generation are afraid to talk about their feelings in case they are seen as "weak", he says. And this seems a common experience for teenage boys, with 49% telling a survey they would feel uncomfortable talking about mental health with their dads. A third of boys also told the survey, for the Time to Change campaign, their fathers do not talk about "feelings". The poll of 1,000 16- to 18-year-olds suggests more than a quarter of young men of this age experience mental health symptoms on a weekly basis. The research aimed to shed light on how teenage boys' own attitudes to mental health are influenced by their fathers' behaviour.

*BBC, October 28, 2016*

## Last Taboo: Why Pop Culture Just Can't Deal With Black Male Sexuality

These are banner times for penises onscreen. In the last 18 months or so, I've seen casually naked men on "The Affair" and on "Girls," plus casually naked robots on "Westworld." Penises have appeared on "Game of Thrones" (where one was once violently disappeared) and been simulated by a killer drill on "American Horror Story: Hotel." They were in movies like "Get Hard" and "Unfinished Business"; one was there-ish on John Cena in "Trainwreck"; they showed up in stunt form on a meek Adam Scott in "The Overnight" and through the boxer briefs of a smugly sunny Chris Hemsworth in "Vacation." A vast majority of these penises are funny, casual, unserious. Their unceremonious appearance - as naturalism, comedy, symbolism, provocation - is new, and maybe progressive. But that progress is exclusive, because these penises almost always belong to white men. As commonplace as it has recently become to see black men on television and at the heart of films, and as normal as it's becoming to see male nudity in general, it has been a lot more difficult to see those two changes expressed in the same body. A black penis, even the idea of one, is still too disturbingly bound up in how America sees - or refuses to see - itself. I enjoyed HBO's summer crime thriller, "The Night Of," but it offered some odd food for thought: The most lovingly photographed black penis I've ever seen on TV belonged to a corpse in the show's morgue. Meanwhile, the series's most sexual black character was a rapist inmate.

*New York Times, October 27, 2016*

## AUSTRALIA: Anti-suicide ad encourages blokes to 'Man Up' and cry

Triple M presenter Gus Worland has released a new ad showing men crying as part of his quest to lessen the suicide rate of Australian men. The spot, which closed out Worland's three-part ABC series [Man Up](#), is being praised for its interpretation of what "manning up" should really mean. "Why do we tell boys to stop crying, to harden up, to grow a pair? F-k that. If you feel down, speak up," the voice over says. "Because silence can kill." The ad ends with a slate listing all

the people who would be affected by "your" suicide - your mum, boss, barber, dog and so forth.

*9news.com.au, October 27, 2016*



[Were YOU bullied as a child? Why the effects could last a lifetime: Victims are 'twice as likely to suffer mental health problems as adults'](#)

- *Study tracked the mental health of 9,000 people over 40 years*
- *Found consequences of childhood bullying were still 'significant' at 50*
- *Persistent bullying was also linked to adult relationships breaking down*
- *Researchers suggest interventions could save the NHS millions in care*

The study, by the London School of Economics and Political Science (LSE) and King's College London, tracked more than

9000 people over 40 years. It found more boys than girls used mental health services in childhood and adolescence. Conversely, more women than men were found to use it in adulthood. Lead researcher Dr Sara Evans-Lacko said the impact of childhood bullying was most notable at an early age. More young males using mental health services could be the result of more adults recognising and referring boys, who show more outward signs of bullying than girls, it is believed. Meanwhile, the higher use of mental health services among women could be down to men feeling more stigmas associated with mental health problems - and consequently not seeking support. 'Bullying may also set the conditions for a cycle in which people are at risk of exposure to further victimisation in later life,' Professor Louise Arseneault from King's College London , said.

*Daily Mail, October 26, 2016*

[The startling rise in oral cancer in men, and what it says about changing sexual habits](#)

Oral cancer is on the rise in American men - jumping 61 percent from 2011 to 2015, according to a new analysis of insurance claims. The most dramatic increases were in throat cancer and tongue cancer, and the data show that claims were nearly three times as common in men as in women during that same period with a split of 74 percent to 26 percent. The startling numbers - published in a report on Tuesday by FAIR Health an independent nonprofit - are based on a database of more than 21 billion privately billed medical and dental claims. They illustrate both the cascading effect of human papillomavirus (HPV) in the United States and our changing sexual practices. Surveys have shown that younger men are more likely to perform oral sex than their older counterparts and have a tendency to engage with more partners. "These differences in sexual behavior across age cohorts explain the differences that we see in oral HPV prevalence and in HPV-related oropharyngeal cancer across the generations and why the rate of this cancer is increasing," Gypsyamber D'Souza, an associate professor in the Viral Oncology and Cancer Prevention and Control Program at the Johns Hopkins Bloomberg School of Public Health, said at

the time. The work was published in the Journal of Infectious Diseases.

*Washington Post, October 25, 2016*

[PharmaJet® and Vaccibody collaborate on HPV vaccine development Needle-free device cited to improve patient compliance](#)

"We are pleased that the PharmaJet device is being used for this important study, and are encouraged by the improved compliance that needle-free may provide. This is consistent with our survey data that shows 93% of patients would choose needle-free again for their next vaccination 2 ,"

said Ron Lowy, Chairman and Chief Executive Officer, PharmaJet Inc. "Given that multiple vaccine doses are required for the HPV vaccine, improved compliance with needle-free is an important advantage."

*PR Newswire, October 25, 2016*

[Mores about depression stop male students from seeking help](#)

Male students at the University of Cincinnati may find themselves reluctant to seek help for mental health concerns due to societal pressures - a stigma campus initiatives aim to extinguish. About 26 percent of those identifying as male reported feeling so depressed that it was difficult to function anytime within the past 12 months, according to the University of Cincinnati Executive Summary released in 2016. This is up by over 9 percent since the last report released three years ago. Comparatively, only 6 percent of males said they had been diagnosed or treated by a professional for depression. These reports are conducted at UC every three years as part of the National College Health Assessment, a national research effort organized by the American College Health Association. Some cultures may associate mental health concerns with weakness and perceive a man's gender role as having to be "strong" and "masculine," which can influence whether a man gets help,

according to Mohamed Elzarka, a third-year neuroscience student and the director of mental health services through UC Student Government.

*News Record, October 23, 2016*

[She Never Spoke of It to Her Husband. Then She Heard the Trump Tape.](#)

For the first time, women say, they are telling their husbands and boyfriends about the times they were groped at nightclubs or on a subway, flashed on the street, shushed or shouted down at work. Some men, in turn, said they were starting to see how gender could shield them from needing to defensively palm their keys as they walk to a car, from being trailed home by a stranger, from having co-workers rate their bodies.

*New York Times, October 22, 2016*

[Men Need Help. Is Hillary Clinton the Answer?](#)

If Hillary Clinton wins this election and becomes the first female president of the United States, American men may well be one of her most urgent problems. Consider some startling statistics. More than a fifth of American men - about 20 million people - between 20 and 65 had no paid work last year. Seven million men between 25 and 55 are no longer even looking for work, twice as many black men as white. There are 20 million men with felony records who are not in jail, with dim prospects of employment, and more of these are black men. Half the men not in the labor force report they are in bad physical or mental health. Men account for only 42 percent of college graduates, handicapping them in a job market that rewards higher levels of education. Lawrence H. Summers, the former Treasury secretary and now a professor of economics at Harvard, estimates that a third of men between 25 and 54 without college educations could be out of work by midcentury. Well-paying jobs that don't demand a college degree have been shrinking for generations - and technology is accelerating that trend.

Driverless cars, for instance, could eliminate trucking as we know it, a refuge for many blue-collar men. In the short term, liberal economists and even some conservative ones back an idea that Mrs. Clinton has said she would push in her first 100 days - a \$275 billion infrastructure jobs plan, which could provide at least temporary employment to a key segment of those hurting the most: blue-collar men. Liberal economists tend to coalesce around other solutions, such as raising the minimum wage and expanding eligibility for the earned-income tax credit, a proven way to reduce poverty. Mr. Summers is one of many who would push the Federal Reserve to continue stimulating the economy to boost employment, rather than focusing on curbing inflation. He also argues for government subsidies to bolster the wages of less-skilled employees.

*New York Times, October 21, 2016*

[ACIP updates recommendations on HPV, HepB, MenB vaccines](#)

Adolescents under age 15 years need only two doses of human papillomavirus (HPV) vaccine instead of three under a new recommendation from a Centers for Disease Control and Prevention (CDC) committee. The CDC's Advisory Committee on Immunization Practices (ACIP) said a two-dose schedule could improve lagging completion rates, while still providing protection against the infection. The group also made changes to hepatitis B and meningococcal B (MenB) vaccine recommendations during Wednesday's meeting. ACIP's HPV recommendations were approved by the CDC director within hours.

*AAP News and Journals Gateway, October 20, 2016*

[What Should Boys Learn From Election News About Sexual Assault?](#)

A sex education author says this election season is a good time to reopen conversations about sexual assault, consent and what we as a society teach boys and young men about sex. The issues have been in the spotlight since a 2005 videotape surfaced earlier this month showing Republican

presidential nominee Donald Trump bragging about using his celebrity to grope and kiss women. Trump dismissed the tape as "locker room talk" and has denied subsequent allegations from at least 11 women who have stepped forward accusing him of some form of sexual assault. Peggy Orenstein, author of "Girls & Sex: Navigating the Complicated New Landscape," said the tape and Trump's response to it is having negative effects on boys and young men as they build relationships with women. "One of the things that I really felt after writing about girls was that as little as we talk to young women about sexuality and consent and all these issues, we talk to young men less," Orenstein said, adding she plans a follow up book with males. "I felt that we were just sort of throwing them out there and expecting them to find their way and leaving them to be educated by these old ideas, by the media and by the Internet."

*Wisconsin Public Radio, October 20, 2016*

#### Sleep Can Affect Male Fertility

Sleeping too little or too much can affect a man's ability to impregnate his partner, new research suggests. The "sweet spot" appears to be 7 to 8 hours of sleep a night, said study author Lauren Wise, a professor of epidemiology at Boston University School of Public Health. Among the 790 couples the researchers followed, "we found both short and long sleep duration -- less than 6 hours or 9 or more per night -- were associated with a reduced probability of pregnancy," Wise said. Using 8 hours of sleep as the reference point, men who slept less than 6 or more than 9 hours a night "had a 42 percent reduced probability of conception in any given month," she added.

*Healthfinder, October 19, 2016*

#### Canada: Advocates push vaccines for boys amid rise in HPV-caused cancers

Mouth and throat cancers caused by the human papillomavirus are on the rise in Canada, underscoring an urgent need for all provinces to publicly fund vaccine programs for boys, according to the Canadian Cancer

Society. On Wednesday, the society released its annual cancer statistics report, which found that over the past 20 years, HPV-related mouth and throat cancers rose by 56 per cent among men and 17 per cent among women.

Globe and Mail, October 19, 2016

[Canadian Cancer Society sees sharp increase in HPV-related oral cancers](#)

Malignant tumours in the mouth and throat caused by the human papillomavirus have risen dramatically among men and could surpass the rate of HPV-induced cervical cancer in women, new statistics from the Canadian Cancer Society suggest. In a report released Wednesday, the organization said the incidence of HPV-related mouth and throat cancers jumped 56 per cent in males and 17 per cent in females between 1992 and 2012, the latest year for which statistics are available.

*Toronto Metro, October 19, 2016*

[Canada: HPV vaccine ad aimed at women 25-45 airing in Cineplex theatres](#)

An awareness campaign is airing in movie theatres across Canada, aimed at women who might not have received the HPV vaccine when it came out 10 years ago but are still at risk of infection. The Society of Obstetricians and Gynaecologists (SOGC) launched the Human papillomavirus (HPV) awareness campaign to target women aged 25 to 45. The society said HPV is becoming more prevalent among women in their 30s and 40s; women who have likely never displayed any symptoms, yet could still become infected with genital warts or cancer.

*Global News, October 18, 2016*

[What Our Sons Are Learning From Donald Trump](#)

If there is a silver lining to Mr. Trump's views on manliness, it's that it has prompted a national discussion about the "boys

will be boys" excuse for things like bullying, boasting or appraising women in crassly sexual terms. That has offered an opportunity for parents and teachers to make clear what behavior is unacceptable. Michelle Obama, in an emotional speech on Thursday, asked what message Mr. Trump's words and behavior sent not just to girls, but also to men and boys.

*New York Times, October 18, 2016*

[People who don't get CDC-recommended shots cost the U.S. \\$7B in 2015: Report](#)

Last year, unvaccinated adults cost the economy \$7.1 billion, an analysis done by the University of North Carolina at Chapel Hill found. Researchers at the UNC Eshelman School of Pharmacy examined the cost of care, medication and lost productivity caused by missing the 10 vaccines recommended by the CDC. Those 10 vaccines protect people against 14 pathogens, including influenza, tetanus, diphtheria, pertussis, herpes zoster virus, pneumococcal diseases, meningococcal diseases, measles, mumps, rubella, HPV, chickenpox, hepatitis A and hepatitis B.

*Fierce Pharma, October 18, 2016*

[Is 20-Something Too Late For A Guy To Get The HPV Vaccine?](#)

But therein lies a complication. An estimated 80 percent of sexually active people will be exposed to HPV by age 45. In most people, the virus goes away on its own after two years. For men, there's no commercially available test to find out if you have been exposed. Women can be checked for HPV exposure as part of a Pap test.

*NPR Shots, October 17, 2016*

[FDA Expands Gardasil 9 Use in Adolescents](#)

On October 7 the Food and Drug Administration approved an updated license for Gardasil 9 to include a 2-dose regimen for adolescents aged 9 to 14 years. The Gardasil nine-valent vaccine was approved in 2014. In addition to HPV types 6, 11, 16, and 18, Gardasil 9 protects against HPV types 31, 33, 45, 52, and 58, which account for about 15% of cervical cancers. On August 26 the Centers for Disease Control and Prevention released a report on [National, Regional, State, and Selected Local Area Vaccination Coverage Among Adolescents Aged 13-17 Years - United States, 2015](#). That report indicated that, nationwide, 6 out of 10 girls and 5 out of 10 boys have started the HPV three-dose vaccine series.

By reducing approved the Gardasil 9 dosage to two doses from three, it is expected that HPV vaccine adherence rates will increase. The three-dose regimen has been widely perceived as a barrier to full inoculation due to its inconvenience. The Advisory Committee on Immunization Practices ( ACIP ) develops recommendations on how to use vaccines to control disease in the United States. hat body will need to make a recommendation regarding a change in the three-dose regimen to a two-doses regimen, which will then be sent to CDC's Director for approval. Once an ACIP recommendation has been reviewed and approved by the CDC Director and the U.S. Department of Health and Human Services, it is published in CDC's Morbidity and Mortality Weekly Report (MMWR). The MMWR publication represents the final and official CDC recommendations for immunization of the U.S. population.

*PMY Staff Report, October 16, 2016*

[Australia: Adolescent males targeted in new mental health campaign](#)

In conjunction with the 2016 Mental Health Awareness Week, researchers at the University of Wollongong (UOW) are calling on local sporting clubs to get involved with a new project targeting adolescent males, a group at high risk of mental health problems. The Ahead of the Game program is targeted at adolescent males who participate in sports and

includes coach training workshops, programs for adolescent males and programs for their parents. As part of the program, researchers will be undertaking a study to better understand how Ahead of the Game can help local clubs to improve mental health knowledge and how to prevent or reduce the impact of mental health problems in adolescent males. Ahead of the Game lead researcher Dr Stewart Vella from UOW's Early Start Research Institute (ESRI) said the program uses organised sport as a way to reach adolescent males, who are naturally at high risk of mental health problems.

*Health Canal, October 14, 2016*

#### Mixed News on Drug Abuse Among Lesbian, Gay Americans

*This group is more likely to use illicit substances, but also more apt to seek out help, report finds*

The new data comes from the 2015 National Survey on Drug Use and Health, focusing on a wide range of U.S. adults. The study found that about 39 percent of lesbian, gay or bisexual adults said they had used some type of illicit drug over the past year, compared to about 17 percent of straight respondents. In terms of people battling an actual substance use disorder (for example, alcoholism or illicit drug abuse), about 15 percent of lesbian, gay or bisexual adults said they had done so in the past year, compared to just under 8 percent of heterosexuals. Rates of cigarette smoking and drinking were also higher among lesbian, gay and bisexual adults, the SAMHSA report found. For example, smoking rates were about 32 percent among this group, compared to just under 21 percent for straight adults.

*HealthDay, October 13, 2016*

#### Loss of parent tied to kids' smoking, drinking

*Study looked at separation before age; impact greatest among males*

Children who experience the loss of a father or mother early in life are more likely to smoke and drink before they hit their teens, a new study of English families found. This association

between parental absence and risky behavior in childhood occurred no matter whether the cause was death, separation or divorce. The overwhelming majority of preteens said they had not smoked. However, 11-year-old boys were more likely than girls to have tried cigarettes: 3.6 percent versus 1.9 percent. Drinking was much more common among the 11-year-olds. Here again, the boys outnumbered the girls, with one in seven boys reporting that they'd tried alcohol, compared with one in 10 of the girls. Of the preteens who tried drinking, nearly twice as many boys (12 percent) said they'd had enough to feel drunk, compared with slightly less than 7 percent of the girls.

*CNN, October 13, 2016*

[Study: Broader Availability Of Information, Focus On Prevention Would Aid HPV Immunization Efforts](#)

*Roswell Park study based on surveys of parents and physicians highlights barriers, opportunities in HPV education`*

Currently, human papillomavirus (HPV) vaccination rates remain low across the U.S., with fewer than 40% of girls and just over 21% of boys receiving the recommended vaccine series. Research from Roswell Park Cancer Institute has identified barriers that need to be overcome to improve vaccination rates, as well as possible strategies for doing so. The study has been published online ahead of print in the Journal of Cancer Education. "Many HPV-related cancers are preventable with the HPV vaccine (Gardasil9®) which is a safe and effective vaccine," says senior author Martin Mahoney, MD, PhD, Professor of Oncology in the Department of Medicine at Roswell Park Cancer Institute. "This research offers practical strategies to help parents and clinicians to overcome barriers in order to increase HPV vaccination rates, which is a real opportunity to prevent thousands of cases of cancer." "This research is novel in that it assesses the views of both parents and clinicians in the same community at the same time," adds first author Christy Widman, Community Outreach Manager in the Department of Cancer Prevention and Control at Roswell Park. "What we

found most striking was the need for education about the HPV vaccine among both parents and clinicians. School-based programming and general media campaigns also emerged as promising avenues for future educational efforts."

*Newswise, October 12, 2016*

[Abstract: HPV Vaccination Rates Lag in Teens](#)

Vaccination rates against human papillomavirus (HPV) among US teens remain stubbornly lower than those of tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccine and quadrivalent meningococcal conjugate vaccine (MenACWY), according to a [recent CDC report](#). Data from a 2015 national survey of more than 22,000 teens aged 13 to 17 years showed that overall, coverage with at least 1 dose of HPV vaccine was 56.1% and 45.4% with 2 or more doses; coverage with the full 3-dose series was 34.9%. In comparison, coverage with 1 or more doses of Tdap was 86.4%, and coverage was 81.3% with at least 1 dose of MenACWY. All 3 vaccines are routinely recommended at age 11 to 12 years.

*JAMA, October 11, 2016*

[Rise in oropharyngeal cancer incidence not solely driven by HPV in United Kingdom](#)

The rise in incidence of oropharyngeal squamous cell carcinoma in the United Kingdom from 2002 to 2011 was not solely attributable to a rise in incidence of human papillomavirus (HPV)-positive disease because the proportion of HPV-positive and -negative cases remained the same throughout that period, according to a study published in *Cancer Research*, a journal of the American Association for Cancer Research. Oropharyngeal cancer is a type of head and neck cancer. According to the National Cancer Institute (NCI), oropharyngeal squamous cell carcinoma (OPSCC) is the most common form of

oropharyngeal cancer. It includes cancers arising in the tonsil, base of the tongue, soft palate, and the side and back walls of the throat. "We were surprised to find that while the overall incidence of OPSCC in the U.K. rose year on year as anticipated, the proportion attributable to HPV remained static, meaning that not only is HPV-positive OPSCC increasing in incidence, but that HPV-negative OPSCC disease incidence is rising in parallel," continued Jones. "This is different to trends reported elsewhere in the developed world, which illustrates that we cannot generalize the causes underlying the rise in OPSCC incidence between populations; they must be analyzed in a population-specific manner."

*Medical Express, October 11, 2016*

[Obesity set to soar for boys, but not girls, from poorer homes](#)

*Most boys from deprived backgrounds in England will be overweight by 2020 while better-off boys grow slimmer, says study*

Childhood obesity is set to increase so sharply among boys from poorer homes in England that three in five of them will be dangerously overweight by 2020, [research shows](#). But the number of well-off boys who are overweight or obese is expected to fall to one in six in that time, underlining that obesity's already stark class divide will widen even further. Doctors and health campaigners urged ministers to take tough action to reduce the number of children and young people who are becoming very heavy, including restricting advertisements on television for junk food before the 9pm watershed and taxing unhealthy foodstuffs.

*Guardian, October 10, 2016*



AUDIO ABSTRACT: Impact and Effectiveness of the Quadrivalent Human Papillomavirus Vaccine: A Systematic Review of 10 Years of Real-world Experience

*Susan J. Wysocki, WHNP, FAANP*

*Medical Director, Partnership for Male Youth*

*ReachMD, Prova Education, October 11, 2016*

How to Be a Man in the Age of Trump

"Don't sexually assault women' (or, for that matter, "Don't get a girl pregnant") is an awfully low bar for acceptable behavior. It does little to address the complexity of boys' lives, the presumption of their always-down-for-it sexuality, the threat of being called a "pussy" if you won't grab one, the collusion that comes with keeping quiet. Boys need continuing, serious guidance about sexual ethics, reciprocity, respect. Rather than silence or swagger, they need models of masculinity that are not grounded in domination or aggression... Donald Trump (and, for that matter, Billy Bush) have unwittingly provided grist for a more radical, challenging discussion: about what it means - what it should mean, what it could mean - to be a man, a discussion that must continue in public and in our homes long after the candidate himself is told it's game over."

*Peggy Orenstein, New York Times, October 15, 2016*

The Fear of Having a Son

"The common wisdom, as research verifies, is that most men want sons. That's starting to shift. Some men, like me, fear becoming fathers to sons. At the website for the NPR radio show "On Being," the writer Courtney E. Martin observes of

many younger middle- and upper-middle-class fathers-to-be, "I've noticed a fascinating trend: They seem to disproportionately desire having a girl instead of a boy." An informal Facebook survey she took yielded these results: "I wanted a girl mainly because I felt it was harder to be a boy in today's society. If I have a boy I will embrace the challenge of raising a boy...who can learn the power of vulnerability even as male culture tries to make him see it as weakness. But, frankly, I hope that when I have a second child, it'll be another girl." This was emblematic of a lot of the responses, which revealed that men felt more confident, or "better equipped," co-parenting "a strong, confident daughter."

*Andrew Reiner, New York Times, October 14, 2016*

### Generation Adderall

*Like many of my friends, I spent years using prescription stimulants to get through school and start my career. Then I tried to get off them*

Adderall is prescribed to treat Attention Deficit Hyperactivity Disorder, a neurobehavioral condition marked by inattention, hyperactivity and impulsivity that was first included in the D.S.M. in 1987 and predominantly seen in children. That condition, which has also been called Attention Deficit Disorder, has been increasingly diagnosed over recent decades: In the 1990s, an estimated 3 to 5 percent of school-age American children were believed to have A.D.H.D., according to the Centers for Disease Control and Prevention; by 2013, that figure was 11 percent. It continues to rise. And the increase in diagnoses has been followed by an increase in prescriptions. In 1990, 600,000 children were on stimulants, usually Ritalin, an older medication that often had to be taken multiple times a day. By 2013, 3.5 million children were on stimulants, and in many cases, the Ritalin had been replaced by Adderall, officially brought to market in 1996 as the new, upgraded choice for A.D.H.D. - more effective, longer lasting.

We know very little about what Adderall does over years of use, in and out of college, throughout all the experiences that constitute early adulthood. To date, there is almost no research on the long-term effects on humans of using Adderall. In a sense, then, we are the walking experiment, those of us around my age who first got involved with this drug in high school or college when it was suddenly everywhere and then did not manage to get off it for years afterward - if we got off it at all. We are living out what it might mean, both psychologically and neurologically, to take a powerful drug we do not need over long stretches of time. Sometimes I think of us as Generation Adderall.

*Casey Schwartz, New York Times, October 12, 2016*

**PMY Editor's Note:** While there is controversy surrounding ADHD diagnoses, male adolescents have an ADHD diagnosis rate that is three times that of adolescent females. About two-thirds of those with a current diagnosis receive prescriptions for stimulants like Ritalin or Adderall, which can drastically improve the lives of those with ADHD but can also lead to addiction, anxiety and occasionally psychosis. It is speculated that such widespread prescribing has led to unnecessary dependence and the use of them by friends and others for which they were not prescribed (source: [www.ayamalehealth.org](http://www.ayamalehealth.org))

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### Remembrance

[Young man wrote heartbreak Facebook post about struggling with depression days before he died](#)



*Steven Goodwin's dad Paul is now urging men to talk to each other openly and seek help by opening it - and not just changing the subject to football or rugby*

A young man urged others to talk about mental health in a heartbreakingly honest Facebook message about struggling with depression just days before he died. Steven Goodwin's family say he had suffered for decades and was undergoing counselling. But the 36-year-old died on Wednesday, August 24 - just days after sharing a moving message about his mental health problems on Facebook. Steven, from Wigan, told friends on the social media site he found it 'genuinely sad' that men don't talk about mental health, reports Manchester Evening News. He wrote: "I usually have to talk to women for conversations with depth, guys attitude is chin up, crack on, now let's talk about sport."

*Mirror, UK, October 11, 2016*

#### [Doctors May Not Be Telling High-Risk Patients About HIV Prevention Drug](#)

*Less than half of gay and bisexual men are aware of once-a-day pill PrEP, study shows.*

A once-a-day pill known as PrEP -- short for pre-exposure prophylaxis medication -- has been found to reduce HIV infection by 92 percent in people at high risk for the AIDS-causing virus, including men who have unprotected gay sex, the researchers said. The researchers studied 2014 data from 401 HIV-negative gay and bisexual men in Baltimore. Only 42 percent knew about PrEP.

Those who had been tested for HIV in the previous year were more likely to be aware of it. But having recently seen a doctor or getting tested for another sexually transmitted disease did not increase the likelihood that gay or bisexual men knew about the preventive drug, the researchers from the Johns Hopkins Bloomberg School of Public Health found. The findings suggest many health care providers don't discuss PrEP with gay and bisexual men and other high-risk patients, even though the U.S. Centers for Disease Control and Prevention recommends the therapy for them.

*Healthfinder, October 10, 2016*

[AUSTRALIA: 'Bloke whisperer' challenges what it means to be an Aussie man](#)

Mr Harkin said men often act in a way that fits a stereotype of what a man should be, and his workshops aim to shift that perception. 'It is great to be a bloke, but let's look at how it is going for us. Did we decide all of these rules or were they decided for us?'" The issue is masculinity and male mental health is explored in a new documentary, Man Up, which follows radio presenter Gus Worland on his mission to answer the question: what does it mean to be a man? Mr Harkin takes part in the show and works with a group of teenage boys to address the question. The Man Up documentary begins by addressing the suicide of Worland's friend Angus in 2006, and the reasons that might have led to it. Suicide is the leading cause of death in Australia for men aged 15 to 44, and of the 2,864 Australians who took their own lives in 2014, three-quarters were men. Mr Harkin and Worland want to explore why.

*ABC, October 10, 2016*

[Males Conceived Via Fertility Treatment May Have Weakened Sperm: Study](#)

Males who were conceived using an infertility treatment where sperm is injected into an egg may themselves have lower sperm quantity and quality than those conceived naturally, Belgian researchers report. "We treated couples where the husband had very abnormal sperm, so it is not so surprising that in their sons the quality of their sperm had an impact on them," explained lead researcher Dr. Andre Van Steirteghem, an emeritus professor at Vrije Universiteit in Brussels.

*Healthfinder, October 7, 2016*

[Risk of Opioid Addiction Up 37 Percent Among Young U.S. Adults](#)  
[Study also finds painkiller abuse often precedes heroin use](#)

Young adults in the United States are more likely to become addicted to prescription opioids than they were in years past. And they're more likely to use heroin, too, a new study says. A review of federal data found the odds of becoming dependent on opioids like Vicodin and Percocet increased 37 percent among 18- to 25-year-olds between 2002 and 2014. The study was conducted by researchers from Columbia University's Mailman School of Public Health in New York City.

*Medline Plus, October 4, 2016*

[Exposure to community violence linked to violent behavior among minority adolescent men](#)

As exposure to community violence increases for adolescent men of color, symptoms of depression subside and violent behaviors increase, according to new research published in the Journal of Clinical Child & Adolescent Psychology, a journal of the Society of Clinical Child and Adolescent Psychology. The results add evidence to a model demonstrating the desensitization to violence that can occur with greater exposure.

*Medical Life Sciences, October 5, 2016*

[Men who smoke are THREE times more likely to have children with asthma](#)

Children whose fathers smoked before they were even conceived are more than three times more likely to develop asthma, according to new research. The effect of a mother's lifestyle on child health is well documented, but this suggests the link is also true for fathers-to-be. It is believed male sperm cells are damaged by nicotine, affecting a child's genes. The study of 24,000 children found boys having their first cigarette before the age of 15 put offspring at particular risk.

*Daily Mail, October 3, 2016*

### Study exposes vicious cycle of community violence on youth

"Examining the Pathologic Adaptation Model of Community Violence Exposure in Male Adolescents of Color" is the first study to test the theory of desensitization in a sample consisting entirely of males of color over a long period of time. The study looked at the links between exposure to community violence, depressive symptoms and violent behavior among 285 African-American and Latino males in Chicago for five years, starting in the fifth or seventh grade. Researchers found that as black and brown teens are exposed to more community violence, their symptoms of depression subside and violent behaviors increase.

*Chicago Sun Times, October 1, 2016*

### Smoking Bans May Keep Young Men From Heavy Smoking

Smoking bans may help reduce smoking among young American men, a new study finds. Researchers examined data from more than 4,300 people in 487 cities nationwide who were interviewed annually between 2004 and 2011 when they were aged 19 to 31. Among young men who were light smokers and lived in areas with smoking bans, their rate of smoking in the past 30 days was 13 percent. It was 19 percent for young men in areas without such bans. Rates were the same (11 percent) for women in areas with and without smoking bans. "These findings provide some of the most robust evidence to date on the impact of smoking bans on young people's smoking," said study co-author Mike Vuolo, an assistant professor of sociology at Ohio State University.

*Healthfinder, September 30, 2016*

### A Doctor's Words Key to Whether Child Gets HPV Vaccine

In this new study, researchers examined if specific language used by doctors affects parents' decisions. The study included more than 1,500 parents. Their children were between the ages of 11 to 17. The study also included 776 primary care doctors. Parents were asked whether specific messages -- including nine longer ones developed by the CDC and six brief messages developed by the study team -- would persuade them to have their children vaccinated. Seventy percent of parents said they'd support messages that emphasized the effectiveness of the vaccine. About two-thirds of parents said they would support messages about the cancers prevented by the vaccine and the safety of the vaccine. Three of

the brief messages and eight of the longer messages were supported by at least half of the parents. Doctors were only asked to review the six brief messages. They were asked whether they would use them in an attempt to persuade parents to get the HPV vaccine for their children. Physicians were most likely to support messages that emphasized the fact that the vaccine can prevent cancer (64 percent), the study found. The message most parents and doctors believed was persuasive for the HPV vaccine was: "I strongly believe in the importance of this cancer-preventing vaccine for [child's name]." The study was published Sept. 30 in the journal *Cancer Epidemiology, Biomarkers & Prevention*.

*Healthfinder, September 30, 2016*

[Every Income Group Experienced Significant and Similar Drops in Uninsured Rates Under the Affordable Care Act](#)

*ACA led to widespread coverage gains across income, age, geography, and race; expanding Medicaid significantly strengthens gains*

The new report shows how different provisions of the ACA have worked in concert to reduce uninsured rates. The near-equal percent drops in uninsured rates across groups indicate that the ACA is reducing the uninsured rate most in absolute terms among groups that had the highest uninsured rates before the law. For example, individuals age 26-34 and 35-54 saw similar percentage drops in uninsured rates, but since the younger group had higher pre-ACA uninsured rates, a larger fraction of them have gained coverage since its passage. Today's report looks primarily at data through 2015. In the first quarter of 2016, the national uninsured rate dropped again from 9.1 percent to 8.6 percent.

*HHS.gov, September 29, 2016*

[Sex guide for teen boys picks up where parents leave off](#)

"Dating and Sex: A Guide for the 21st Century Teen Boy" (Magination Press) is written for 13- to 16-year-old boys who are, as Smiler writes, "possibly, maybe, sort of interested in starting to date or kiss people sometime in the not-too-distant future, as well as for guys who have dated or been sexual with lots of people." "We put a lot of pressure on boys in the United States to look like they're competent and to not show any kind of weakness or deficiency," Smiler told me. "It's even worse with sex. For some reason, we've decided boys should be sexual experts, so they can't

publicly admit what they don't know about sex or get any clarification about what they don't know."

*Chicago Tribune, September 29, 2016*

### Young Males And Problematic Porn Use

A few years ago, Canadian researcher Simon Lajeunesse wanted to study the effects of porn on adolescent boys. To do this, he needed to assemble two groups—young males who were porn users, and young males who were not porn users. His hope was to compare and contrast, looking for differences between the two cohorts. However, no matter how hard he tried, he couldn't locate any adolescent males who'd never looked at porn. Eventually, with no control group, he had to abandon the study. Until recently, it was assumed that most adolescents who experienced negative consequences related to heavy porn use were, except for their age, traditional porn addicts, fully meeting the generally accepted criteria for sexual addiction. Lately, however, treatment specialists have noticed that some heavy users of porn might not be fully addicted. This is most common with young males. These boys may be using porn just as often, with similar consequences, as the boys who are truly addicted. But they are able to walk away from porn relatively easily. Moreover, their porn-driven consequences (especially erectile dysfunction issues) tend to clear up within a month or two of quitting.

*Huffington Post, September 28, 2016*

### Inactive Teens Likely to Become Sluggish Adults

*Less than 9% met the 60 minutes/day recommendation*

Factors associated with greater moderate-to-vigorous levels into adulthood included being male: beta=0.46 ( P <0.001). "This group is unique because they are experiencing big and important changes during this period including mental, psychological, environmental, and contextual changes," he added. "At the same time, this group of young people starts to learn how to handle their lives, behaviors, and lifestyles independently the first time."

*MedPage Today, September 27, 2016*

### Concussion Diagnoses in Teens Hit a Record High

While adolescent males are more likely to be diagnosed than females, rates of concussions among adolescent females is also climbing, increasing by 118% during the last six years compared to a 48% rise

among males. The insurance company reports that more than 936,000 claims were filed for diagnosed concussions among its members, and that rates for adolescents between age 10 and 19 surged 71% during that time, while rates for adults increased by 26%. Most of the teen spike is due to sports, especially football, since rates increased sharply during the sport's fall season, according to the claims data. Much of the increased diagnosis can be tied to heightened awareness of concussions and the health effects of brain injury, after states enforced laws requiring athletes who experienced brain injuries to obtain medical clearance before resuming practice or play in a game, the study authors say. Teens were five times more likely to be diagnosed with a concussion than all other age groups combined.

*Time, September 27, 2016*

#### Young Men's Journey provides rite of passage for adolescent males

*"We leverage community expertise and give exposure to young men of all different kinds of walks of life"*

The vision behind Young Men's Journey is to help teenagers successfully transition from adolescence into young adulthood with the guidance and support of adults versus the more prevalent "rites of passage" largely based on peer influence, says Journey co-founder Nick Hodges. A Guelph resident and father of two young kids, Hodges founded the non-profit organization in 2014 with Steve Anderson, a professional coach and past Olympic volleyball coach. The intent was to connect boys with positive male role models and provide a transitional experience. The idea is based on similar groups within North America that Hodges has trained at and collaborated with over the past several years.

*Guelph News, September 26, 2016*

#### MSM Syphilis Rates 'Astounding'

*100-fold higher than in straight men*

Rates of primary and secondary syphilis among men who have sex with men (MSM) are dramatically higher than among men with female partners, according to the first state-level analysis of the incidence of the disease.

Across the 44 states included in the analysis, the 2015 syphilis rate among men who have sex with men was an "astounding" 107 times higher than it was among straight men, according to Alex de Voux, PhD, of the CDC division of STD prevention. The incidence for MSM was as

low as 39 times higher than in other men in Minnesota and reached 342.1 times higher in Hawaii, De Voux reported at the 2016 STD Prevention Conference here.

*MedPage Today, September 22, 2016*

### Youth-Driven Digital Platform ADOLESCENT Launches

*Online hub kicks off with contest to find the next ADOLESCENT director*

Today the new digital platform ADOLESCENT (<http://www.adolescent.net>) launches, unlocking an online hub of exclusive editorial and video content focused on showcasing youth culture from the inside out.

ADOLESCENT is a community that celebrates and advances the work of teenage creators, with original content spanning commercials, music videos, web series, documentaries and films. The platform emerges out of Adolescent Content (<http://www.adolescentcontent.com>), a Los Angeles-based production company and think tank helmed by Creative Director Ramaa Mosley and Executive Producer Hope Farley. ADOLESCENT is the first comprehensive media company dedicated to the creation of high-quality advertising and entertainment content FOR youth, MADE BY youth.

PR Newswire, September 15, 2016

### WATCH: 13-year-old boy pushes B.C. government to expand HPV vaccine program

The Human papillomavirus (HPV) vaccine has been approved for girls 26 and younger in British Columbia for a number of years now, but a 13-year-old B.C. boy is advocating for the provincial government to expand the program to all genders. In 2013, the BC Centre for Disease Control has expanded the HPV vaccine program to allow women 26 years old and younger to get the vaccination for free. The provincial catch-up program previously only covered women aged 19 to 21 to provide cost coverage for women who were too old to receive the vaccine in high schools. The program was later expanded to include at-risk boys and young men. But the rest have to pay for it.

*Global News, September 12, 2016*

### Meningococcal B vaccine given to Kiwis also protects some against gonorrhea

A breakthrough in the battle against gonorrhoea uncovered by Kiwi researchers has lifted hopes of finding a vaccine for the disease that is becoming increasingly resistant to antibiotics. The researchers at Auckland University made the surprising discovery that New Zealanders given the MeNZB vaccine to counter meningococcal B also had improved protection against gonorrhoea. Their study found people who received the MeNZB vaccine about 10 years ago were 30 per cent less likely to be diagnosed with gonorrhoea, compared to those who were unvaccinated.

*Stuff Health New Zealand, September 10, 2016*

#### Pharmacists help to combat meningococcal disease

As bacterial meningitis spikes in certain regions of the U.S. and with more schools recommending vaccination, some pharmacy chains are helping to combat the disease. Walgreens-and perhaps other pharmacy chains- is now offering the meningitis B vaccinations at all of its pharmacies, including Duane Reade pharmacies in New York, and its Healthcare Clinics nationwide. Vaccinations are available daily without an appointment and may be covered by insurance.

*Drug Topics, September 9, 2016*

#### European region most skeptical in the world on vaccine safety

Public confidence in vaccines varies widely between countries and regions around the world, and the European region is the most sceptical about vaccine safety, according to the largest ever global survey of confidence in vaccines. With recent disease outbreaks triggered by people refusing vaccination, the authors believe the findings provide valuable insights, which could help policymakers identify and address issues.

*Science Codex, September 9, 2016*

#### Malawi's Secret Weapon Against HIV: Male Circumcision

*The small African country has significantly lowered its rates of HIV/AIDS-in no small part through circumcising men and adolescent boys.*

One of Malawi's most recent efforts to combat HIV/AIDS may also be one of its least well known: voluntary medical male circumcision. The reasons why it works remain unclear (tougher and quicker-drying skin may be contributing factors, as well as a reduced surface area for the virus to proliferate in), but three separate studies have shown that male circumcision reduces the risk of sexual transmission from HIV-positive women by 50 to 60 percent. As the author of one of the studies (conducted in the Orange Farm region outside

Johannesburg, South Africa) puts it: "This is equivalent to what a vaccine of high efficacy would have achieved."

*Pacific Standard, September 8, 2016*

[Why Is Meningitis Still Causing Deaths on U.S. College Campuses?](#)

*There's an effective vaccine, but 12 states still don't require it for incoming students*

While many states have mandates of vaccination for all incoming college and university freshman, at least 12 states do not require the vaccination, including my own state of Michigan. This needs to change. Most college students physically interact with other students from out-of-state. As such we cannot afford to a situation where divergent vaccination policies further limit the effectiveness of vaccines in states they are required. To optimize herd immunity against meningitis among college students in the U.S, we need to mandate vaccination in all schools in all states.

*Scientific American, September 7, 2016*

[Academy of Pediatrics' grant recipients develop strategies to increase HPV immunization rates](#)

Training videos, educational webinars and use of electronic health records (EHRs) are among the strategies used by six AAP chapters to improve HPV immunization rates. The Academy awarded grants to six chapters to identify opportunities to increase adolescent immunization rates, with a focus on the HPV vaccine. Each chapter developed a program to fit the needs of pediatricians and families in their state.

*AAP Gateway, September 7, 2016*

[Meningitis B vaccine, Bexsero, 83 percent effective according to new data](#)

Preliminary data from the world's first national meningitis B immunization program with Bexsero, launched one year ago in the UK, shows the estimated effectiveness of the vaccine at 83 percent against any meningitis B strain and 94 percent against vaccine preventable strains, for all children receiving the first two of three recommended doses. Reported cases of the disease have dropped 50 percent in the vaccine-eligible population in the first ten months of the program, compared to the average number of cases over the last four years.

*Outbreak News Today, September 6, 2016*

New Book Release:

"Dating and Sex"

by Andrew Smiler, Ph.D.

Insight into Increasing Teen Immunization Rates

A study published in the July 2016 issue of Health Promotion and Practice presents teachers' perceptions of immunization education and methods of improvement. The randomized, controlled trial compared teacher perceptions of brochure-guided and teacher-provided education to middle and high school students. The researchers conducted focus groups 18 months after the interventions ended. An overview of childhood vaccinations encourages adolescent belief that further vaccinations are a necessary continuation of previous healthful acts. The addition of engaging media (eg, YouTube) and microbiology content would improve vaccine education, as students enjoy "gross" visually disturbing content, such as images of smallpox sores, measles rashes, and tetanized postures. One of the 4 schools excluded HPV vaccination education. The reason was unexplained and curious, since none of the teachers indicated that parents had voiced any opinion about HPV or any other vaccine.

*Pharmacy Times, September 2, 2016*

EDITORIAL: Making the most out of crisis: child and adolescent mental health in the emergency department

Mental illness continues to be one of the greatest challenges facing practitioners and health systems around the world. Because mental illness often presents during adolescence and young adulthood, it can have profound implications for a person's wellbeing across their lifespan. As the report notes, those with substance abuse disorders, who are already disproportionately reliant on EDs for care, might actually benefit from rapid ED-based screening and coordination of care. As demand increases and ED use, especially for psychiatric crises, grows, perhaps it is time to rethink what an ED can and should be.

*The Lancet, September 2, 2016*

Lancet Commission on Adolescent Health and Wellbeing

After three decades of calls for action on adolescent health, has brought together four of the world's leading Universities to form "The Lancet Youth" a Lancet Commission on the Health and Wellbeing of Young People:

The University of Melbourne, Columbia University, University College London and The London School of Hygiene and Tropical Medicine to establish a Commission on Adolescent Health and Wellbeing. The Commission has 30 members from 14 countries spanning all parts of the globe. It has brought together experts, including youth advocates, with a range of disciplines as well as policy and practice perspectives. The aim of the Commission was to produce a coherent narrative and integrated work plan for responding to the shifting determinants of health and health needs of the world's adolescent and young adults.

[AAP issues meningococcal B vaccine guidelines for adolescents](#)

Trumenba and Bexsero have both been approved for the prevention of serogroup B meningococcal disease in individuals aged 10 through 25 years by the American Academy of Pediatrics Committee on Infectious Diseases. Their guidelines on the newly-licensed vaccines align with previous recommendations issued by the CDC's Advisory Committee on Immunization Practices.

*Helio, August 31, 2016*

[Researchers identify neural factors that predict adolescent alcohol use](#)

A mix of social, psychological and biological mechanisms are believed to contribute to alcohol use during adolescence. Demographic risk factors include being male, having higher levels of psychological problems and associating positive outcomes with alcohol (i.e. drinking is fun). "Underage alcohol consumption is a significant problem in this country," said senior author Susan F. Tapert, PhD, professor of psychiatry. "Being able to identify at-risk children before they begin drinking heavily has immense clinical and public health implications. Our findings provide evidence that it's possible to predict which adolescents are most likely to begin drinking heavily by age 18." The researchers at the University of California San Diego School of Medicine have identified 34 neural factors that predict adolescent alcohol consumption. The list, based upon complex algorithms analyzing data from neuropsychological testing and neuroimaging studies, was significantly more accurate -- approximately 74 percent -- than demographic information alone.

*Eureka Alert, August 30, 2016*

[More teens get needed vaccines in 'blue states'](#)

Parental politics may influence whether teens get recommended vaccinations, according to a U.S. study. Dividing states into red and blue based on how they voted in the 2012 presidential elections, researchers found that in that year, adolescents in blue states were significantly more likely to have received three

important vaccines recommended for 11 to 12 year olds. "These associations are important because they demonstrate that there are broader forces associated with political affiliation that may influence acceptance of immunizations for adolescent children," said senior author Linda M. Niccolai of the Yale School of Public Health in New Haven. "The decision to immunize a child does not occur in vacuum and is not as straightforward as simply accepting a preventive medical intervention or not."

*Reuters, August 30, 2016*

#### Ebola May Be Present in Semen for Year or More

Ebola virus stays present in semen longer than previously thought, and is more likely to be found in older men, researchers report. The deadly virus can be transmitted through semen. Preliminary findings from 429 male Ebola survivors taking part in a national screening program in the African nation of Liberia showed that 9 percent (38) had fragments of Ebola in their semen. Of those 38 men, 63 percent tested positive for Ebola in their semen a year after recovering from the disease. One man's semen still had evidence of Ebola at least 565 days after he recovered from the illness, the study found.

*Healthfinder, August 30, 2016*

#### The HPV vaccine has cut infections by up to 90% in the past 10 years

A recent review of the human papillomavirus (HPV) vaccine has found that in the 10 years since its original release, the infection rate of HPV has been lowered by up to 90 percent in countries with high levels of immunisation. The review found that with more than 187 million doses of the vaccine administered in 130 countries around the world, the number of HPV infections fell by up to 90 percent in some areas, with similar decreases in genital warts and cervical abnormalities also being reported. "Reductions in HPV infections as well as reductions in the prevalence of HPV 6/11/16/18-related diseases, as noted by decreases in Pap abnormalities, cervical pre-cancers, and genital warts, were detected within four years after vaccine introduction," said lead researcher Suzanne Garland , from the Royal Woman's Hospital in Australia.

*Science Alert, August 29, 2016*

#### AAP: Patient Dismissal Is Last Resort for Vaccine Refusal

In a change of course, the American Academy of Pediatrics (AAP) now says pediatricians can dismiss families for vaccine refusal, but only as a last resort. The [new clinical report, published online August 29 in Pediatrics](#), provides clinicians with multiple approaches for dealing with vaccine-hesitant families and stresses the role of pediatrician as educator in these situations. However, if

no approach works and pediatricians need to dismiss a family, they must do so in a thoughtful and professional manner, the authors emphasize. And they must ensure that the family has other options for medical care.

*Medscape, August 29, 2016*

### More Parents Believe Vaccines Are Unnecessary

*Reasons for refusing shots have changed in recent years, U.S. pediatricians' group finds.*

Pediatricians are encountering more parents who refuse to have their children vaccinated, mainly because they don't see the point of vaccines, a U.S. survey found. In the survey, conducted in 2013, about 87 percent of pediatricians said they had encountered vaccine refusals, an increase from the 75 percent who reported refusals during the last survey from 2006. The most common reason, provided by three out of every four parents: Vaccines are unnecessary because the diseases they prevent have been wiped out in the United States.

*Healthfinder, August 29, 2016*

### Is Anti-Vax Movement Growing? Pediatricians say more parents are refusing to immunize kids

To counteract this trend, AAP issued a clinical report in which it urged open and honest communication by a trusted pediatrician with vaccine-hesitant parents. Adding some muscle to that advice, the AAP said all non-medical vaccine exemptions should be eliminated. That recommendation came in a separate policy statement. In 2013, 87% of pediatricians reported experiencing a vaccine refusal -- a significant increase compared to 2006 (74.5%, P <0.001), reported Catherine Hough-Telford, MD, of University of Alabama at Birmingham, and colleagues.

*Medpage Today, August 29, 2016*

### Medical Marijuana's Pain Relief May Work Better for Men

*Study found male users reporting bigger benefits compared to women*

Smoking a joint provides greater pain relief to men than to women, a new study indicates. Researchers asked 42 recreational marijuana smokers to place one hand in extremely cold water until they could no longer tolerate the pain. They did this twice: Once after smoking marijuana and once after puffing on a placebo. After smoking marijuana, men reported they were significantly less sensitive to pain. They were also more able to tolerate pain. While women reported they were somewhat more able to tolerate pain after smoking marijuana, it brought them no significant pain relief.

*Medline Plus, August 24, 2016*

[UK: Soaring number of boys are being born with genital disorders - and experts say gender-bending chemicals and fatty diets are to blame](#)

- *Male sperm counts have been plummeting for decades*
- *More boys are born with genital disorders - such as their testes don't fall*
- *Others are born with a condition called hypospadias, where the opening of the penis is lower down, towards the base of the penis*

Some experts blame gender-bending chemicals in the environment, commonly found in the plastic used in containers and our homes. It is said they inhibit male sex hormones in the womb, which can lead to defects in a developing male foetus. Others say the problem is linked to lifestyle factors - that eating more fat means we produce more of the female hormone oestrogen - which again, will affect how a baby in the womb grows.

*Daily Mail, August 26, 2016*

[CDC: Male adolescent HPV vaccinations lag behind meningococcal, Tdap](#)

The Centers for Disease Control and Prevention on Friday released a new report examining vaccination trends among adolescents aged 13-17 years in 2015 and found that, despite rising numbers of tetanus-diphtheria-acellular pertussis (Tdap) and meningococcal conjugate vaccinations (MenACWY), the number of HPV vaccines - particularly among adolescent boys - is lagging.

"Since 2007, among females, HPV vaccination coverage has lagged behind Tdap and MenACWY coverage, with gaps of 28 and 17 percentage points, respectively, in 2014. HPV vaccination coverage among males has increased annually since 2011, but remains lower than coverage among females," the report says. In 2015, among males coverage with one or more HPV vaccine doses was 49.8% and 28.1% had three or more doses. Among females, 62.8% had one or more doses and 41.9% had three or more doses. "[These findings] suggests that HPV vaccine is not being routinely administered at visits when other recommended vaccines are given, and demonstrates ongoing missed opportunities for the prevention of HPV-associated outcomes, including cancers," the report says. "Routine age-appropriate administration of all recommended vaccines to adolescents aged 11-12 years, and strong, consistent recommendations by clinicians are important to maintaining high vaccination coverage for Tdap and MenACWY vaccines and improving HPV vaccination coverage."

*Drug Store News, August 26, 2016*

### Teen boys' HPV-vaccination rate hits almost 50 percent, CDC says

The rate of HPV vaccination among teen boys in the United States surged in 2015, suggesting that more parents and physicians are embracing the message that it's as important for boys to be vaccinated against the human papillomavirus as it is for girls. The Centers for Disease Control and Prevention reported Thursday that 49.8 percent of boys ages 13 to 17 had gotten at least one of the recommended three doses as of 2015, up 8 percentage points from 2014. The rate for teen girls rose more slowly: Almost 63 percent had gotten at least one dose, compared to 60 percent in 2014. Vaccine proponents were cheered by the sharp rise in vaccinations among boys, who as adults could be at greater risk of certain cancers. "The rate is increasing faster for them than it ever has for girls," said Erich Sturgis, a head and neck cancer surgeon at MD Anderson Cancer Center in Houston.

*Washington Post, August 25, 2016*

### Synthetic Fentanyl Fueling Surge in Overdose Deaths: CDC

*Most of the victims of these overdoses were men and those aged 15 to 44, the researchers reported*

Deaths from overdoses of the synthetic narcotic fentanyl have surged in recent years, U.S. health officials say in a troubling new report. As more fentanyl was sold illegally on the streets, the number of fatal overdoses jumped 79 percent in 27 states from 2013 to 2014, the government report found, while law enforcement seizures of the drug increased 426 percent in eight of those 27 states. The fentanyl crisis is being driven by products made illegally, not by the diversion of prescription fentanyl. Recently, the U.S. Drug Enforcement Administration reported that synthetic fentanyl was showing up mixed with prescription narcotic painkillers, and "this is a new and emerging threat," said report author R. Matthew Gladden.

*Health Day, August 25, 2016*

### GlaxoSmithKline Unveils Take 5 for Meningitis

GlaxoSmithKline has introduced Take 5 for Meningitis, an educational campaign that seeks to promote meningitis awareness. The launch took place earlier this month. Jamie Schanbaum, a meningitis survivor; Anne Geddes, a recognized photographer; and Leonard Friedland, M.D., Vice President, Director Scientific Affairs and Public Health, Vaccines North America for GSK, spearheaded the launch of the campaign at BlogHer2016 in California. Take 5 for Meningitis aims to address the growing number of young adults who have not yet been vaccinated for five groups of meningitis. The campaign will take

advantage of digital media platforms and launch educational events as a means of educating young adults and their parents. More importantly, Take 5 for Meningitis will encourage them to get the necessary immunizations, increasing the vaccination rates.

*Market Exclusive, August 25, 2016*

[Teen males in therapeutic boarding school adopt feminine qualities to reassert dominance](#)

Adolescent males attending therapeutic boarding school for troubled young men often adopted feminine qualities, displaying a type of "hybrid masculinity," according to research presented at the 2016 American Sociological Association Annual Meeting. However, researcher Jessica A. Pfaffendorf, a PhD candidate at the University of Arizona School of Sociology, noted that the teenaged men did not fully embrace their new feminine demeanors, which included speaking openly and at length about their emotions and admitting past wrongs. Instead, they combined masculine and feminine styles for their own personal benefit, namely to assert that they were in control of their emotions and, therefore, were more mature than their peers.

*Helio, August 25, 2016*

[AUSTRALIA: Editorial: Society's rules failing men and their health](#)

WHY do we have to resort to hanging a banner depicting a giant pair of jocks from a prominent landmark in order to get Bendigo men thinking about their health?

*Bendigo Advertiser, August 25, 2016*

[AUSTRALIA: Why guys are getting personal online - the social media campaign driven by the boys](#)

FORGET the ice bucket challenge, this is the new campaign flooding social media and men are taking the lead. Social media sites like Facebook, Instagram and Twitter are filling up with selfies from men saying 'it's OK to talk'. The picture is accompanied with the words along the lines of; "The single biggest killer of men aged under 45 is suicide. In 2014, 4623 took their own life in Australia. That's 12 men every day, 1 man every two hours! 41% of men who contemplated suicide felt they could not talk about their feelings. Only 20% of people know that suicide is the most likely cause of death for men age under 45. Let's show men across the world that #IT'SOKAYTOTALK take a selfie tag your friends and let's get the message out."

*News AU, August 24, 2016*

[Giving children antibiotics increases their risk of diabetes - with boys 'particularly vulnerable'](#)

- Young mice given antibiotics twice as likely to develop type 1 diabetes
- Condition may develop in kids if good gut bugs are killed by antibiotics
- Type 1 diabetes occurs when the immune system turns on the body
- Experts believe certain bacteria teach the immune system not to attack

Researchers from New York University compared the health of mice given several 'courses' of antibiotics when young with creatures not given any drugs. Those given three antibiotic treatments by the age of six weeks - roughly two and a half years old in human terms - were twice as likely to develop diabetes as those not given antibiotics. Males may be particularly vulnerable, the journal *Nature Microbiology* reports.

*Daily Mail, August 22, 2016*

[Breadwinner Men May Have More Money, But Poorer Health](#)

Researchers analyzed surveys from 9,000 young married men and women in the United States taken annually over a 15-year period, and evaluated each participant's response on income, health and psychological wellness. They found that the more economic responsibility a man had in his marriage, the more his psychological well-being and health declined. The findings suggest that men who are primary breadwinners - and who, in essence, fulfill the culturally held expectation that husbands should bring home more money than their wives - are actually worse off than men who earn salaries that are more equal to those of their wives.

*Live Science, August 22, 2016*

[New Zealand: Wave of transgender young people will swamp treatment services](#)

A tsunami of transgender young people is poised to swamp New Zealand's ad hoc transgender health services, experts say. Increasing social acceptance of gender diversity, combined with the availability of puberty-blocking drugs, means more young people are coming out as transgender, and at an earlier age. New figures obtained by Stuff show the number of 10 to 14-year-olds taking puberty-delaying Leuprorelin has soared from 27 in 2005 to 95 last year. Counsellor Mani Mitchell said the surge was reminiscent of growth in the gay community in the 1950s and 60s.

*Stuff New Zealand, August 20, 2016*

**Interview: Violent Deaths Disproportionately Affect Young, Minority Males**

*Bridget H. Lyons, MPH*

*Division of Violence Prevention, National Center for Injury Prevention and Control  
Centers for Disease Control and Prevention  
Atlanta*

Main findings:

1. Violent deaths resulting from suicide or interpersonal violence disproportionately affected persons less than 65 years of age, males, and certain minority populations.
2. Primary circumstances for homicide and suicide included intimate partner problems, interpersonal conflicts, mental health problems and recent crises.

*Medical Research, August 19, 2016*

**Parents Feel Better About HPV Shots For Preteens If They Can Opt Out**

The human papillomavirus vaccine is the only vaccine invented explicitly for the purpose of preventing cancer. Yet a decade after its approval, the vaccine continues to struggle from a PR problem, as shown in a study that finds just one in five parents would support making the HPV vaccine a requirement for school. But this first national study of parents' attitudes found that those attitudes shifted if the requirement allowed parents an opportunity to opt out. "It's interesting; if you had opt-out provisions, it tripled their support, but we know from previous research that if you add the opt-out provisions, you will make the law less effective," says the study's lead author, William Calo, a postdoctoral research associate at the University of North Carolina, Chapel Hill.

*NPR, August 19, 2016*

**NYC health officials: Black male youth suicide rate growing**

New York City's suicide prevention services say suicide rates of black adolescent males are the highest growing statistic. Although black suicide rates are the lowest in the country, more black boys ages 5 to 11 committed suicide between 1993 to 1997 and 2008 to 2012, according to *Jama Pediatrics*.

*Brooklyn News 12, August 19, 2016*

**Concussion rates rising significantly in adolescents**

The number of Americans diagnosed with concussions is growing, most significantly in adolescents, according to researchers at UC San Francisco. They recommend that adolescents be prioritized for ongoing work in concussion education, diagnosis, treatment and prevention. The findings appear online August 16, 2016, in the Orthopaedic Journal of Sports Medicine. Overall, 43,884 patients were diagnosed with a concussion, with 55 percent being male. The highest incidence was in the 15-19 age group at 16.5 concussions per 1,000 patients, followed by ages 10-14 at 10.5, 20-24 at 5.2 and 5-9 at 3.5. A 60 percent increase in concussions occurred from 2007 to 2014 (3,529 to 8,217), with the largest growth in ages 10-14 at 143 percent and 15-19 at 87 percent. Based on classification, 29 percent of concussions were associated with some loss of consciousness.

*Science Daily, August 18, 2016*

#### [The Media's False Narrative About Teen Athletes, Prescription Pain Pills, and Heroin Use](#)

*Is misuse of prescription painkillers among youth athletes leading to heroin use? The short answer is "no."*

Over the past several years, the sports media have presented several stories of youth athletes who have become addicted to prescription painkillers and eventually turned to heroin. The narratives in these reports typically revolved around a young male athlete who sustained an injury, was prescribed painkillers to manage pain after surgery and eventually developed a dependence on these medications. This dependence then subsequently escalated into a heroin addiction, as heroin is a cheaper and more available alternative to prescription painkillers. These stories resonate among many Americans, given the attention on both the rise of prescription painkiller misuse and the uptick in heroin overdoses over the past several years. While these trends suggest some dangerous overlap between prescription painkiller and heroin use, very little research has been done to see if this is an emerging pattern among youth athletes in the United States. In particular, young athletes who play one sport are at greater risk for injuries that may require some form of opioid pain management.

*Alternet, August 18, 2016*

#### [CDC urges college students to get 'Meningitis B' vaccine](#)

There are new immunization recommendations just put out by the Centers for Disease Control for all students attending an Arizona state university. The CDC is urging all incoming freshmen to get the "Meningitis B" vaccine before they start class. The goal is to protect students from getting the disease.

*Tucson News Now, August 18, 2016*

### Minority of Surgical Studies Include Men, Women Equally

*Few surgical studies include men and women equally, and only about one-third perform data analysis by sex, according to research published online Aug. 17 in JAMA Surgery.*

The researchers found that 1.3 and 3.1 percent of articles included males only and females only, respectively, 78.3 percent included males and females, and 17.3 percent did not document participant sex. Considerable variability existed in the number of male, female, and unspecified participants among the journals, between U.S. domestic and international studies, and for single versus multicenter studies, although female participants represented more than 50 percent of the total number of participants. Overall, 38.1, 33.2, and 22.9 percent of articles reported the data by sex, analyzed the data by sex, and included a discussion of sex-based results, respectively.

*Doctor's Lounge, August 17, 2016*

### The Data-Poor Lives of Adolescents

Data can save lives. Without it, we wouldn't know that smoking causes lung cancer and coronary disease, that helmets reduce death rates for motorcycle accidents, and that better education for women improves child survival - and much else. Given the importance of reliable data, collecting it must be a high priority. One area where data collection is particularly inadequate is adolescent health. People aged ten to 24 receive far less attention than other age groups. More broadly, as the new Lancet Commission on Adolescent Health and Wellbeing highlights, global health and social policy largely tends to ignore adolescent health.

*Project Syndicate, August 17, 2016*

### Teenagers Have High Suicide Risks When They Misuse Prescription Drugs

Suicide is the third leading cause of death in children aged 10 to 14, and the second for people aged 15 to 24. Also, 90 percent of suicidal teenagers have a substance abuse problem not just with drugs, but also with alcohol. Adolescent males complete suicide at four times the rate of adolescent females. Teenagers are more likely to attempt suicide when they abuse prescription drugs. A new study published in JAMA Pediatrics found that teenagers are three times more likely to commit suicide after using prescription drugs for non-medical reasons for a year, Dr. Lan Guo, the study's lead author from Sun Yat-sen University in Guangzhou, China, said misusing opioids, sedatives, and prescription drugs is associated with "later suicidal ideation." Opiates, primarily used to ease pain and suppress extreme coughing fits, are one of the most abused drugs in the

United States. The drug is easy to obtain, is readily prescribed, and are highly addictive. Teenagers using prescription painkillers or opioids like codeine, hydrocodone, and oxycodone for non-medical purposes are more likely to develop a substance abuse disorder by the time they turn 35 years old, according to a study published in the journal Pain .

*Parent Herald, August 17, 2016*

### [Gay Sex Should Be A Part Of Sexual Education](#)

Our sexual education system is lacking in many areas. Many schools still teach "abstinence only" education to its students, despite the risks that are associated with it. Other programs passively shame students surrounding their sexuality, without realizing that they're doing so. However, even for most of these students, masturbation and sexual pleasure are rarely included in their sex ed. Instead, the focus is heavily on reproductive health and teen pregnancy. Such a heavy focus on reproductive health is often guilty of leaving gay boys behind. For them, it can feel like there is nowhere to turn for sexual education that they need. Even for those who are out, there can be shame in talking with their parents about sex. Because relationship, romance, and sexuality role models continue to be based in heteronormativity, it's difficult to know what gay sex should look like. Many young, gay men don't know how to improve sexual pleasure. Instead, they rely on myths surrounding sex. They can develop beliefs that there is a caste system surrounding sexual positioning. They risk learning that pain with anal sex is normal and just has to be dealt with. They also risk learning that there is only one way for gay men to have sex.

*Huffington Post, August 17, 2016*

### [New Zealand - "Porn: Turning teenage boys into old men"](#)

Online pornography is damaging the sexual health of young men, a senior psychosexual therapist has warned. Men in their late teens and early 20s are increasingly likely to suffer erectile dysfunction, with experts blaming the problem on the spread of online porn. In June a UK report found children as young as 11 were being "stripped of their childhoods" and warped by online porn. A survey of more than 1,000 children by the NSPCC and the Children's Commissioner for England found 94 per cent of 14-year-olds had seen X-rated films or photographs. Half of parents do not realise children who take nude selfies are breaking the law, according to an NSPCC survey. It also found two in five parents fear their children will be involved in sexting but most have not spoken to them about the risks.

*New Zealand Herald, August 16, 2016*

## [Students Of Color Less Likely To Receive Mental Health Treatment Than Whites, Study Suggests](#)

The study published in the International Journal of Health Services said that based on the information they have taken covering all 50 states in 2006 to 2012, black and Latino children make 37 and 49 percent fewer visits to psychiatrists compared to white children. The problem is not only with the race. Gender also plays a factor, with females receiving less mental health care than male children, however the rate is reversed for young adults - more females visit mental health care professionals as teens and young adults compared to males.

*Science World Report, August 16, 2016*

## MANY MEN DON'T WANT TO TALK ABOUT THEIR HEALTH

Physicians often bemoan how challenging it can be to get male patients thinking about the health of their colon, heart and prostate-and then do something to avoid a health crisis later in life. Most young, healthy guys rarely stress out over ED or the Big C, and when it comes to medical issues, especially preventive medicine, men would rather remain avoidant than face a colonoscopy head-on, bottom-on. According to a new survey of 500 men conducted by the Cleveland Clinic, way too many male patients have no idea when or how frequently to undergo routine life-saving tests. This includes even the easy ones, like having your blood pressure taken at a doctor's office or getting your cholesterol checked. More than half didn't know the recommended age to start routine heart disease screening. (For the record, the American Heart Association says a man should get their ticker checked beginning the third decade of life.)

According to the survey:

- Only 7 percent of men discuss health issues with their male friends.
- About one-fifth (22 percent) do not discuss private topics such as health or relationships with anyone.
- When they do bring up health, 48 percent of men reach out to their spouse or significant other.
- Topics guys prefer more than health include current events (36 percent), sports (32 percent) and their job (32 percent).

*Newsweek, August 16, 2016*

## [Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9-12 - United States and Selected Sites, 2015](#)

*MMWR, August 12, 2016*

[PrEP Education for Youth-Serving Primary Care Providers Toolkit](#)

In March 2016, the Sexuality Information and Education Council of the United States (SIECUS), supported by funding from Gilead Sciences, Inc., convened an Expert Work Group to address issues surrounding pre-exposure prophylaxis (PrEP) delivery and contribute to the development of an online resource to support primary care providers in offering PrEP to adolescents and young adults under age 25. Expert stakeholders from diverse disciplines convened to identify key concerns as well as barriers to greater primary care provider (PCP) engagement with PrEP. These robust discussions led to the development of the PrEP Education for Youth-Serving Primary Care Providers Toolkit. The PrEP Education for Youth-Serving Primary Care Providers Toolkit is the only toolkit to date focused on supporting PCPs in providing PrEP to youth.

*SIECUS, August 2016*

[Male Health Information for Young Men](#)

The Palo Alto Medical Foundation has released a comprehensive health guide for young males that contains useful information on a range of diseases and disorders.

[Young Men, Help-Seeking, and Mental Health Services: Exploring Barriers and Solutions](#)

[Am J Mens Health first published on June 29, 2016](#)

**Abstract:** International research has identified young men as reluctant to seek help for mental health problems. This research explored barriers and solutions to professional help seeking for mental health problems among young men living in the North West of Ireland. A qualitative approach, using two focus groups with six participants each and five face-to-face interviews, was conducted with men aged 18 to 24 years (total N = 17). Data were analyzed using thematic analysis. Seven key themes of barriers to professional help seeking were identified: "acceptance from peers," "personal challenges," "cultural and environmental influences," "self-medicating with alcohol," "perspectives around seeking professional help," "fear of homophobic responses," and "traditional masculine ideals." Five key themes of solutions to these barriers included "tailored mental health advertising," "integrating mental health into formal education," "education through semiformal support services,"

"accessible mental health care," and "making new meaning." Interesting findings on barriers include fear of psychiatric medication, fear of homophobic responses from professionals, the legacy of Catholic attitudes, and the genuine need for care. This study offers an in-depth exploration of how young men experience barriers and uniquely offers solutions identified by participants themselves. Youth work settings were identified as a resource for engaging young men in mental health work. Young men can be encouraged to seek help if services and professionals actively address barriers, combining advertising, services, and education, with particular attention and respect to how and when young men seek help and with whom they want to share their problems.

[Male Eating Disorder Symptom Patterns and Health Correlates From 13 to 26 Years of Age.](#)

J Am Acad Child Adolesc Psychiatry. 2016 Aug;55(8):693-700.e2. doi: 10.1016/j.jaac.2016.05.011. Epub 2016 May 27.

**Abstract:**

**OBJECTIVE:**

Research on the manifestations and health correlates of eating disorder symptoms among males is lacking. This study identified patterns of appearance concerns and eating disorder behaviors from adolescence through young adulthood and their health correlates.

**CONCLUSION:**

Results underscore the importance of measuring concerns about leanness, muscularity, and use of muscle-building products when assessing eating disorder presentations among males in research and clinical settings.

[2015 Youth Risk Behavior Surveillance System \(YRBSS\)](#)

*MMWR, August 2016*

[10 Top Health Risks for Men](#)

A lack of awareness, weak health education, and unhealthy work and personal lifestyles have caused a steady deterioration of the well-being of American men. Common conditions facing men are cancer, depression, heart disease, and respiratory diseases.

*Healthline, June 20, 2016*

### [Banking sperm to fight male biological clock](#)

*Offspring of men older than 40 might face an increased risk of autism, study says*

According to the Mayo Clinic, studies show that the offspring of men older than 40 might face an increased risk of autism and schizophrenia as well as birth defects, such as the bone growth disorder achondroplasia. One explanation is that as sperm age, they develop more genetic mutations. Researchers in Iceland looking at 78 families found that 20-year-old fathers passed on an average of 25 mutations, but 40-year-old fathers passed on 65 mutations, an increase of two new mutations per year. The Mayo Clinic also points out that older men have a slightly more difficult time conceiving a child. That finding is not surprising given that semen volume, sperm motility -- how well the sperm swim -- and morphology -- the percentage of sperm that are normal -- decrease with age, according to researchers at the Institute of Reproductive Medicine in Germany at the University of Münster.

*CNN, August 12, 2016*

### [Watch the trailer for 'Moonlight' a compelling tale of black masculinity and sexuality](#)

Moonlight is a film based on the classic play In Moonlight Black Boys Look Blue. The plot follows a young boy named Chiron in 1980's Miami, chronicling him through three major stages in his life. This movie is half coming of age and half love story, as he explores his sexuality. The first Moonlight trailer, which you can check out above, tells a compelling story about black masculinity.

*Blavity, August 11, 2016*

### [Gay, Lesbian Teens More Likely to Suffer Rapes, Attacks: CDC](#)

Lesbian, gay, and bisexual high school students are much more likely to be victims of physical and sexual violence and bullying, and more needs to be done to protect them, a new U.S. government study says. "These tragic disparities call for accelerated action by public health and education agencies, communities, and families to protect the lives of lesbian, gay and bisexual youth," said Dr. Jonathan Mermin. He is director of the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention at the U.S. Centers for Disease Control and Prevention.

*Healthfinder, August 12, 2016*

### [Rise in HPV-associated cancers among men reflects low vaccination rates](#)

A federal report released in July showed HPV-associated head and neck cancers are on the rise among men in the United States. An average of 15,738

cases of HPV-associated oropharyngeal squamous cell carcinoma were diagnosed in the country each year between 2008 and 2012. Of these, approximately 80% were diagnosed in men, according to CDC's Morbidity and Mortality Weekly Report. "The cause is unclear, but it is believed to be related to sexual activity - more oral sex and partners with increased prevalence of HPV. According to the data, approximately 5% to 10% of adults have HPV detectable in their saliva at any one time. In addition, close to 80% of people are exposed to HPV at some point in their lives, and between 20% and 30% of young people have HPV at any one time", Lois Ramondetta, MD, professor of gynecologic oncology in the department of gynecologic oncology and reproductive medicine at The University of Texas MD Anderson Cancer Center, told HemOnc Today

*Helio, August 11, 2016*

#### Vaccination confidence linked with early childhood vaccination behavior

Vaccination confidence was closely associated with early childhood vaccination behavior across multiple vaccine types, according to study findings published in PLoS One. "We originally created our [Vaccination Confidence Scale] to assess parental beliefs related to adolescent vaccination , and in a prior validation study, we found that parents' mean Vaccination Confidence Scale scores were consistently associated with vaccine refusal and vaccination status for vaccines in the adolescent platform, including meningococcal and HPV vaccines, "Melissa B. Gilkey, PhD, assistant professor of population medicine at Harvard Medical School and Harvard Pilgrim Health Care Institute, and colleagues wrote. "This success raises the possibility that a modified version of our scale could be useful for assessing vaccination beliefs related to early childhood vaccines, including measles-mumps-rubella vaccine."

*Helio, August 10, 2016*

#### Two-Dose HPV Vaccine Looks Likely

This evidence is currently being reviewed by the Australian Technical Advisory Group on Immunisation according to Associate Professor Julia Brotherton, who is medical director of the National HPV Vaccination Program Register. Around 65% of countries are already shifting their HPV vaccine schedule from three- to two-dose regimens based on the evidence, A/Prof Brotherton told MJA InSight this week. For example, [new research published in the Journal of Infectious Diseases](#) this month found a two-dose regimen of the HPV 16/18 AS04-adjuvanted (bivalent) vaccine in girls aged 9-14 years was non-inferior to a three-dose regimen in women aged 15-25 years.

*Australian Journal of Pediatrics, August 10, 2016*

[Meningococcal Vaccines 2016: The Anticipated Launch of GlaxoSmithKline's Pentavalent MenABCW-135Y Vaccine from 2021 Set to Boost Growth - Research and Markets](#)

The recent inclusion of premium-priced meningococcal B (MenB) vaccines into the routine immunization schedules of the US, Italy, and the UK is set to drive strong market growth, which will be further boosted by the anticipated launch of GlaxoSmithKline's pentavalent MenABCW-135Y vaccine from 2021.

*Business Wire, August 10, 2016*

[CANADA: Self-testing kit for sexually transmitted infections may be coming this fall](#)

*A Toronto company is set to make a new self-testing kit available for purchase online*

This fall, Canadian women may be able to self-administer tests for sexually transmitted infections from the comfort of their own homes, for less than \$100. Produced by Toronto company Eve Medical, the kit will be available for order online. It will arrive in a unmarked envelope for privacy, and include a self-testing kit and a pre-addressed envelope destined for a Toronto-area lab that is partnering in the initiative. The self-testing kit is designed to test for gonorrhea, chlamydia and human papillomavirus (HPV), the latter of which is a risk factor for cervical cancer. Eve Medical promises its results via mobile app within a few days. Currently, Ontario women have to attend a clinic and pay for HPV tests, which cost around \$90 according to Cancer Care Ontario.

*CBC News, August 9, 2016*

[Merck ad for HPV vaccine aimed at parents \(video\)](#)

A new commercial for the HPV vaccine by Merck has child actors asking parents why they didn't get their children vaccinated.

*Washington Post, August 9, 2016*

[Study Finds Large Number of Young People Experience Sexual Health Problems](#)

Over 2000 young people took part in the study, both male and females between the ages of 16-21. They were asked about their sexual experiences, what they thought about their sex education and about any problems or concerns that they had about sex. The study featured a variety of participants from many different backgrounds, with around 500 of those having not yet taken part in sexual activity. When the results came back from this study, it showed concerning patterns in what young people think about sex. The difference in opinions about sex were obvious between males and females, with 9.8% of females showing a

lack of interest in sex in comparison to 5.4% of males. One of the main concerns to come from the results surrounded how lots of participants showed fears about their own sexual performance. Many said that they didn't feel that they had been equipped well enough with the right information from sex education lessons at school. Lots also said that they were too embarrassed to seek help about problems, with only 4% of males and 8% of females having visited a doctor about their worries.

*St. Augustine Record, August 8, 2016*

#### [Body image 'a problem for boys', says advertising think tank](#)

*Eating disorders, dieting and extreme exercising are as much of a problem for UK secondary school boys as for girls, suggests [a survey](#).*

Most of the boys polled saw eating disorders (56%) as an issue for both boys and girls. And almost as many felt dieting (55%) and extreme exercising (48%) were gender neutral issues. But despite this pressure, the boys polled found it hard to discuss their concerns:

- 56% struggled to talk to teachers\
- 29% struggled to talk to parents.

"The relatively low awareness of boys' body image issues amongst parents and teachers, coupled with a culture of boys not discussing their worries, makes it a tough environment for boys to seek support," said Credos director Ms Fraser.

*BBC, August 8, 2016*

#### **Journal of Adolescent Health**

Adolescent and Young Adult Male Health  
[Special Call for Papers](#)

*The Journal of Adolescent Health is seeking manuscripts to be featured in a sponsored supplement focused on Adolescent and Young Adult Male Health. The goal of this supplement is to highlight and promote rigorous research on current issues of broad interest to health professionals who are focused on clinical care, public health, health policy, and preventive interventions in adolescent and young adult males.*

*Topics of special interest may include but are not limited to:*

- *Epidemiology: Morbidity & Mortality*
- *Adolescent Male Development*
- *Male Health Clinical Care & Unique Delivery Systems*
- *Violence and Injuries*
- *Transnational Issues (such as war and migration)*
- *Sexual and Reproductive Health*
- *Health Issues among Sexual Minority Youth*
- *Gender Roles and Sex Role Socialization*
- *Mental Health*
- *Substance Abuse*
- *Positive Youth Development*
- *Chronic Health Conditions*

*Manuscripts must be submitted to the guest editor via email by September 15, 2016. More information can be found [here](#).*

#### NORTHERN IRELAND: HPV anti-cancer jab to be offered to gay men under the age of 45

Gay men under the age of 45 are to be offered a cancer vaccine on the NHS, the health minister has announced. Michelle O'Neill, the health minister, said ahead of a visit to the Belfast Pride festival : "This will be a targeted vaccination programme for men who have sex with men aged up to 45 who attend genito-urinary medicine (GUM) and HIV clinics. Investment in this programme will help to provide protection against HPV, which can cause a range of cancers. My department is now working closely with the Public Health Agency to ensure the HPV vaccine can be offered to eligible men attending GUM clinics in the near future," she said. In June, just days after Sinn Fein assumed the health ministry following the Assembly election, Ms O'Neill also lifted the lifetime ban on gay men donating blood. The bar had been retained by successive DUP ministers, who cited blood safety concerns, despite a campaign by gay rights activists to have it overturned. Ms O'Neill said she had taken the decision, which brought Northern Ireland into line with the rest of the UK, based on medical guidance.

*Belfast Live, August 6, 2016*

#### UK: Free Condoms Should Be Given To Young People And Gay Men To Curb STIs, Says Health Watchdog

*Syphilis cases have risen by 76% in the past four years*

Free condoms should be given to young people and gay men in order to reduce the number of sexually transmitted infections being passed around, England's health watchdog has said. In draft guidelines issued by the National Institute for Health and Care Excellence (NICE), experts argued that local authorities should issue free condoms, as well as sexual health advice, to people at high risk of catching infections. NICE said all councils should offer free condoms to young people aged between 13 and 25. Currently, there are a number of

authorities who do this, however the watchdog said that every single council should follow suit.

*Huffington Post UK, August 5, 2016*

[GSK unveils campaign to help prevent meningitis](#)

*Parents, young adults urged to educate themselves about meningitis B, responsible for one-third of U.S. cases*

GlaxoSmithKline today launched an educational campaign to help raise awareness of meningitis, a rare but potentially deadly disease. Most teens and young adults have not received the vaccines needed to help protect against all five vaccine-preventable groups of meningitis. The campaign, Take 5 for Meningitis, will use news media, social media and educational events to help educate parents and young adults about meningitis and urge them to talk to their healthcare provider about vaccination to help prevent it.

*PR Newswire, August 5, 2016*

[HPV-vaccinated women protect men from infection](#)

A Melbourne study has found the first evidence of 'herd protection' from vaccinations against the cervical cancer-causing human papillomavirus (HPV). Eric Chow from Alfred Health has found that women who vaccinate against HPV not only protect themselves, they also protect their male partners from the virus.

*Medical Express, August 4, 2016*

[For Some Rural Teens, Psychiatric Help Is Now Just a TV Screen Away](#)

*As technology has become cheaper and more reliable, telepsychiatry has emerged as a practical approach to reaching more young people.*

"We need three times as many psychiatrists as we have," says Dr. Gregory Fritz, Rhode Island-based child and adolescent psychiatrist and president of the AACAP. It's estimated that there are more than 15 million children who could need-and are not getting-treatment for mental health disorders. Experts agree that as more young people emerge in need of psychiatric or psychological care, there is an ever-urgent race to find ways to deliver them the help that they require.

*Time, August 4, 2016*

## GSK Victory a Shot in the Arm for HPV Vaccine

*Years of clinical testing to fit strict regulations preceded the opening of China's huge market for vaccines that can prevent a deadly virus*

For the first time, China's drug regulators have given a green light to the commercial sale of a vaccine designed to protect women and men against the human papillomavirus (HPV). The decision opened a door for multinational and Chinese pharmaceutical manufacturers that are now preparing for a market potentially worth billions of U.S. dollars. Britain's GlaxoSmithKline (GSK) said July 18 that its HPV vaccine Cervarix had been approved for sale on the mainland by the China Food and Drug Administration, and that the product would likely be available across the country early next year. The announcement came a decade after U.S.-based Merck & Co. introduced the first HPV vaccine in the United States.

*Caixin Online, August 2, 2016*

## NEW STUDY FROM THE UK: 'I Never Spoke About It'.....Supporting sexually exploited boys and young men in Wales

Boys who become the victims of sexual exploitation often miss out on help and support because they are reluctant to admit their abuse, new research from Barnardo's Cymru has revealed. The children's charity says that while professionals are often skilled at spotting the symptoms of abuse among girls, sexual stereotyping means that boys can slip through the net. Negative behaviour among boys tends to be taken at face value, while in girls it is more likely to be explored as a potential response to trauma. In addition to better training and awareness raising, Barnardo's Cymru has called for a more gender balanced and inclusive approach to addressing CSE in services. It also wants to see improved healthy relationship education in schools where sexuality can be discussed openly and non-judgmentally and the development of more targeted practice approaches to address the needs of sexually exploited boys and young men. Barnardo's Cymru has called for more awareness raising and training for professionals working with high risk groups of boys and young men, and more information and awareness raising for the boys themselves.

*Barnardo's Cymru, July 2016*

## Gay, bisexual adolescent males face greater risk for HIV

New research presented at AIDS 2016 indicated no significant differences in several HIV-related risk behaviors among heterosexual, gay and bisexual adolescent males in the United States. Young gay and bisexual men, however, were found to be more susceptible to contracting HIV largely because their

partners are more likely to be infected with HIV, according to a press release from the recent conference in Durban, South Africa. The data, presented by CDC researchers, is the first nationally representative look at HIV-related risk behaviors among gay, bisexual and heterosexual male students in ninth through 12th grades. Proportions were similar among all groups who answered questions about several behaviors, including ever had sexual intercourse, currently sexually active, had sexual intercourse with four or more partners, and used a condom the last time they had sex. The gay and bisexual male study population had a 57-fold increased risk for contracting HIV compared with heterosexual young men due to the prevalence of infection in their male sex partners.

*Helio, July 27, 2016*

[\*\*Medscape Vaccine Acceptance Report 2016: Health Care Professionals Report Increased Vaccine Acceptance, but Hesitancy & Refusal Remain Significant Issues\*\*](#)

Despite the fact that 1 in 3 clinicians have seen no change in parental acceptance of childhood vaccinations in the past year, a new report from Medscape suggests an increase in parents' agreeing to have their children immunized. The 2016 Medscape Vaccine Acceptance Report surveyed more than 1,500 pediatricians, family medicine physicians, public health physicians, nurse practitioners, and physician assistants to gain insights into clinician perceptions about the current levels of vaccine acceptance, refusal, and requests to delay the vaccine schedule from parents.

*PR Newswire, July 27, 2016*

[\*\*Data Indicates Young Men Represent the Face of Opioid Addiction MAP Health Management Releases New Data, Aggregate Findings from 2,281 In-Patient Encounters & Infographic\*\*](#)

MAP Health Management, LLC, recently released addiction treatment outcomes data that indicates the majority of adults who enter in-patient treatment for opioid dependency are young males. MAP reviewed patient data from 30 addiction treatment facilities, including a total of 2,281 individuals who sought in-patient treatment for opioid dependence, during a 12-month period from 2015 to 2016. The data set consists of individuals who, upon completing treatment, participated in extended, post-recovery support delivered by professionals using telehealth practices.

*PR Newswire, July 27, 2016*

## Parents, Educators Can Support Pediatricians in Providing Comprehensive Sexuality Education

Last week, the American Academy of Pediatrics (AAP) released a [clinical report](#) outlining guidance for pediatricians on providing sexuality education to the children and adolescents in their care. As one of the most influential medical associations in the country, AAP brings, with this report, added weight to longstanding calls for comprehensive sex education. The report offers guidance for clinicians on incorporating conversations about sexual and reproductive health into routine medical visits and summarizes the research supporting comprehensive sexuality education. It acknowledges the crucial role pediatricians play in supporting their patients' healthy development, making them key stakeholders in the promotion of young people's sexual health. Ultimately, the report could bolster efforts by parents and educators to increase access to comprehensive sexuality education and better equip young people to grow into sexually healthy adults.

*Rewire, July 26, 2016*

## Participation in sports and exercise linked to lower opioid use

Study Rundown: Opioids, including hydrocodone (e.g., Vicodin), codeine, and morphine, are effective pain-relievers; however, they also carry a risk of dependency. Adolescent athletes, particularly those involved in high-injury sports such as football and wrestling, may be prescribed such medications more commonly than their non-athletic peers to treat sports-related injuries. In some cases, such exposure could lead to addiction and nonmedical prescription opioid use (NPOU) with serious consequences. To investigate whether sports participation in adolescence was associated with an increased risk for NPOU (and, in particular, heroin use), authors analyzed 18 years of cross-sectional data on 8 th and 10 th grade participants in the Monitoring the Future (MTF) study. Contrary to what may have been expected, results suggested that adolescents who engaged in sports or exercise had lower odds of both NPOU and heroin use. Further, among those who reported ever taking heroin, results argued against drug use beginning with sports-related injury and progressing to NPOU and heroin use. A significant limitation of this study was its broad consideration of sports and exercise, as this design could fail to identify a subpopulation of high-risk adolescent athletes. Type of athletic involvement, ever obtaining a sports-related injury, and other possible "initiators" such as opioid prescription for wisdom teeth removal could all be confounders. Thus, while [the study's](#) findings are consistent with a benefit from sports/exercise participation for opioid avoidance, judicious prescribing practice is still of critical importance.

*2 Minute Medicine, July 25, 2016*

[UK: Girls gang up on boys in new cyberbullying craze called 'roasting', expert warns](#)

Girls are ganging up on boys in a new cyberbullying craze called "roasting", a digital safety expert has warned. The new bullying takes place via mobile apps such as WhatsApp, Instagram or Facebook, where girls pick on a boy and vent the most offensive abuse until the victim "completely cracks".

*Telegraph, July 25, 2016*

[Boys don't cry? Sure they do, and we need to embrace it](#)

Recent clinical research and a 2015 documentary are exploring the dangers and ramifications of telling our boys to stifle their feelings, bottle up emotions and embrace the stereotype of the "stoic male." At the same time, experts in psychology, gender and child psychiatry are beginning to understand that by not allowing boys to express and understand their feelings, we are allowing them to fall behind in life - and even putting their physical health at risk. "It's as if we are telling our boys to hit the brake and gas pedal at the same time," said Judith V. Jordan, Ph.D., director of the Jean Baker Miller Training Institute at the Wellesley University Center for Women. Jordan, a pioneer in gender studies, has devoted a great deal of her research to the emotional and physical health of men and boys.

*Orange County Register, July 25, 2016*

[Serving and Engaging Males and Young Fathers](#)

The Pregnancy Assistance Fund (PAF), managed by the HHS Office of Adolescent Health, serves expectant and parenting teens, women, fathers, and their families through grants to states and tribes. Efforts are underway to build the capacity of PAF grantees to recruit, retain, and engage young fathers. All PAF materials for grantees are available free for other programs serving young people to use. Traditionally, programs serving expectant and parenting teens target their outreach and services toward young mothers. However, research shows that supporting young fathers can have significant and positive effects on both young fathers and their children. PAF provides funds to grantees to implement programs that support expectant and parenting young mothers and fathers, thus providing an important opportunity to improve the well-being of families.

*Office of Adolescent Health, June 16, 2016*

[Prevalence of Diabetes, Prediabetes Increased Among US Adolescents](#)

The prevalence of diabetes among adolescents, the percentage of those with prediabetes, and the percentage of those who are unaware of their diabetes may be higher than previously reported, according to a research letter published in the Journal of the American Medical Association. The researchers also found that prediabetes was more common among adolescent males than females (22.0% vs 13.2%).

*Endocrinology Advisor, July 22, 2016*

[The American Cancer Society Agrees With CDC: Young Boys Need The HPV Vaccine, Too](#)

The American Cancer Society has officially updated its 2007 guideline for HPV vaccinations to also include young boys in line with new recommendations from the CDC's Advisory Committee on Immunization Practices (ACIP) - a move that could usher in a new age in sexual health. According to a recent statement, the complicated process for updating the ACS guidelines for the vaccine included a "methodologic assessment of the ACIP recommendations, a supplemental evidence review, a content review of the ACIP recommendations, approval of recommendations and endorsement statements by the ACS Guideline Development Group, review of the evidence report and endorsement manuscript by expert advisors, and finally approval... by the ACS National Board of Directors." The guidelines now suggest that routine HPV vaccination of all children should be initiated at age 11 or 12, although the vaccination series can be started beginning as early as age 9. Vaccination is also recommended for females ages 13 to 26 and for males aged 13 to 21 who have not been vaccinated previously or who have not completed the 3-dose series. The vaccine is given in three shots, with the second shot given one or two months after the first shot. A third shot is then given 6 months after the first.

*Medical Daily, July 21, 2016*

[HIV prevention drug PrEP being tested on high-risk adolescents](#)

A preventative HIV drug being used by thousands of gay men in Australia is being tested on teenagers at high risk of the virus. Studies have shown that PrEP (pre-exposure prophylaxis) offers near complete protection against HIV if taken properly every day. Researchers are now testing it on young people in South Africa and the US.

*The Age, July 21, 2016*

[Study finds HPV vaccine protects children with vulnerable immune systems](#)

While the protective benefits of the HPV vaccine in the general population are well known, new research shows it may also benefit children with weakened

immune systems who are at higher risk of HPV-related cancers. The research, led by UNSW, suggests children with conditions such as inflammatory bowel disease and juvenile arthritis or those requiring organ or bone marrow transplants, received a boost in immune response after receiving the vaccine.

*Medical Express, July 20, 2016*

[High rates of injection drug use increases gay teen's HIV risk](#)

Gay and bisexual male teens in the United States don't engage in riskier sexual behaviors than straight males, but are more likely to use injection drugs - which could contribute to an already elevated risk for contracting HIV, a new study reports. Men with male sexual partners are 57 times more likely to be diagnosed with HIV than men with female partners, and this number rises for gay men of color. Hoping to understand HIV risk behaviors in teens, the CDC added questions about students' sexual identity and the sex of their sexual partners to the National Youth Risk Behavior Survey last year. The questionnaire is administered to high school students nationwide. Researchers found no significant differences in the number of sexually active teens, condom use, or partner number between males of different sexual orientations. However, gay and bisexual male teenagers were over five times more likely to use injected drugs. Because this is the first time those questions were asked, there's no way to know the way sexual activity and drug use have been changing over time.

*Stat, July 20, 2016*

[UK: Report warns boys are missing out on help to escape sexual exploitation](#)

*Boys who become the victims of sexual exploitation often miss out on help and support because they are more reluctant than girls to admit their abuse, a charity is warning.*

Barnardos Cymru says while professionals are skilled at spotting the symptoms of abuse among girls, sexual stereotyping means that boys can slip through the net. Research found negative behaviour among boys tends to be taken at face value, while in girls it is more likely to be explored as a potential response to trauma. Barnardo's Cymru is calling for more awareness raising and training for professionals working with high risk groups of boys and young men, and more information and awareness raising for the boys themselves. Menna Thomas, Senior Policy Research Officer with Barnardos Cymru says the research found that, as with girls, boys who have negative experience of care and family life and those who become isolated from their peers are more vulnerable to sexual exploitation. "However, for boys there are a number of additional barriers which

prevent them from being identified and, more importantly, from being able to speak up about their abuse."

*ITV News, July 15, 2016*

### [Do ADHD Medicines Boost Substance Abuse Risk?](#)

Parents often worry that their children who take stimulants to treat attention deficit hyperactivity disorder (ADHD) may be at higher risk for substance abuse later. Males are diagnosed with ADHD at twice the rate of females. Now, a surprising new study finds that risk was actually lower when medicines such as Ritalin and Adderall were started earlier and taken longer. "Most notably, the risk of substance use in adolescents who had been treated at an earlier age and for a longer duration with stimulant ADHD medications was the same as for the general population of children," said study leader Sean Esteban McCabe. He is research faculty chair at the University of Michigan Institute for Research on Women and Gender. "The study found that the odds of reporting any substance use were over two times more likely among individuals who reported later onset [age 15 or older] and shorter duration [two years or less] of prescription stimulant medication therapy for ADHD as compared to those who initiated early [age 9 or younger] and for longer duration [six years or more]," McCabe said.

*Health Day, July 15, 2016*

### [California Department of Public Health reports more than 50 cases of meningococcal disease since January, mostly sporadic.](#)

AIDS Healthcare Foundation clinics are yet to be supplied meningitis vaccines by Los Angeles County. The California Department of Public Health, which analyzed test results, has determined that the infection, like the majority others currently involved in the Southern California outbreak, is from the Serogroup C category. This case brings the total number of gay men infected in all of Los Angeles county, including Long Beach, to 12. A thirteenth case, a gay man who was diagnosed at the end of June, is also being explored. Most alarming is that of the 13 gay men infected, 12 have been infected since May. In a separate development, the California Department of Public Health (CDHP) is reporting that statewide there have been more than 50 cases of meningococcal disease since January.

*The Pride LA, July 13, 2016*

### [Allegheny Co. Board Of Health Rejects Mandating HPV Vaccine](#)

It's an issue that has been on the table for some time now. Should the HPV vaccine become mandatory for seventh graders in Allegheny County? "It's

nothing communicable. It's sexually transmitted and should be the parent's decision," parent Jennifer Manns said. "With a lot of new vaccines, kids are getting sick," parent Christian Yates said. However, a panel of doctors at UPMC say the vaccine should become mandatory. On Wednesday, the Allegheny County Board of Health voted not to have the vaccine be required for both boys and girls around the age of 11 or 12."This vaccine is safe and effective. The problem is people aren't using it," Chairman of the Department of Oncology at the University of Pittsburgh Dr. Jonas Johnson said.

*CBS Pittsburgh, July 12, 2016*

#### AUSTRALIA: Boy babies at greater risk of pregnancy complications

*New research led by the University of Adelaide has confirmed that boy babies are much more likely to experience potentially life-threatening outcomes at birth than girls.*

The research, which investigated data of more than 574,000 South Australian births over a 30-year period (1981-2011), is the first population-based study of its kind in Australia to confirm the presence of differences in birth outcomes based on the sex of the baby. The research team -involving the University of Adelaide's Robinson Research Institute , the University of Groningen in The Netherlands, and the Pregnancy Outcome Unit of SA Health - evaluated the relationship between the babies' sex and adverse outcomes, such as pre-term birth, pregnancy-induced high blood pressure disorders, and gestational diabetes mellitus. The results were published online in the journal PLOS ONE.

*Health Canal, July 11, 2016*

#### Differences exist in type 1 diabetes illness perception among adolescent boys, girls

Adolescent girls with type 1 diabetes may have more negative perceptions about their illness compared with adolescent boys with type 1 diabetes, study data show. "The consistent findings of gender differences across the psychological measures implies that a tailored treatment approach for males and females with [type 1 diabetes] may be warranted," the researchers wrote.

*Helio, July 11, 2016*

#### UK: Call to give boys anti-cancer jab given to girls to protect them against throat, head and neck forms of the disease after rise in the number of cases

Boys should be given the HPV jab alongside girls to prevent cancer and not doing so is 'discriminatory', scientists claim. It is already offered to 12 and 13 year old schoolgirls and is estimated to protect against 70 per cent of cervical

cancers but the Government is reluctant to roll it out to males. The Department of Health is currently overseeing a pilot which launched last month to test the cost and effectiveness at offering the jab in some clinics. But growing numbers of academics say it should be given to adolescent boys at the same time as girls to prevent cancers of the throat, head and neck. Research has shown that the numbers of head and neck cancers alone related to HPV has quadrupled since the 1990s and there are now nearly 2,000 a year.

*Daily Mail, July 10, 2016*

[UK: Give HPV vaccine to boys to protect against cancers, experts say](#)

*With rates of human papilloma virus on the rise, it is vital to immunise males as well as females, researchers believe*

Millions of young British men are being denied a vaccine that could protect them from throat cancers in later life. Scientists say the problem is becoming increasingly worrying as rates of human papilloma virus (HPV) - a common sexually transmitted infection and the prime cause of these cancers - are now rising exponentially. Researchers want the government to include adolescent boys in the current vaccine programme that immunises girls aged 12 and 13 against HPV before they become sexually active. HPV in women is known to lead to cervical cancers. The vaccine, if extended to boys, would protect them in later life against HPV-related head and neck cancers. "If we want to eradicate male throat cancers - which are soaring in numbers - we need to act speedily and that means giving them the HPV vaccine we now give to girls," said Professor Mark Lawler of Queen's University Belfast.

*The Guardian, July 9, 2016*

[JAPAN: Government bows to pressure from anti vaccine forces, withdraws endorsement of HPV vaccine](#)

A group of Japanese scientists says the number of girls with HPV is directly related to the lack of vaccination. The team led by Dr. Yusuke Tanaka discovered that a massive reduce in the usage of HPV vaccinations was raising the diagnosis among the female population in Japan. In the past, the government promoted the shots as the main way of prevention, but since the local media started to report adverse effects associated with the medicine, the authorities have suspended their endorsement. As a consequence, many girls stopped getting the vaccine and hence, the spread of the STI. Dr. Yusuke Tanaka and his colleagues carried out a study on a group of girls and found out, the cases of HPV significantly raised since local authorities stopped promoting the vaccination. They used the results of the study to urge the Japanese

officials to endorse the shots again. They say the number of cases will be similar to the ones reported before the vaccination was implemented if the government does change its statement. But in spite of the proofs, the Ministry of Health, Labour, and Welfare has not taken up vaccination programs.

*Pulse Headlines, July 10, 2016*

[UK: Give HPV vaccine to boys to protect against cancers, experts say](#)

*With rates of human papilloma virus on the rise, it is vital to immunise males as well as females, researchers believe*

Millions of young British men are being denied a vaccine that could protect them from throat cancers in later life. Scientists say the problem is becoming increasingly worrying as rates of human papilloma virus (HPV) - a common sexually transmitted infection and the prime cause of these cancers - are now rising exponentially. Researchers want the government to include adolescent boys in the current vaccine programme that immunises girls aged 12 and 13 against HPV before they become sexually active. HPV in women is known to lead to cervical cancers. The vaccine, if extended to boys, would protect them in later life against HPV-related head and neck cancers.

*The Guardian, July 9, 2016*

[Here's Why HPV-Related Cancers Are Rising Among American Men](#)

*A new CDC report points to some disturbing lapses.*

A variety of cancers stemming from the human papillomavirus (HPV) are on the rise thanks to Americans' low vaccination rates-particularly among men. The Centers for Disease Control (CDC) on Thursday released new data that shows there was a spike in cancers associated with the sexually-transmitted HPV virus such as cervical, head, neck, throat, and tongue cancer between 2008 and 2012 versus the previous five-year period. Each year from 2008 through 2012, an average of 38,793 HPV-associated cancers were diagnosed, including 23,000 among females and 15,793 among males; 79% of these cases were attributable to HPV, the CDC wrote. That's compared to the average annual 33,369 HPV-associated cancers diagnosed between 2004 and 2008, an increase of about 16%. The agency said that 30,800 of these new annual cases (including 19,200 women and 11,600 men) were directly attributable to HPV infection, and that a staggering 29,000 of these could have been prevented via vaccination. Lackluster vaccination rates, especially for teenage boys, are the main culprit for the concerning trend, according to the CDC. While previous research has shown that HPV vaccines like Merck's widely-used Gardasil have helped cut transmission of the virus, the new data highlight just how hard it is to keep related cancers in check when just 40% of girls and 22% of boys

receive the recommended doses of the vaccine. *The statistics for males are particularly troubling since they can't even get cervical cancer, meaning that other types of HPV-related cancers that form after contracting the virus (possibly through oral sex) are spiking.*

*Fortune, July 8, 2016*

#### HPV-Related Cancers an 'Epidemic' in Men, Report Finds

"In the past, people always felt that the boys needed to be vaccinated to protect the girls but, truthfully, they need to be vaccinated to protect themselves", says Dr. Lois Ramondetta , professor of gynecologic oncology at MD Anderson Cancer Center who has made it a personal mission to educate both parents and pediatricians about HPV and the vaccine that can help stop cancer before it starts. "There is an epidemic of HPV related cancers in men, specifically those of the tonsil and the back of the tongue," says Ramondetta. "What's really important to know about those is that there is no screening test for those." A recent study in the Journal of the American Medical Association found that HPV infection raises the chances of throat, mouth or tongue cancer by at least sevenfold. *Experts predict that throat cancer will beat out cervical cancer as the most common HPV-related cancer by 2020. The most effective way to prevent that: Early vaccination.*

*NWA, July 8, 2016*

#### HPV Cancers Rise, Vaccine Use Lags A 17% increase in cancer incidence over 4 years

The CDC data leave little doubt that "this is an emerging epidemic that we are just seeing the start of," said Theodoros Teknos, MD, a head and neck cancer specialist at Ohio State University Comprehensive Cancer Center in Columbus. "This is true for all HPV-related cancers, but particularly for raising awareness about the non-cervical cancers. The data show just how rapidly this is accelerating." HPV-related cancer of the oropharynx has increased by 300% since the 1980s, whereas throat cancers related to smoking have actually declined, he added. A key to better adherence to the CDC recommendation for HPV vaccination is to emphasize cancer prevention, not prevention of an STD. "If the data are 'packaged' to tell parents that they can prevent cancers in their sons and daughters by vaccinating them against HPV, there isn't a mother or father alive who wouldn't vaccinate their children," he said.

*Medpage Today, July 8, 2016*

#### Young People Are Not Getting the STI Tests They Need

Sexually transmitted infections (STIs) disproportionately affect young people ages 15 to 25. Though this age group accounts for less than a quarter of the population, it accounts for over half of the estimated 20 million STI cases reported each year. In fact, in 2014 young people had the highest rates of both chlamydia and gonorrhea . Yet [a new study finds](#) that most people in this age group are not getting tested because they either don't perceive themselves to be at risk or are concerned about confidentiality and cost. Overall, just 11.5% of respondents had been tested for STIs in the 12 months before the study.

*Females (16.6%) in both age groups were more likely to have been tested than males (6.1%) and those in the older age group were more likely to have been tested (24.3% of females and 9.1% of males 18 to 25 compared with just 6.7% of females and 2.4% of males 15 to 17). The numbers look a little better when only those who said they are sexually experienced are considered, with 27% of young women and 9.8% of young men who have had sex saying they have been tested within the last 12 months. Even then, however, the results show that the majority of sexually active young people are not getting tested.*

*The Body, July 8, 2016*

#### [Boys who exercise earn more as adults, according to 30-year Finnish study](#)

*But the effect only seems to hold for men, with no correlation observed between women's earnings and their physical activity as girls*

Children who participate regularly in physical activity not only set themselves up for good health but possibly also higher earnings when they start working in adulthood. In a 30-year study that began in 1980, Finnish researchers have found, among men, childhood physical activity to be positively associated with long-term earnings. Reporting in the July 2016 issue of *Medicine & Science in Sports & Exercise*, the official journal of the American College of Sports Medicine, the researchers found a higher level of leisure-time physical activity at the age of nine, 12 and 15 years was linked with an approximate 12 to 25 per cent increase in average earnings over a 10-year period, compared to those who did little exercise in childhood. This held true even after accounting for individual and family background factors such as an individual's chronic conditions and body fat, parents' education and physical activity, and family income. Among women, however, no such relation was observed.

*South China Morning Post, July 8, 2016*

#### [Stigma Prolongs Global HIV Epidemic Among Gays](#)

*High-risk men still deprived of services around the world, study says*

High rates of HIV among gay and bisexual men continue in many regions of the world because of discriminatory laws and lack of access to preventive services, a new study finds. "While HIV rates have flattened overall in recent years, we're really concerned that the HIV epidemic is continuing among gay men and we're going in the wrong direction," said study leader Dr. Chris Beyrer, a professor of public health and human rights at the Johns Hopkins Bloomberg School of Public Health in Baltimore. "It's painful that the history of AIDS is looking like its future, but that's actually where we are," said Beyrer, who is also president of the International AIDS Society. "But the first step in taking on a problem is recognizing and articulating it, and we've really done that here."

*Medline Plus, July 7, 2016*

### Depression Strikes Nearly 3 Million U.S. Teens a Year

*Effects can be devastating during adolescence, researchers say*

In just one year, almost 3 million U.S. teens suffered a major bout of depression, a new government report shows. "Adolescence is a critical time in a person's development, and battling with depression can be devastating for teens unless they receive effective treatment," said Paolo del Vecchio, director of the Center for Mental Health Services at the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). "Effective treatment is available, but parents, teachers and all concerned members of the community must work to assure that adolescents in need get help," del Vecchio said in an agency news release. These young people feel depressed and lose interest in their activities for at least two weeks. They may also have trouble sleeping, eating or concentrating, the agency explained. The overall rate of depression among young people jumped to 11 percent between 2013 and 2014, up from 9.9 percent the previous year, the SAMHSA report found. The report was published July 7.

*Medline Plus, July 7, 2016*

### Weaving the HPV Vaccines in Common Practice

HPV has been the victim of poor public relations, despite the fact that it has been available for 10 years, and is an extremely safe and effective vaccine. So what to do? This month, Emily Walling and colleagues from Washington University present a [systematic review](#) of interventions to improve HPV vaccination rates. One of their findings is that the provider herself or himself can be an important barrier to initiation of the HPV series.

*AAP Gateway, July 6, 2016*

## Men can test their sperm count at home with new device Trak

*A 'male fertility testing' system encourages men to share responsibility for conception by monitoring their reproductive health*

In the febrile world of health startups, entrepreneurs are racing to quantify every possible bodily and environmental function. And so if we can monitor air quality, sleep and heart rate, why wouldn't we monitor sperm quality as well? In May, America's Food and Drug Administration approved Trak, a new "male fertility testing" system. It looks like a cross between a frisbee, a clock and a Cuisinart blender. The Trak website announces that it is "like a Fitbit for sperm". Even in 2016, conversations about the "biological clock" tend to assume that fertility is an exclusively female concern. Women joke about "dying eggs", but it is rare to hear a man joke about his "dying sperm".

*The Guardian, July 5, 2016*

## Many Men Ignore Testicular Cancer Symptoms for Months

*Early diagnosis and treatment are tied to 99 percent survival rate at 5 years, urologist says*

*Testicular cancer is the most common cancer affecting males between the ages of 15 and 35, according to the National Institutes of Health (NIH).*

Early detection and treatment of testicular cancer is key to beating the disease, a urology specialist says. Yet many men who feel something abnormal in a testicle wait a few months before seeing a doctor. But, when diagnosed while still confined to the testicle, the five-year survival rate for testicular cancer is 99 percent, Dr. Jay Raman, chief of urology at Penn State Medical Center said in a university news release.

*Medline Plus, July 5, 2016*

[GW Cancer Partnership Will Target Tobacco Use and HPV](#) *Researchers will focus on preventative care in Cleveland and Washington, D.C., to lower rates of fatal cancer diagnoses.*

The Milken Institute School of Public Health and the Case Comprehensive Cancer Center at Case Western Reserve University are working together to develop community programs aimed at preventing cancer and reducing health-care disparities. The joint effort is part of Vice President Joe Biden's Cancer Moonshot initiative, which seeks to accelerate research and find cures for cancer. MAPS will aim to improve rates of HPV immunizations with outreach and policy efforts. Mobile technology and social media provides experts with easier paths to reach members of the community, Dr. Goldman said. "We're all carrying personalized devices with us that we use to communicate," she . "We

can personalize our approaches to prevention in ways that we never have before."

*GW Today, July 5, 2016*

[Editorial: HPV vaccine: A 'tragically underused' weapon in the cancer fight](#)

The American Academy of Pediatrics is teaching doctors how to talk to patients and their parents about HPV vaccine, and how to overcome reservations with solid scientific information about its safety and efficacy. Experts at the federal Centers for Disease Control and Prevention urge physicians who treat youngsters to update the patients' HPV vaccine status at every office visit, whether it's for sickness or just for a sports physical. That means more chances for doctors to recommend the shot or complete the regimen. Consider this editorial a booster shot for that message.

*Chicago Tribune, July 4, 2016*

[Michigan Cancer Consortium releases 2015 annual report with HPV facts, findings](#)

"Cancer remains the second leading cause of death in Michigan, although it's a disease that in many cases can be prevented through the use of the Human Papilloma Virus (HPV) vaccination or detected early by having recommended cancer screening tests," said MCC co-chair Dr. Ernesto Drelichman, a colorectal surgeon with St. John Providence Health System. "Be sure to talk with your doctor because breast, cervical, colorectal and lung cancer can be detected early through screening tests. And HPV vaccination may prove to be a lifesaver for your kids." "Our call-to-action is for children to be vaccinated with the HPV anti-cancer vaccination and for adults to receive the colorectal cancer screening test they're eligible for," said MCC co-chair Joan Westendorp, chief nursing officer of the West Michigan Cancer Center.

*Midland Daily News, July 1, 2016*

[HPV vaccination may lead to perceived need for safer sexual behaviors](#)

After receiving HPV vaccine, adolescent girls demonstrated a greater perceived need for safer sexual behaviors and an increased perception of the risk for sexually transmitted infections excluding HPV, according to recent research in *Vaccine*. "Concerns have been raised by parents and clinicians that some girls who received the HPV vaccine may incorrectly perceive themselves to be

at less risk of sexually transmitted infections (STIs) other than HPV and thus may engage in riskier sexual behaviors," Tanya L. Kowalczyk Mullins, MD, MS, of the division of adolescent and transition medicine at Cincinnati Children's Hospital Medical Center, and colleagues wrote. "Therefore, the aim of the current study was to examine the associations between HPV vaccine-related risk perceptions and subsequent sexual behaviors and STI diagnosis ... following the first HPV vaccine dose."

*Helio, June 30, 2016*

#### [Ontario to allow gay men to receive free HPV vaccination](#)

The shot, that normally costs \$450 without insurance, will be made available to LGBT men 26 years old and younger. Justeen Mansourian-Christakos, a communicable diseases nurse at the Sudbury and District Health Unit, said until recently, only teen girls could receive the vaccine for free through the province's immunization program. But that meant the onus was on women to be protected against the sexually transmitted infection. It also meant that men were not protected at all.

*CBC News, June 30, 2016*

#### [AAP updates recommendations for management of adolescent suicide](#)

"From 1950 to 1990, the suicide rate for adolescents 15 to 19 years old increased by 300%, but from 1990 to 2013, the rate in this age group decreased by 28%," Benjamin Shain, MD, PhD, of North Shore University Health System, and the AAP's Committee on Adolescence, wrote. ***"Adolescent boys 15 to 19 years old had a completed suicide rate that was three times greater than that of their female counterparts, whereas the rate of suicide attempts was twice as high among girls than among boys, correlating to girls tending to choose less lethal methods."*** To aid pediatricians and other child and adolescent health care professionals in identifying and managing adolescent suicide risk, researchers published a report to update the previous statement from the American Academy of Pediatrics (AAP).

*Helio, June 29, 2016*

**NOTE: For more information about suicide and other mental health disorders among adolescent and young adult (AYA) males, visit the mental health section of the Partnership's *Health Provider Toolkit for AYA Males* [here](#)**

#### [A Gay Male Meningitis Outbreak; DPH's slow response](#)

With one person dead and 8 infected, ranging in ages from 24 to 43 years old, it's looking like deadly "de ja vu" all over again, as Infectious Meningococcal Disease (IMD) breaks out in Los Angeles County and Orange County. At least 4 of the 9 cases are among men who have sex with men. On June 24, a Health Alert was issued by the Los Angeles County Department of Public Health (DPH), targeted to the "provider community," and entitled "Outbreak of Meningococcal Disease among adult Males in Southern California." With one person dead and 8 infected, ranging in ages from 24 to 43 years old, it's looking like deadly "de ja vu" all over again, as Infectious Meningococcal Disease (IMD) breaks out in Los Angeles County and Orange County. At least 4 of the 9 cases are among men who have sex with men. On June 24, a Health Alert was issued by the Los Angeles County Department of Public Health (DPH), targeted to the "provider community," and entitled "Outbreak of Meningococcal Disease among adult Males in Southern California." "Since May 2016, nine confirmed cases of meningococcal disease, including one death," the alert reads, "have been reported in men living in Southern California, most of whom were men who have sex with men (MSM)."

*The Pride, June 29, 2016*

[Ontario To Provide HPV Vaccine For Free To Gay, Bisexual Men, All Grade 7 Students](#)

Ontario is expanding its free vaccine for the human papillomavirus or HPV to people aged 26 or younger who identify as gay, bisexual or men who have sex with men, including some transgender people. Health Minister Eric Hoskins says men who have sex with men are at increased risk of HPV infection, which can lead to penile and anal cancer. Ontario had already announced plans to offer the HPV vaccine to boys as well as girls in Grade 7 this fall as part of its routine school-based immunization program. Previously, it was offered only to girls in Grade 8. Experts estimate that without vaccination, 75 per cent of sexually active Canadians will get HPV in their lifetime.

*Huffington Post, June 28, 2016*

[Male Minority Athletes More Likely To Suffer Sudden Heart Failure](#)

The study goes on to say that around 40% of sudden deaths in males were due to hypertrophic cardiomyopathy, with over 50% of the condition occurring in minority males. Only 1% of the cases were found in minority females.

*Immortal News, June 29, 2016*

[AAP recommends routine universal screening for adolescent substance use](#)

The AAP has released an updated policy statement on adolescent substance use that recommends universal screening, brief intervention and referral to treatment become part of routine health care. "Substance use has an enormous direct and indirect public health impact on children and teenagers," Sharon J.L. Levy, MD, MPH, FAAP, co-lead author of the AAP's Committee on Substance Use and Prevention and assistant professor of pediatrics at Harvard Medical School, and colleagues wrote. "Pediatricians play a vital longitudinal role in the lives of adolescents and are uniquely positioned to effect change in adolescent patients' health knowledge, behaviors and well-being." Every year, 83% of adolescents come into contact with a physician, the researchers wrote. In addition, adolescents are the age group at greatest risk for substance use-related consequences.

*According to the National Institute on Drug Abuse, " Men are more likely than women to use almost all types of illicit drugs, and illicit drug use is more likely to result in emergency department visits or overdose deaths for men than for women. "Illicit" refers to use of illegal drugs, including marijuana (according to federal law) and misuse of prescription drugs. For most age groups, men have higher rates of use or dependence on illicit drugs and alcohol than do women. "*

*Helio, June 27, 2016*

**NOTE: For more information about substance use disorders among adolescent and young adult (AYA) males, visit the substance use disorder section of the Partnership's**

*[Health Provider Toolkit for AYA Males](#)*

*[here](#)*

### The Challenges of Male Friendships

From childhood on, Dr. Olds said, "men's friendships are more often based on mutual activities like sports and work rather than what's happening to them psychologically. Women are taught to draw one another out; men are not." ... "Men have a harder time reaching their emotions and are less likely than women to reveal their emotional side. But when you have a real friendship, it's because you've done just that. I have a number of men in my practice who feel bad about having lost touch with old friends. Yet it turns out men are delighted when an old friend reaches out to revive the relationship. Men might need a stronger signal than women do to reconnect. It may not be enough to send an email to an old friend. It may be better to invite him to visit."

*New York Times, June 27, 2016*

### IRELAND: More young people seeking mental health support online

More and more young people are opting to seek mental health support online rather than face to face or over the phone. Over the first five years of operation in Ireland ReachOut.com, Ireland's online youth mental health service, found that 62% of young people would visit a website for support when going through a tough time. Young people are most likely to look for support online, and favour online support as highly as speaking to a friend, it is a first port of call over talking to a health professional (38%), calling a helpline (14%) or speaking to a parent or guardian (28%). These figures have been released as part of ReachOut's five year review.

*Clare Herald, June 26, 2016*

### Male Attendance at Title X Family Planning Clinics - United States, 2003-2014

Although both men and women have reproductive health care needs, family planning providers traditionally focus services toward women ( 1,2). Challenges in providing family planning services to men, including preconception health, infertility, contraceptive, and sexually transmitted disease (STD) care (3,4), include their infrequent use of preventive health services, a perceived lack of need for these services (1,5), and the lack of provider guidance regarding men's reproductive health care needs (4). Since 1970, the National Title X Family Planning Program has provided cost-effective and confidential family planning and related preventive health services with priority for services to low-income women and men. To examine men's use of services at Title X service sites, CDC and the U.S. Department of Health and Human Services' Office of Population Affairs (OPA) analyzed data from the 2003-2014 Family Planning Annual Reports (FPAR), annual data that are required of all Title X-funded agencies. ***During 2003-2014, 3.8 million males visited Title X service sites in the United States and the percentage of family planning users who were male nearly doubled from 4.5% (221,425 males) in 2003 to 8.8% (362,531 males) in 2014. In 2014, the percentage of family planning users who were male varied widely by state, ranging from ≤1% in Mississippi, Tennessee, and Alabama to 27.2% in the District of Columbia (DC).*** Title X service sites are increasingly providing services for males. Health care settings might want to adopt the framework employed by Title X clinics to better provide family planning and related preventative services to men (3).

*MMWR, June 17, 2016*

### Teens' Social Media Use: How They Connect & What It Means for Health

In this digital age, technology and the Internet are part of everyday life. Social media platforms such as Instagram, Twitter, and Facebook are especially prominent in the lives of adolescents, and they're not just for talking with friends: adolescents use social media to express themselves and find information.

***Teens' social media use differs by gender. Boys report going on Facebook most often ; while girls are more likely than boys to use visually-oriented platforms such as Tumblr, Pinterest, and Instagram.***

Below, we look at their habits, the risks and benefits of social media use, and resources to keep youth safe online.

*Office of Adolescent Health, May 13, 2016*

### The 2016 KIDS COUNT Data Book

The Annie E. Casey Foundation's 2016 KIDS COUNT Data Book finds today's youth - Generation Z - are healthier and completing high school on time despite mounting economic inequality and increasingly unaffordable college tuition. Aided by smart policies and investments in prevention, a record number of teens are making positive choices. This year, the annual report focuses on key trends in child well-being in the post-recession years and offers recommendations for how policymakers can ensure all children are prepared for the future, based on the country's shared values of opportunity, responsibility and security.

*Annie E. Casey Foundation, June 21, 2016*

### Interventions to Improve HPV Vaccine Uptake: A Systematic Review

#### **Abstract**

**CONTEXT:** The human papillomavirus (HPV) vaccine is a safe, effective cancer prevention method that is underutilized in the United States. Despite increased understanding of barriers to vaccination, rates remain low. Globally, developed and developing nations have achieved high rates of vaccination.

**OBJECTIVE:** Identification of effective strategies is necessary to optimize uptake of the HPV vaccine. We systematically reviewed the literature for national and international interventions that have successfully increased HPV vaccine uptake.

**CONCLUSIONS:** Population-based vaccination strategies that increased vaccine availability reached the greatest number of adolescents and were most successful in achieving high rates of vaccination.

*Pediatrics, July 2016*

[Study examines how gender and family history may affect alcohol use in adolescents](#)

This study looked at how gender and family history (FH) of alcoholism might affect alcohol use in a sample of 18- to 19-year-olds from the Dresden Longitudinal Study on Alcohol use in Young Adults (D-LAYA). During the interviews, the females reported significantly less real-life drinking than the males and, in the laboratory, achieved significantly lower mean arterial Blood Alcohol Concentrations (BACs), reported greater sedation, and rated negative effects as high as the males. The authors believe that adolescent women chose lower BACs because they experienced adverse alcohol effects, such as sedation, at lower BACs than men. A positive FH did not appear to be a risk factor for drinking for this sample.

*Medical News, June 25, 2016*

[Health Care Use and HIV Testing of Males Aged 15-39 Years in Physician's Offices - United States, 2009-2012](#)

In 2014, 81% of new human immunodeficiency virus (HIV) infection diagnoses in the United States were in males, with the highest number of cases among those aged 20-29 years. Racial and ethnic minorities continue to be disproportionately affected by HIV; there are 13 new diagnoses each year per 100,000 white males, 94 per 100,000 black males, and 42 per 100,000 Hispanic males (1). Despite the recommendation by CDC for HIV testing of adults and adolescents (2), in 2014, only 36% of U.S. males aged  $\geq 18$  years reported ever having an HIV test (3), and in 2012, an estimated 15% of males living with HIV had undiagnosed HIV infection (4). To identify opportunities for HIV diagnosis in young males, CDC analyzed data from the 2009-2012 National Ambulatory Medical Care Survey (NAMCS) and U.S. Census data to estimate rates of health care use at U.S. physicians' offices and HIV testing at these encounters. During 2009-2012, white males visited physicians' offices more often (average annual rate of 1.6 visits per person) than black males (0.9 visits per person) and Hispanic males (0.8 visits per person). Overall, an HIV test was performed at 1.0% of visits made by young males to physicians' offices, with higher testing rates among black males (2.7%) and Hispanic males (1.4%), compared with white males (0.7%). Although higher proportions of black and Hispanic males received HIV testing at health care visits compared with white males, this

benefit is likely attenuated by a lower rate of health care visits. Interventions to routinize HIV testing at U.S physicians' offices could be implemented to improve HIV testing coverage.

*MMWR, June 24, 2016*

[UK: In a bid for the perfect profile pic, young men are increasingly turning to steroid](#)

What is even more alarming is that a significant number of young men are consuming a range of performance and image enhancing drugs, including steroids and human growth hormone. While the use of steroids has traditionally been limited to professional athletes, bodybuilders, soldiers and police, it is increasingly becoming a mainstream choice for young men looking to bulk up or lose weight.

*The Conversation, June 23, 2016*

[Behavior Woes Hamper Boys More Than Girls in School: Study](#)

Behavior problems are more likely to hold boys back in school than girls, a new study shows. "When I compared 4- and 5-year-old boys and girls who had the same levels of behavior problems -- including difficulty sustaining attention, regulating emotions, delaying gratification, and forming positive relationships with teachers and peers -- I found that boys were less likely to learn and more likely to be held back in school," said study author Jayanti Owens. She is a professor at Brown University in Rhode Island. "My study also showed that the way schools respond to boys' behaviors plays a significant role in shaping their educational outcomes years later," Owens said in an American Sociological Association news release.

*Bismarck Tribune, June 23, 2016*

[Merck's Gardasil leads to major HPV declines, but coverage holes remain: Study](#)

In recent months, high-profile medical organizations have joined an effort to urge more vaccination against HPV, with the NCI's Cancer Centers even calling the vaccines "tragically underused" and decrying low uptake in the U.S. as a "public health threat." Now, those groups will have more firepower for their arguments as a new analysis--citing a decade's worth of real-world data for Merck's (\$MRK) Gardasil--documented dramatic HPV reductions following vaccine introduction in various countries. Led by the Royal Women's Hospital at the University of Melbourne, Australia, the team looked at 58 studies in 9

countries from 2007 to February 2016, documenting a nearly 90% decrease in HPV incidence in countries with the highest vaccination rates. However, the team found that some countries have a ways to go with their vaccination programs, adding that "HPV-related disease remains a significant source of morbidity and mortality in developing and developed nations, underscoring the need" for such programs. "The full public-health potential of HPV vaccination is not yet realized," the team wrote in the abstract. In areas with the best coverage, the analysis also found reductions of approximately 90% for genital warts, 90% for high-grade histologically proven cervical abnormalities and 60% for low-grade cytological cervical abnormalities. The data were gathered from PubMed and Embase, with the impact of Gardasil becoming "increasingly evident" over the course of the period. More than 205 million Gardasil doses had been distributed as of Dec. 31, 2015, the team noted.

*Fierce Pharma, June 21, 2016*

#### Cancer doctors leading campaign to boost use of HPV vaccine

The nation's leading cancer doctors are pushing pediatricians and other providers to help increase use of the HPV vaccine, which studies show could help avert tens of thousands of cancer cases during young Americans' lives. Yet a decade after its controversial introduction, the vaccine remains stubbornly underused even as some of those diseases surge. The oncologists' goal is to rebrand the vaccine to focus on cancer prevention. They are determined to dismantle what researchers say is the No. 1 obstacle to wider inoculation: pediatricians and family doctors who aren't strongly recommending the vaccine. Studies show that a forceful endorsement from a physician is the most important factor in whether children get the vaccine, which is recommended for ages 11 and 12. Yet a frustrating level of "provider hesitancy" persists. "The failure belongs to us," acknowledged Jason Terk, a pediatrician in Keller, Tex. "It's an epic fail."

*Washington Post, June 19, 2016*

#### Snip snap

*Why more than half of newborn boys in America are circumcised*

Sexual, health and aesthetic norms do not vary much across the West. Male circumcision is an exception. Over half of American boys are snipped, compared with 2-3% in Finland and Britain. The procedure is justified in America on grounds given little credence in Europe: that it makes genitals cleaner, nicer-looking and more socially acceptable. Circumcision first became

popular in the late 19th century as a supposed cure for masturbation-and health problems from headaches to tuberculosis. After the second world war it became associated in America with hygiene and wealth; in other rich countries governments (which paid for most health care) were unconvinced of its merits. On the whole, European countries view the snip as an infringement on the child's bodily integrity that cannot be justified on medical grounds. It is true that circumcision can help prevent some sexually transmitted infections-but the evidence is from African countries where HIV/AIDS is common. Other infections can be fought in other ways, for example with vaccines or antibiotics. America puts parents' wishes first-even if future generations may find their reasons as odd as the Victorians' desire to check "excessive lust".

*The Economist, June 18, 2016*

#### HPV vaccine's worldwide health impact is clear

In the decade since the HPV vaccine was introduced, it has substantially reduced cervical pre-cancers, genital warts and abnormal Pap smears in countries with immunization programs, according to a new international review. The review, published online this month in the journal Clinical Infectious Diseases, looked at 58 studies of the effectiveness of Merck's Gardasil vaccine in Australia, Europe, North America, and New Zealand. The review was funded in part by a Merck-supported healthcare research company. Gardasil protects against sexually transmitted strains of the human papillomavirus (HPV) that cause most genital warts and 70 percent of cervical cancers, as well as some less common cancers of the head, neck, and genitals that occur in both men and women. (A newer version of Gardasil protects against strains that cause 90 percent of cervical cancers.) Because HPV-related cancer typically takes decades to develop, the full impact of the vaccine will take more time to emerge.

*Philadelphia Inquirer, June 16, 2016*

#### 1 in 13 Young Adults in U.S. Considered Suicide in Past Year

*Federal data from 2013-2014 also finds significant differences between states*

"Breaking down barriers regarding mental health, improving access to mental health services, better parental involvement and increasing awareness of crisis intervention hotlines are all necessary," said Dr. Robert Dicker. He helps direct child and adolescent psychiatry at Northwell Health in New Hyde Park, N.Y. The new report is based on 2013-2014 federal data. The findings also show significant differences in rates of "serious suicidal thoughts" among young adults across various states. Rates ranged from a high of 10.3 percent in New Hampshire to a low of 6.2 percent in Texas, the study found. Other states with the highest rates were Alaska, Indiana, Michigan, Montana, Nevada, Ohio,

Oregon and Utah. Some states with the lowest rates were Arkansas, Connecticut, Florida, Georgia, Kansas, Mississippi, New Mexico, South Carolina and the District of Columbia.

*Medline Plus, June 16, 2016*

**Male Teen Obesity May Mean Liver Disease Later**

*Study found risk increased as weight went up*

Older teen boys who are overweight or obese could be at increased risk for severe liver disease later in life, a new study suggests. The research included nearly 45,000 Swedish males who entered military service in their late teens between 1969 and 1970. The investigators reviewed over 40 years of their health information. Nearly 400 of them were diagnosed with severe liver disease, the study authors said. Men who were overweight or obese in their late teens were 64 percent more likely to develop severe liver disease compared with men who had a low normal weight in their late teens. The researchers said that worked out to a 5 percent increased risk for every one point increase in body mass index (BMI).

*Healthday, June 16, 2016*

**School-based programs improved HPV vaccination rates: study**

Improving access to human papillomavirus (HPV) vaccine leads to more improvement in vaccine uptake than other interventions, according to a [new study](#). Such interventions often come in the form of school-based vaccination programs (VP) that reach large number of adolescents. The Academy and CDC recommend HPV vaccine as part of routine immunization for males and females at age 11 or 12 years.

*AAP News, June 15, 2016*

**'We're Not a Threat': Transgender Teen Shares Powerful Message on Bullying**

Corey Maison said she always knew in her heart that she was a female. The 14-year-old transgender teen describes herself as unique, outgoing, funny and has dreams of one day becoming a supermodel. But for now, Corey's main focus is sharing her story of how she's overcome bullying, in the hopes of supporting others who face the same obstacle. "We're not a threat," Corey wrote to ABC News. "We are just like any other kids. We only want people to accept and love us for who we are."

*ABC News, June 15, 2016*

### Why are most internet trolls men?

According to Dr Claire Hardaker of Lancaster University, we can't be certain but there is "lots of anecdotal evidence" that most trolls are male - that's despite a study in May revealing half of all tweets containing the words 'slut' and 'whore' come from women. "I don't buy into the simplistic idea that it's a teenage boy sitting in his mum's basement," adds Bates. "Many are men with good jobs and families. The one thing that comes out from the messages I receive is, 'Shut up!' So perhaps it comes from a defensive reaction that by talking about women's rights they think we must be trying to steal something from men." It is hard to know exactly what motivates trolls - they don't tend to volunteer for studies. Yet empirical evidence of those who have turned up in the papers suggests the abusers are often - though certainly not always - from disadvantaged social groups; and as Bates, says, the messages directed at women are often domineering in their tone, which suggests an attempt to grab some of the power they feel has been denied them by society.

*Telegraph, June 15, 2016*

### What Do We Do If The Orlando Shooter Really Was Gay?

What happens when it's revealed that the man who killed 49 queer people - most of them queer people of color - and wounded 53 others at a queer nightclub might have been a longtime patron of that club and that he was spotted on gay sex apps? One of the most horrific and heartbreakening moments in modern American history threatens to become even more horrific and heartbreaking. Suddenly, instead of simply (or not so simply) blaming the mass shooting on a dizzyingly noxious cocktail of hate, extremism, mental illness and offensively lax gun laws, we now must also grapple with the gruesome and all-too-familiar specter of internalized homophobia materializing to haunt this tragedy.

*Huffington Post, June 15, 2016*

### Overcompensation Nation: It's time to admit that toxic masculinity drives gun violence

Our national attachment to dominance models of manhood is a major reason why we have so much violence. If toxic masculinity was just about men posturing around each other in a comical fashion, that would be one thing, but this persistent pressure to constantly be proving manhood and warding off anything considered feminine or emasculating is the main reason why we have so many damn shootings in the United States. Whether it's Islamic terrorism or Columbine-style shootings or, as is the case with some of the most common but least covered mass shootings, an act of domestic violence by a man who would rather kill his family than lose control, the common theme is this toxic

masculinity, a desire on the part of the shooter to show off how much power and control he has, to take male dominance to the level of exerting control over life and death itself.

*Salon, June 13, 2016*

[It's 2016 And Two Men Kissing Is Still A Stunning, Terrifying Sight](#)

We don't know exactly why the Orlando he did it and we may never know. What we do know - what I've known my entire life - is that the sight of two men kissing is a stunning, terrifying thing. A dangerous thing. A thing that inspires fury and fear and violence and, yes, murder. Even today, even living in New York City, one of the most accepting cities in the world, I think twice before holding another man's hand or kissing another man's face. I don't want to - every time I do it I internally recoil a bit at my own reaction. And then I take a deep breath and take my date's hand. Or I push my lips towards my friend's lips when we're saying "goodnight." It's a simple act - a moment - but even twenty years after I first came out, I feel the terror swarming me because I do not know what might happen. After the Orlando massacre, we are devastated. We are terrified. We are in mourning. But we aren't alone and we must not let anything stop us from continuing our fight to be heard, to be seen, to be respected and to be free.

*Huffington Post, June 12, 2016*

[Altered Brain Connectivity in Adolescent Males With Conduct Disorder](#)

Abnormalities in the connectivity of white matter in teens with conduct disorder may play a role in the presence and severity of antisocial behavior in these youth, indicates a new study in PLOS ONE. Compared to healthy peers, adolescents with conduct disorder had measurably different cellular connectivity-increased fractional anisotropy- in 7 different regions of the brain as measured using the MRI-based technique diffusion tensor imaging (DTI).

*Psychiatry Advisor, June 10, 2016*

[Suicide attempts in teenaged boys increase future heart disease risk](#)

According to a new study, teenagers - particularly boys - who try to attempt suicide or are close to someone who has attempted suicide are at a higher risk for heart disease in their 20s. The findings of the study showed that young males had higher blood pressure and systemic low-grade inflammation if they had attempted suicide as a teenager. On the other hand, young women were more likely to be overweight or obese as well as have high blood pressure if

they were close to someone who tried to kill himself/herself. "What we are seeing is that suicide attempts in adolescence - which are typically considered as a mental health problem - could also signal the potential for physical health problems into young adulthood," said lead author Lilly Shanahan, assistant professor at University of North Carolina.

*Indian Express, June 9, 2016*

[Decade of Gardasil vaccination reduces global infection, anogenital warts, cervical lesions](#)

Garland and colleagues found reductions of approximately 90% for HPV infection, genital warts and high-grade histologically proven cervical abnormalities, as well as an approximately 60% reduction in low-grade cytological cervical abnormalities among countries with the greatest vaccine coverage. However, the reduced impact among countries with less coverage, or among countries not included in the review whose vaccination programs may not be fully developed, suggests areas in need of improvement.

*Helio, June 9, 2016*

[Teenage boys who show empathy attract 1.8 more girlfriends than boys who don't](#)

*Landmark study shows the extent that teen males and females select empathic classmates as friends*

It is the first study to examine the extent that adolescent males and females select empathic classmates as friends. And the conclusion based on a study of 1,970 Year 10 students in Queensland and New South Wales (average age of 15.7 years) is that girls are more likely to nominate empathic boys as friends. In contrast, empathetic girls didn't rate quite so highly with the opposite sex. In fact, the study found girls with empathetic qualities "did not attract a greater number of opposite sex friends" at all.

*Science Daily, June 8, 2016*

[Pubertal timing strongly linked to men's sexual and reproductive health](#)

A new study finds a strong association between late onset of puberty and subsequent semen quality. This is the first study of its kind to investigate the influence of pubertal timing on male reproductive health. 1,068 healthy young Danish men participated in the study and provided information on the timing of puberty. This suggests that timing of pubertal onset may be a fundamental marker of male reproductive health. Men with a history of early puberty were

shorter, had a higher BMI and were often smokers or exposed to prenatal tobacco smoke.

*Science Daily, June 8, 2016*

#### Vaccine Harm Anecdotes Work, Even When People Don't Believe Them

We found that telling participants about the Vaccine Adverse Event Reporting System ( VAERS), without having them read the actual reports, improved vaccine acceptance only very slightly. Even worse, when participants read the detailed reports, both vaccine acceptance and trust in the CDC's conclusion that vaccines are safe declined significantly. What we found next surprised us: The vast majority of our survey respondents, the same ones who were less accepting of vaccines and less trusting of the CDC, said that they believed the vaccine caused few or none of the reported deaths and disabilities. This means that the individual stories of perceived vaccine harms were highly influential, even when people didn't believe they were true.

*American Council on Science and Health, June 6, 2015*

#### First U.S. Penis Transplant Patient Heads Home

The first patient to receive a penis transplant in the United States has been discharged from the hospital three weeks after his 15-hour surgery. Thomas Manning, 64, left Massachusetts General Hospital in Boston on Wednesday and was traveling back to his hometown of Halifax, Mass., the Associated Press reported. Manning said he can now urinate after two follow-up procedures were performed, but sexual function is months away from becoming a reality, the wire service said. After being diagnosed with penile cancer in 2012, Manning's penis was amputated. He is the third man in the world to receive a new penis, following transplants in South Africa in 2014 and China in 2005, the AP reported.

*Healthfinder.gov, June 2, 2016*

#### Tough Economy, Alcohol Fuels Suicide Risk in Men: Study

*But similar link not seen for women*

Heavy drinking may fuel the risk of suicide among men when the economy is sinking, new research suggests. In general, recessions are linked with an overall decline in drinking, but heavy drinking increases, particularly among people affected by the economic downturn, said study author Mark Kaplan, a professor of social welfare at UCLA. "Surprisingly, there is evidence that individuals intoxicated at the time of death did not necessarily have a history of alcohol abuse prior to suicide," Kaplan said. The researchers analyzed data

from 16 states to compare alcohol use between suicide victims and the general population in 2005-2007, during the 2008-2009 recession, and again in 2010-2011. The percentage of suicide victims who were drunk at the time of their death rose during the recession. Among men, heavy drinking among suicide victims increased more than in the general population. But the same did not hold true for women who died by suicide, the researchers found. Instead, the rate of heavy drinking by women was identical to the general population.

*Health Day, May 26, 2016*

## **Partnership Awarded Grants for 2016 Projects**

The Partnership is pleased to announce that it been awarded a number of new unrestricted educational grants from Merck to support its 2016 programming.

The grants will support the Partnership's continuing work in the areas of clinical practice and engagement of male youth. Among other things, the grants will support updating the web-based [Health Provider Toolkit for Adolescent and Young Adult Males](#), condensation of its contents into a series of practical clinical tools, and activities to engage male youth in their own health care.

"These awards will add to our momentum in highlighting the health care needs of adolescent and young adult males," said Dennis Barbour, Partnership President and CEO. "2016 has already been a productive year for us. With these and other grants we hope to be able to collaborate even more closely with our Partners in reaching our vision."

### [Black male suicide matters: Facts you should know](#)

Suicide is a sad growing trend among young Black men. Because of the stigma attached to mental health care, in the Black community undiagnosed depressive orders go unnoticed by family and friends. Shockingly the biggest increase is among Black children ages 5 through 11. The latest CDC information shows that suicide among that age and demographic rose from 1.78 to 3.47 per one million. While the suicide rate for White children declined from 1.96 to 1.31 per million. During the four-year study that was completed by the CDC in 2012, there were 41 suicide deaths among black boys, and 73 among white boys. The book *Black Suicide: The Tragic Reality of America's Deadliest Secret* starkly speaks of this point. Authors Alton R. Kirk and Donna Holland Barnes state, "Only in recent years have Black people begun to recognize that suicide is a

major problem for the African-American community. Suicide within this population exists in far greater numbers and for a longer period than many people realize."

*Rolling Out, June 5, 2016*

**The damage being done when people insist 'boys will be boys'**

Another small American town has been rocked by revelations of sexual abuse at the hands of some of their most protected football stars this week, and local response is sadly much as we've come to expect. According to the Washington Post , the town of Dietrich, Idaho is "a community on edge" after charges were filed against three high school football players alleged to have sexually assaulted a fellow student. While it's not uncommon for residents to rally around young men with "promising futures" (remember Steubenville?), there is one key difference between this case and most of the ones we hear about - in Dietrich, the victim is a male teammate. He's also an intellectually disabled black male in an overwhelmingly white town. Prior to the assault, he had been subjected to racist bullying. During the assault, the three defendants allegedly inserted and then kicked a coat-hanger into his rectum.

*Daily Life, June 3,2016*

**Young People At Risk For STDs Often Don't Get Tested: Study**

Although they account for half of all new sexually transmitted infections, most young people between the ages of 15 and 25 have never been tested for those infections, according to a study published in the May issue of the Journal of Adolescent Health. The 2013 survey of 3,953 adolescents and young adults by researchers at the federal Centers for Disease Control and Prevention found that 11.5 percent had been tested for a sexually transmitted infection in the previous year, including 17 percent of females and 6 percent of males. Overall, young people between 15 and 25 make up a quarter of the population who are sexually experienced. But the survey found that nearly half - 42 percent - of those who had sex and had not been tested for disease thought they were not at risk.

*Kaiser Health News, June 3, 2016*

**Enhanced communication improves HPV vaccination completion rates**

Recent research in Vaccine identified specific areas which provider-based interventions should focus on, such as improving communication skills regarding adolescent sexuality, in order to improve HPV vaccination completion rates. "If we don't fully vaccinate young people, they don't receive the full protection, "Sharon M. Hudson, PhD, a researcher in the department of

research and evaluation at Kaiser Permanente Southern California, told *Infectious Diseases in Children*. "That is why it's important for health care systems and providers to do everything we can to ensure complete vaccination. Our study identified several areas where we can focus efforts to improve vaccine coverage and therefore better protect our patients against these cancers." Study results showed that at both high- and low-performing medical centers, support for HPV vaccination was strong. However, clinicians at higher-performing centers were more likely to use effective communication techniques, such as engaging parents and patients in two-way conversation and acknowledging cultural and practical vaccination barriers. Clinicians from higher-performing centers also were able to recall conversations about sexuality in greater detail, were more likely to describe these conversations as difficult, and they more frequently led to successful vaccination, when compared with clinicians at lower-performing centers.

*Helio, June 3, 2016*

[GPs call for all boys to receive HPV jab as scheme for gay men launched](#)

GPs have renewed calls for boys to receive the HPV vaccine, as pilot schemes to vaccinate men who have sex with men (MSM) at selected GUM and HIV clinics in England get underway. Public Health England (PHE) said the pilots to vaccinate MSM will 'help to determine whether it is possible to establish an appropriate and effective way to deliver the vaccination programme across the country at a later date'. A vaccination programme for girls aged 12-13 has been in place since 2008 to protect them from cervical cancer, genital warts and other cancers. The same scheme is not currently extended to boys, who are considered to receive a herd protection effect as a result of vaccination for girls. The Joint Committee on Vaccination and Immunisation (JCVI) says it is currently unclear whether a scheme targeting all boys would be cost-effective. It has said it cannot consider approving a scheme until results from two mathematical models determining this are ready by '2017 at the earliest'. But MSM are less likely to receive the herd protection benefits of vaccinating girls, and the JCVI concluded it was 'highly likely' a targeted vaccination programme would be cost-effective late last year.

*GP, June 2, 2015*

[U.S. Teen Birth Rate Continues to Fall, Hits New Record Low](#)

*CDC statistics for 2015 show another 8 percent drop*

The number of babies born to American teenaged girls fell another 8 percent in 2015, reaching a new record low. According to the report from the U.S. Centers for Disease Control and Prevention, moms aged 15 to 19 accounted for about

22 of every 1,000 live births in 2015 -- down from about 24 per 1,000 the year before.

*Medline Plus, June 2, 2016*

[Reported data on vaccines may not build public trust or adherence](#)

The Vaccine Adverse Event Reporting System (VAERS) is a national vaccine safety reporting system that collects information about possible side effects that may occur after inoculation. Developed by the Centers for Disease Control (CDC) and available online, anyone can report possible adverse reactions to vaccines for any reason, making it a rich source of information about possible vaccine harms. Recently, University of Missouri researchers proposed that open communication about VAERS could improve public trust that vaccines are safe, thereby increasing vaccine acceptance. Findings from the study suggest that data and stories may not increase the public's acceptance of vaccines. "Since anyone can report anything to VAERS for any reason, the VAERS reports contain incidents of serious adverse events that may not have anything to do with the vaccine," Scherer said. "We thought that by having people read the actual reports, they would see that there are very few reported serious events, and that the vaccine may not have even caused the event. Taken together, we felt this might make participants feel more assured that vaccines are safe-but in fact, what we found was the opposite." Results showed that participants who were educated about the VAERS system and who were given summary data about adverse events had slightly more vaccine acceptance compared to those who received the vaccine statement alone. However, exposure to detailed incident reports significantly reduced vaccine acceptance and trust in the CDC's declaration that vaccines are safe. "When participants read the incident reports, there was a marked reduction in their willingness to vaccinate-even though most participants believed the vaccines caused few or even none of the deaths," Scherer said.

*Medical Express, June 1, 2016*

*And the number who are OK with homosexuality has quadrupled in last 40 years, survey finds*

The number of Americans who say they've had sexual activity with someone of the same gender has doubled since the 1970s, a new survey reveals.

And, during the past 40 years, the number of Americans who say they have no problem with same-sex sexual activity has more than quadrupled, the survey showed. "This data showed strikingly how quickly opinions on same-sex sexuality changed," said study lead author Jean Twenge, a professor of psychology at San Diego State University. The trend, she added, "suggests a

fundamental shift in sexual behavior toward more freedom and the abandonment of previously strict social rules against same-sex sexuality."

The findings come from the National Opinion Research Center's General Social Survey, spanning 1973 to 2014. Participants were between 18 and 96 years old.

*Medline Plus, June 1, 2016*

### Genes Might Help Shield Some Black Men From Obesity

*But these same factors don't appear to reduce risk of excess weight for black women*

Though the obesity epidemic affects people of all backgrounds, experts have long noted that black women face a notably higher risk of being overweight or obese than black men. Now, a new study has identified genetic factors in black men with a strong West African ancestry that are associated with a lower risk of belly fat. But this apparent benefit doesn't extend to black women, regardless of their lineage.

*Medline Plus, June 1, 2016*

### New Zealand: HPV funding "a big step forward" for gay & bi men

Pharmac has announced a proposal to fund human papillomavirus (HPV) vaccines for males aged 26 years and younger, a "big step forward" for gay and bisexual men says Dr Peter Saxton who also calls for an extension of this age range for the demographic. " Young gay men who are the group most at risk of developing anal cancer later in life can receive the vaccine without having to disclose their sexuality, which may be unsafe for them, or paying for it themselves at a cost of \$500 for three doses", says Saxton.

*GayNZ, May 31, 2016*

### Males and Depression: 7 Signs and How To Help

As a female therapist, it can be very difficult for me to work with adolescent boys who are irritable, defensive, and struggling with depression. It is not one of the easiest jobs. Why? Because males tend to have so many layers to their thought patterns and personality that helping them increase awareness of what is happening to them is like trying to help a 2 year old understand that temper tantrums are immature. Men have so many social expectations to overcome and so many personal goals to achieve. Focusing on depression is not something they want to make time for. That's why it is important (as a therapist, a wife, sister, cousin, mother, etc.) that we understand how to help them .

*Psych Central (blog)*

### New Zealand: Free HPV shots will save boys' lives - doctors

New Zealand Medical Association chairperson Dr Stephen Child said it was a positive step that would save lives, whatever the cost. "Cancers of the mouth and tongue are becoming increasing common and there is a link with the (HPV) virus, which is what we are trying to prevent," he said. Auckland head and neck surgeon Dr John Chaplin said the vaccine was already free to boys in Australia, Canada, the United States and the UK. It was time it was in New Zealand too, he said. "I see an increasing number of people with human papillomavirus-related throat cancers and that's occurs predominantly in men, in a ratio of four to one, men to women" he said. About 60 percent of teenage girls were vaccinated, and parents needed to be encouraged to immunise their sons as well, said Dr Chaplin.

*RNZ, May 30, 2016*

### Lifestyle May Be Key to Improving ADHD in Kids

*Healthier habits related to exercise and diet could help many with the disorder, researcher says.*

"Many parents of children diagnosed with ADHD do not want their children on medication. Having their children follow healthy lifestyle behaviors may be an effective intervention, either alongside or in the place of traditional ADHD medications," said study author Kathleen Holton. She is a member of the Center for Behavioral Neuroscience at American University in Washington, D.C. "Parents of children with ADHD should talk with their pediatrician about how to improve health behaviors, such as limiting screen time, encouraging physical activity, improving bedtime routines and drinking water rather than other beverages," she suggested in a university news release.

NOTE: The ADHD diagnosis rate among male adolescents is 2.3 times that among female adolescents

*Healthfinder, May 30, 2016*

### AUSTRALIA: Male suicide: "We have to name the problem to deal with it"

TEN Queensland men a week are taking their own lives. The rate of male suicide has risen by more than a third in under a decade and experts say the alarming toll can no longer be ignored. "This is a daily tragedy affecting individuals, families and communities that isn't going away. We can and must do more," said Glen Poole, founder of a new project, Stop Male Suicide. "Everyone has heard of the gender pay gap, but no one has heard about the gender suicide gap," he said. "We have to name the problem to deal with it." Queensland's level of suicide for both sexes is above the national average, with

the 648 lives lost in 2014 accounting for one in four of the Australian total, ABS figures show. More than three-quarters of those - 490 - were male. "The simple fact is that men and boys are three times more likely to kill themselves than women and girls," Mr Poole said.

*Herald Sun, May 28, 2016*

#### Female clinicians more likely to initiate vaccinations at acute visits

Recent research in the Journal of Adolescent Health found that, along with other clinical characteristics related to vaccination, female clinicians were more likely to administer vaccinations to adolescents during acute care visits.

"Because little is known about gender-related differences in delivery of adolescent preventive care, we examined the relationship between clinician, child, and guardian gender and receipt of HPV vaccine compared to Tdap and MCV4 vaccines, which are not associated with a sexually transmitted infection or gender-specific diseases," Laura Johnson Faherty, MD, MPH, of the Robert Wood Johnson Foundation Clinical Scholars Program at the University of Pennsylvania, and colleagues wrote. The researchers studied electronic health records of adolescents aged 11 to 18 years who visited 27 primary care clinics in The Children's Hospital of Philadelphia Research Network between 2009 and 2014. Faherty and colleagues included visits during and after which the first HPV vaccination was due. After adjustment, data were analyzed to estimate the proportion of capture opportunities for HPV vaccine, Tdap and MCV4 administration. Study results showed no overall difference in the proportion of adolescents vaccinated between male and female clinicians during preventive visits. The researchers found, however, that female clinicians delivered all three vaccines significantly more often than male clinicians during acute care visits. Specifically, more HPV (2.7% vs. 1.2%; P < .001), Tdap (6.4% vs. 4.1%; P = .013), and MCV4 (6% vs. 3.7%; P = .013) vaccinations were given by female clinicians as opposed to males.

*Helio, May 27, 2016*

#### UK to trial HPV vaccine in gay men but no plans yet for all boys

The UK is to trial offering the HPV vaccine to gay and bisexual men, but campaigners are calling for the vaccine to be given to all boys, as is done in the US and Australia. Since 2008, girls in the UK have been vaccinated against the human papillomavirus, which can cause cervical cancer. But the virus, which is spread by sexual activity, can also trigger a range of other cancers, including anal, penile and throat cancer. Now the UK public health minister, Jane Ellison, has announced a pilot programme to offer the jab to 40,000 gay and bisexual men. Campaign groups have welcomed the announcement, but have repeated the call for all boys in the UK to be vaccinated. "Vaccinating all men who have sex with men against HPV would be a vital step, but to be most effective, the

HPV vaccine must be made available widely to all boys before they're sexually active," said Shaun Griffin, of the Terrence Higgins Trust charity.

*New Scientist, May 27, 2016*

#### INTERVIEW: What makes teenage boys so clumsy?

Scientists have given an explanation for why some teenage boys go through a clumsy phase. Scientists in Italy say that a sudden growth-spurt seen in puberty affects the body's ability to control established motor skills - like walking. Normally this only lasts as long as it takes for the brain adjusts to the body's new dimensions. But as Health Check's James Gallagher explained to Claudia Hammond, his clumsiness didn't go away.

*BBC, 26 May 2016*

#### App for young boys aims to prevent domestic violence

A concept for an app aimed at engaging boys aged 10 to 15 to teach them respectful relationships with girls has been developed by a QUT social marketing expert as "another part of the jigsaw" to prevent domestic violence against women. The app, however, never mentions the words "domestic violence" or "violence against women," says social marketing expert Professor Rebekah Russell-Bennett from QUT Business School's School of Advertising, Marketing and Public Relations, who developed the concept with Logan-based (Brisbane) non-profit community organisation YFS. "Interventions at this stage of life can change young people's personal and relationship trajectories, preventing problems in adulthood," Professor Russell-Bennett said. "However, we are careful to steer clear of using the words 'domestic violence' anywhere in the app because, at that age, many young boys would not find it relevant. This may deter them from downloading and using the app."

*Medical Express, May 25, 2016*

#### AUSTRALIA: David Pocock's call for a new definition of masculinity

Wallabies flanker David Pocock has called for a new conversation about what it means to be a man. The Rugby World Cup player met Wednesday with boys from Sydney's Waverley College and took the opportunity to share ideas with students. "It was great being able to sit down and explore this idea of what is real strength and how do you cultivate this strength to care, " he told SBS. Pocock wants young people to consider sexism, homophobia, domestic violence and the way we treat our environment as issues we are all responsible for and all have a part in affecting.

*SBS, May 25, 2016*

[More Young Male Australians Are Reaching Out For Mental Health Help](#) *There's been a 626 percent increase in contacts to Kids Help Line about mental health.*

Boys and young men remain reluctant to seek help for personal issues, amid a more than 500 percent increase in approaches to Kids Help Line over mental and emotional health concerns over the past 20 years. The Kids Help Line 2015 Insights Report shows there has been a 626 percent increase in contacts to KHL about mental health and/or emotional health, including self-injury, since 1996. The report also shows a 246 percent increase in contacts about suicide over the same period. But CEO Tracy Adams told The Huffington Post Australia young boys and men are still reluctant to reach out for help. "It's telling us young people are engaging in help seeking, which is a very positive thing," she said. "But it's also outlining a help seeking issue for boys and young men - most of the help seeking continues to be done by girls and young women."

*Huffington Post, May 24, 2016*

#### [Our future: a Lancet commission on adolescent health and wellbeing](#)

This is the largest generation of adolescents and young adults in human history (1.8 billion), they are a group that demands more attention and action. Adolescents and young adults face unprecedented social, economic, and cultural change. This new Lancet commission argues that there are tremendous unrealised opportunities not only for the health and wellbeing of young people themselves but also for the future of society and future generations. Inaction however remains a threat to health, economic development, and even the health of our planet. The most powerful actions for adolescent health and wellbeing are intersectoral, multilevel, and multicomponent and engage and empower young people themselves to be part of change and accountability mechanisms. In addition to this groundbreaking Commission, *The Lancet* is also launching a campaign to continue dialogue around this critical topic. Increasing social impact of science and research will lead to better lives for all.

*The Lancet Commissions, May 10, 2016*

#### [QuickStats: Age-Adjusted Suicide Rates for Females and Males, by Method - National Vital Statistics System, United States, 2000 and 2014](#)

From 2000 to 2014, the age-adjusted suicide rate increased from 4.0 to 5.8 per 100,000 for females and from 17.7 to 20.7 for males. Suicide rates by specific method (firearm, poisoning, suffocation, or other methods) also increased, with the greatest increase seen for suicides by suffocation. During the 15-year period, the rate of suicide by suffocation more than doubled for females from 0.7 to 1.6 and increased from 3.4 to 5.6 for males. In 2014, among females,

suicide by poisoning had the highest rate (1.9), and among males, suicide by firearm had the highest rate (11.4). Suicide among adolescents and young adults is increasing and among the leading causes of death for those demographic groups .

*MMWR, May 20, 2017*

[Role of the School Nurse in Providing School Health Services](#)

Policy Statement from From the American Academy of Pediatrics

School nurses and pediatricians, both community- and school-based, working together can be a great example of team-based care, defined as the provision of comprehensive health services to individuals, families, and/or their communities by at least 2 health professionals who work collaboratively along with patients, family caregivers, and community service providers on shared goals within and across settings to achieve care that is safe, effective, patient-centered, timely, efficient, and equitable.

*Pediatrics, May 2016*

[A Call for Fertility and Sexual Function Counseling in Pediatrics](#)

Historically, reproductive health in pediatrics has focused primarily on contraception and prevention of sexually transmitted infections. However, there is now a growing body of literature discussing the long-term impact of many pediatric conditions and treatments on fertility and sexual function, such as oncologic therapy, hematologic or autoimmune conditions requiring bone marrow transplantation, renal and rheumatologic disorders in which alkylators are used, cross-sex hormonal therapy used in the care of transgender youth, disorders of sex development, and other genetic syndromes such as galactosemia. Pediatric providers face dilemmas about the optimal approaches for assessing and discussing fertility and sexual function with patients and families, the type of guidance to give to parents about related communications with their children at each developmental stage, and ethical obligations regarding disclosure when parents are opposed to sharing sensitive information with their children.

*Pediatrics, May 2016*

[Non-Surgical Male Circumcision Device Approved for Use in Adolescents by the World Health Organization](#)

PrePex - the ONLY non-surgical male circumcision device - was specially designed to scale-up Voluntary Medical Male Circumcision (VMMC) programs for HIV/AIDS prevention in 14 priority countries in Sub-Saharan Africa

The World Health Organization (WHO) expanded the Intended Use of the currently-prequalified PrePex device to include adolescents aged 13 years, and above. Effective immediately, the PrePex device, manufactured by Circ MedTech, can be offered for adult and adolescent males in the 14 priority countries in Southern and Eastern Africa. PrePex was the first male circumcision device to receive WHO Prequalification on 31 May 2013.

*PR Newswire, May 23, 2016*

### Frat Brothers Keep Chugging Despite Anti-Booze Efforts

*What works for other college students doesn't work for those in Greek organizations, study finds.*

The boys of "Animal House" and "Neighbors" may be immune to anti-boozing programs that curb drinking for other college kids, new research suggests. As Brown University researcher Lori Scott-Sheldon put it: "Current intervention methods appear to have limited effectiveness in reducing alcohol consumption and alcohol-related problems among fraternity and possibly sorority members." Scott-Sheldon's team reviewed data on more than 6,000 fraternity and sorority members. The information came from 15 studies done over 25 years. Overall, the researchers looked at 21 different interventions aimed at reducing on-campus drinking. The investigators found no differences in drinking behaviors between those who had received some kind of anti-drinking intervention, and those who had not.

*Healthfinder, May 20, 2016*

### High HIV Rates for Gay Men in Some Southern Cities

*In Jackson, Miss., Columbia, S.C., and El Paso, Texas, rates now exceed or approach 30 percent, report finds.*

Rates of HIV infection among gay and bisexual men are approaching 30 percent to 40 percent in some southern U.S. cities, a new report finds.

According to the study, about 39.5 percent of gay and bisexual men in Jackson, Miss., are now HIV-positive, as are about 29 percent of gay/bisexual men living in El Paso, Texas, or Columbia, S.C. Other southern cities -- Augusta, Ga., Baton Rouge, La., Little Rock, Ark. -- also have rates of HIV infection for gay and bisexual men around 25 percent, the report found. Of the 25 U.S. metropolitan areas with the highest rates, 21 were in southern states, the researchers said. Their analysis of 2012 data identified six states where more than 15 percent of gay/bisexual men had HIV, and all of those states were in

the South. Overall, about 15 percent of gay/bisexual men in the United States have HIV.

*Healthfinder, May 18, 2016*

[Uniformity in male HPV vaccinations encouraged in Canada](#)

A recent Canadian analysis published in *CMAJ* reported that male vaccination programs are necessary in order to ensure equality in protection from HPV-associated diseases for men. "Including boys in school-based HPV vaccination programs across all Canadian jurisdictions is important to ensure that protection from HPV-associated diseases is not dependent on a child's gender or province of residence," Gillia Shapiro, MPA, MPP, in the department of psychology at McGill University in Montreal, told *Infectious Diseases in Children*.

*Helio, May 18, 2016*

[Female sexuality is 'more fluid': Women evolved to be bisexual to 'reduce conflict and tension' when men had multiple wives](#)

In the new proposal, published to *Biological Reviews*, Kanazawa explains that sexuality differs between men and women. People of both genders have been known to be sexually fluid, meaning they may not adhere to particular sexual identity, and can switch between homosexual, bisexual, and heterosexual identities. But, studies have found that this is more common in women. 'The theory suggests that women may not have sexual orientations in the same sense as men do,' said Dr. Satoshi Kanazawa. 'Rather than being straight or gay, to whom women are sexually attracted may depend largely on the particular partner, their reproductive status, and other circumstances.'

*Daily Mail, May 16, 2016*

[Adolescent males, females with eating disorders display differences in depression](#)

A significantly higher percentage of adolescent males with eating disorders had comorbid depression compared with adolescent females with eating disorders, according to research presented at the American Psychiatric Association Annual Meeting. "These are early findings, but they do suggest that there is a greater psychiatric comorbidity load in the male adolescent patients," researcher Samuel J. Ridout, MD, PhD, of Brown University School of Medicine, reported at a press conference. "And they suggest that males, as is the case across medicine, present later. They don't go to the doctor when they should. "This of particular significance, because males complete suicide at much higher rates, about three to one compared to females," Ridout said. "If

you have a population that is presenting later, the risk of that later presentation and identification can be a very serious consequence for them."

*Helio, May 16, 2016*

### [AAFP Immunization Resources Aim to Keep FPs Up to Speed](#)

According to Jennifer Frost, M.D., medical director for the AAFP Health of the Public and Science Division, changes to the 2016 recommendations did not signal any dramatic changes in care, but rather added clarity to existing vaccine guidance. The most significant changes involved HPV vaccination, serogroup B meningococcal (MenB) vaccine and pneumoccocal vaccination. For instance, Merck's nine-valent HPV vaccine (HPV9; Gardasil 9) is now recommended as one of three options to vaccinate males and females ages 9-26. The HPV vaccine is routinely recommended at age 11 or 12, but it can be administered as early as age 9. It is also included in catch-up schedules for women through age 26 and men through age 21. It's worth noting, however, that men at high risk for HPV (e.g., men who have sex with men or those who are immunocompromised or have HIV infection) can be given the vaccine through age 26.

*AAFP, May 16, 2016*

### [Road accidents, self harm and violence are the top causes of teenage deaths worldwide while rates of unsafe sex are soaring](#)

Road accidents, self harm and violence are the leading causes of teenage deaths worldwide, a landmark study has found. Two-thirds of young people grow up in countries where preventable or treatable health problems like HIV/AIDS, childhood pregnancy, unsafe sex, depression, road accidents, self harm and violence remain a daily threat. While global efforts have significantly improved the health of children aged five and under, campaigns have ignored young people aged 10 - 24, researchers said. And rates of unsafe sex have soared - making it the fastest-growing risk factor for illness in this age group, they added. There are 1.8 billion people aged 10 to 24 - representing over a quarter of the world's population - and nine out of ten live in developing countries. The figures were collated by the Institute for Health Metrics and Evaluation (IHME) at the University of Washington, which contributed to a global investigation of adolescent health and well-being published in The Lancet medical journal. The Institute for Health Metrics and Evaluation (IHME) at the University of Washington analysed findings from the Global Burden of Disease survey. It covered the period from 1990 to 2013. It found while death rates for young children have declined since 1990, rates for teenagers - especially boys -

were slower to fall. HIV/AIDS, road accidents and drowning cause a quarter of all deaths in 10-14 year olds, they found.

*Daily Mail May 10, 2016*

#### Homosexual Status as a Contributing Factor to Depression and Anxiety in Young Men

Gay and bisexual men younger than 26 years are 2 times more likely to experience depression and anxiety, and are up to 7 times more likely to inflict self-harm or attempt suicide than those older than age 45, according to a new community-based study reported in the Journal of Public Health by researchers from the United Kingdom. The outcomes of the survey suggest that mental health interventions in gay and bisexual men need to primarily target younger men. "The population level patterns of mental ill health suggest that interventions at levels other than the individual level are required," Dr Hickson said. "Central and local government policies that promote meaningful participation (eg, maximizing employment, promoting community cohesion) and foster a sense of belonging (eg, inclusive education health and social services, opportunities for voluntary organizing) are central to the mental health of the country." He pointed out that consideration of the roles of sex, gender, and sexuality in these policies will expand their social impact.

*Psychiatry Advisor, May 9, 2016*

#### Should You Circumcise Your Baby Boy?

Over all, the evidence arguing for and against circumcision fails to make a compelling case in either direction. The benefits, while arguably real, are small; likewise the harms. In such cases, we usually leave the decision to the patient. There is, of course, an ethical problem here, since the choice is almost always made by parents, not by the boys themselves. Circumcision is irreversible, and many argue, quite stridently, that this is "genital mutilation" inflicted on children for no reason.

*New York Times, May 9, 2016*

#### Men get eating disorders too

Men of any age can develop an eating disorder, but they are most likely to begin between ages 14 and 25. This increased likelihood could have something to do with life transitions during that period. Eating disorders are still thought of as an issue only affecting women and girls, but according to leading eating disorder charity Beat up to 1 in 4 of the 725,000 people in the UK with eating disorders are men. Over the last five years there has been a 63% increase in

men admitted to hospital for eating disorder related issues. However, many men still feel like they don't have access to the support they need.

*Netdoctor UK, May 9, 2016*

### [Penis Reconstructions 'Life-Altering' for Men, Studies Show](#)

*Both transgender patients and victims of trauma did well, but procedures not for fainthearted, expert says*

Men who undergo surgery to create a new penis seem to fare well in the long term, two new studies show. The surgery, known as phalloplasty, is most often done for transgender men who want to undergo a surgical transition. But it's also an option for men who've lost their penis to cancer or trauma -- including soldiers who've been wounded on the battlefield. The new studies, presented at the American Urological Association's annual meeting in San Diego, included both groups of patients. And the studies suggest that by and large, both types of patients do well in the long run. "A lot of people may not know there are surgeons who have this capability," said Dr. Gregory Bales, a urologist and surgeon at the University of Chicago who was not involved in the studies.

*Health Day, May 9, 2016*

### [Med Student Explores Why Missouri Has Low HPV Vaccination Rates](#)

In Missouri, only 28.3 percent of girls and 11.3 percent of boys have received at least one dose of the HPV vaccine series - leaving a large number of young people vulnerable to HPV infection and potential future development of HPV-associated cervical and oropharyngeal cancers. Chen's project will send questionnaires to vaccine-eligible students in St. Louis area school districts. The surveys will be adapted to the appropriate reading level for students. Surveys targeted at parents and school staff also will be sent out. "The project will help us determine where the baseline is," Chen said. "The next step will be to implement an education plan based on those results."

*St. Louis University, May 9, 2016*

### [How Being Male or Female Can Affect Your Health](#)

"Without studying both sexes, we wouldn't know if we're taking steps in the right direction toward appropriate clinical treatment for men and women," Clayton says. "Our differences also affect how we respond to medications, as well as which diseases and conditions we may be prone to and how those diseases progress in our bodies." "NIH now requires scientists to ask: 'What are my research results for males and for females?'" Clayton says. "We need to learn

more about the roles of sex and gender in health and disease. Understanding these influences improves health and saves the lives of both men and women."

*NIH News in Health, May 2016*

[Drug approval gives hope to Duchenne boys: New NHS treatment will protect children from muscle-wasting disease](#)

- Treatment could protect boys from Duchenne muscular dystrophy (DMD)
- Revolutionary drug slows progression of DMD by correcting genetic faults
- Therapy costing £220,000 per patient approved by the medicine watchdog

About 100 boys each year are born with DMD, which mostly affects only males. Sufferers are usually confined to a wheelchair by the age of 11, and those with the condition have a life expectancy of 30. Patients do not produce dystrophin, a protein in muscles that helps to protect them from injury as they contract and relax during normal activity, and their muscles eventually stop working. The newly approved drug is Translarna, also known as ataluren.

*Daily Mail, May 7, 2016*

[Depression, suicidal behavior more common in adolescent gang members  
Between 1998 and 2009, gang members were overwhelmingly male with less than ten percent of total gang members being female.](#)

Participants who joined gangs reported higher levels of depressive symptoms and were nearly two times as likely to report suicidal thoughts, compared with those who did not join gangs. Youth who became gang members were three times more likely to report attempting suicide in the last year compared with non-gang youth. "Together, this body of work suggests that gang membership has the potential to desensitize youth to violence while providing increased access to the tools most likely to lead to a completed suicide. Based on this growing body of literature, the intersection of violence, mental health, and access to weapons among gangs and gang members is an area for future exploration," the researchers concluded.

*Helio Psychiatric Journals, May 6, 2016*

[Rutgers students should consider getting new meningitis shot, school says](#)

Rutgers University students should consider getting a new vaccine for meningitis B after a student was diagnosed with the strain of the contagious

disease, campus officials said. The serogroup B strain is not covered by the routine meningitis vaccine that students living in college housing are required to get under state law. That vaccine only protects against serogroups A, C, W and Y. Rutgers officials recommended students consider getting a new "MenB" vaccine designed to protect against meningitis B. The vaccines have the trade names Bexsero and Trumenba.

*NewJersey.com, May 6, 2016*

#### China's Childhood Obesity Epidemic Due To Western Lifestyles

A 29-year study in nearly 28,000 children and adolescents published in the European Journal of Preventive Cardiology shows that 17 percent of boys and nine percent of girls were obese in 2014, compared to less than one percent of children and adolescents in 1985. The authors speculate that boys may be fatter than girls because of a societal preference for sons.

*Asian Scientist, May 6, 2016*

#### Weight Loss Surgery May Boost Good Cholesterol in Obese Boys

Weight loss surgery could help severely obese teenage boys reduce their risk for heart disease by increasing their levels of "good" cholesterol, a preliminary study suggests. The surgery also enhances the protective effects of HDL cholesterol, the researchers said. "We already knew that weight loss surgery improves weight and cholesterol numbers. This new research shows that there are actually changes in the way HDL functions in adolescents, which may lead to a reduction in long-term cardiovascular risk," study author Dr. Amy Shah, a pediatric endocrinologist at the Cincinnati Children's Hospital, said in an American Heart Association news release.

*The Journal Times, May 5, 2016*

#### DUKING OUT CANCER: Assistant coach John Rhodes takes part in Pittsburgh City Council Proclamation on Oral Cancer Awareness

The Jewish Healthcare Foundation and the Eye & Ear Foundation are collaborating on a community-wide HPV Vaccination Initiative to increase uptake of one of the few vaccines in the world proven to prevent cancer. The initiative is mobilizing healthcare providers, parents, young adults, community activists, and policy-makers in the Pittsburgh region to shield boys and girls from the consequences of HPV. Coach Rhodes - an HPV-related oral cancer survivor - is among those who has rallied behind the initiative. Diagnosed with HPV-related oral cancer in 2015, Rhodes has since served as a mentor to a

Duquesne guard Derrick Colter, who battled non-Hodgkin Lymphoma in the summer of 2014, and has shown his support for preventing HPV-related cancer - both by vaccinating his own children, and becoming a public advocate.

*Go Duquesne, May 3, 2016*

[HPV vaccination rates for boys in Nova Scotia climbing, province says](#)

Nova Scotia has one of the best HPV vaccination rates in the country with boys getting the vaccine at the same rate as girls, the province's chief public health officer says. In 2008, Nova Scotia started offering the vaccine to Grade 7 girls to protect against cancer. In 2015, it expanded the program to offer it to boys, too. Strang said he has no official data yet, but frontline reports show boys and girls are getting the vaccine at equal rates.

*CBC, May 3, 2016*

[Health officials push doctors to promote HPV vaccinations](#)

On April 20, the county Health Department invited local doctors to a dinner and presented speakers from the state Health Department and from Roswell Park Cancer Institute, as well as a cervical cancer survivor, to push the idea that doctors should promote the HPV immunization to their patients. In Niagara County, 30.4 percent of girls ages 13 to 17 have completed the HPV immunization series. For 13-year-old boys, it's 20.5 percent. Both of those numbers are slightly ahead of the statewide averages for counties outside New York City, but are a far cry from where officials would like the numbers to be. HPV shots are mandated in only two states, Rhode Island and Virginia, as well as the District of Columbia. The Rhode Island Health Department's mandate for seventh graders, which took effect last fall, was highly controversial, and some state legislators tried unsuccessfully to repeal it. A bill to require HPV shots in New York went nowhere in the State Senate last year and is stuck in committee this year. "We are hoping to educate physicians. If physicians give a good, strong recommendation, parents will pay attention to that," Cavagnaro said.

*Buffalo News, May 1, 2016*

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[What "manly men" need to know about their health](#)

"Macho" men are less likely than women to visit a doctor, and more likely to request male physicians when they do make an appointment, researchers say.

But these "tough guys" tend to downplay their symptoms in front of male doctors because of a perceived need to keep up a strong front when interacting with men, according to three recent studies. The results can be dangerous. "These studies highlight one theory about why masculinity is, generally, linked to poor health outcomes for men," said Mary Himmelstein. She is co-author of three recent studies on gender and medicine and a doctoral candidate in the department of psychology at Rutgers University in Piscataway, N.J. "Men who really buy into this cultural script that they need to be tough and brave -- that if they don't act in a certain way they could lose their masculinity (or) 'man-card' (or) status -- are less likely to seek preventative care, and delay care in the face of illness and injury," Himmelstein added.

*CBS News, April 29, 2016*

[This Map Of Vaccination Laws Proves Exactly Why We Need To Address The Problem Head-On](#)

Vaccines remain a controversial topic in the United States. Despite the wealth of information out there that should quell anti-vaccine advocates, the raging debate has only grown bigger in recent years. Now, a map of vaccination laws put together by the National Conference of State Legislatures proves exactly why the country needs to address the problem head-on. According to the map, a color-coded guide of state legislation mandating vaccination, most states have either religious or personal exemptions, meaning that if parents don't want to vaccinate their children for either of those reasons, they don't have to. (Every state maintains a medical exemption, for obvious reasons.) Currently, rates of vaccinations remain high overall in the United States, but "pockets" of unvaccinated children can still lead to outbreaks of various diseases, according to the CDC, which is the biggest concern.

*Romper, April 29, 2016*

[AUSTRALIA: Sugar rage: Teenage boys are Big Soda's softest targets](#)

Because the facts are these: Australian Bureau of Statistics data released this week show boys aged 14 to 18 are consuming up to 38 teaspoons of sugar a day and are the highest consumers of the stuff, with average consumption at 22 teaspoons a day. According to the report, these amounts are probably a conservative indication, due to the way "bad" substances are self-documented in food studies. Let's consider another few facts. The average Australian kid guzzles 1.2 cans of soft drink a day, with adolescent males being the highest consumers. That's about 12 teaspoons of sugar. To put this in context, the World Health Organisation now advises an upper limit of three teaspoons a day for kids and six to nine for adults. When you factor in sports drinks, flavoured milks, instant breakfast drinks (six teaspoons per serve), breakfast cereals (up

to nine teaspoons) and energy bars (seven teaspoons), you can see how a kid could be pouring 700 per cent of the safe amount of sugar into their gob on any given day.

*The Age, April 29, 2016*

**Transgender teen fights back after suspension for using 'wrong' bathroom**

The pep rally was underway as a South Carolina high school student headed to the bathroom. A teacher trailed him. The student is transgender, and she wanted to make sure he used "the right one," he said. To him, the right one is the boys' bathroom, which he says he has used since seventh grade without incident. Then, in his senior year, school administrators told him he had to use the girls' restroom, he said. They also gave him the option to use the nurse's restroom. When he exited the bathroom, the teacher did not say anything to him, but he knew from the "exasperated" look on her face that he was in trouble.

*CNN, April 27, 2016*

**Skateboarding Mishaps Send 176 U.S. Kids to ERs Every Day**

Skateboarding can be a fun and challenging activity, but it also comes with a significant risk of injury, researchers report. The researchers examined data spanning two decades and found that more than 64,500 U.S. children and teens were treated in hospital emergency rooms each year -- about 176 a day -- for skateboarding-related injuries. Fractures and dislocations were among the most common injuries, the study indicated. Males were far more likely than females to be injured.

*Medline Plus, April 27, 2016*

**Young, gay and male: Suicide survey spotlights risks**

Young gay and bisexual men may be much more likely to attempt suicide or harm themselves than their older counterparts, and blacks are at greater risk than whites, British researchers report. "We know minority groups are at higher risk of poor mental health than the heterosexual majority, however the mental health differences within sexual minorities is unclear," said study author Ford Hickson, from the London School of Hygiene & Tropical Medicine. "Our study showed that among gay and bisexual men, age and ethnicity had a significant impact on mental health, as did income and education. This is possibly because men are better able to cope with homophobia the older they are, or if they are relatively privileged in other areas of their lives," he said in a school news release.

*CBS News, April 27, 2016*

## SOUTH CAROLINA: Erectile Dysfunction Bill Advances

A stunt bill proposed by Rep. Mia McLeod, a Richland County Democrat, is making its way through the S.C. House. Under McLeod's bill, a man who wants a prescription for Viagra, Cialis or another erectile dysfunction drug would have to get a notarized affidavit from a sexual partner, undergo a cardiac stress test and get sexual counseling, among other measures. She filed it in December to troll colleagues who push legislation to make it harder for women to get abortions, telling Free Times, "I just decided that until they could stay out my uterus I would refuse to stay out of their bedroom." Surprisingly, the bill was set for an April 27 hearing before the House Committee on Medical, Military, Public and Municipal Affairs, which approved the measure and sent it to the floor for a vote.

*Free Times, April 27, 2016*

## Increased HPV vaccination is cost-effective

Recent Yale-led research shows that increasing vaccination rates of the new, nonavalent HPV vaccine - which protects against nine different strains of HPV - in low-coverage areas like Utah, Tennessee and Mississippi would be a cost-effective way to reduce cancer rates nationally.

*Yale Daily News, April 26, 2016*

## Spotlight: What Prince Taught Us About Sexuality

The desire to be one of the girls is still largely taboo within male heterosexual culture, and one of the gifts Prince has left us is the template for how to approach these instincts and desires without shame. Part of the power of Prince's queer beacon during the '80s was precisely this: despite not being gay, he implied to his male audience that whatever their relationship to femininity was, there was no need for any shame around it.

*Music OMH, April 23, 2016*

## HIV Patients Now Living Long Enough to Develop Alzheimer's

Last week, researchers at Georgetown University announced a 71-year-old man was the first HIV patient to be diagnosed with Alzheimer's disease. Dr. R. Scott Turner, Ph.D., a neurologist at G.U., says the patient could dispute what researchers know about HIV and dementia, namely how some patients may be misdiagnosed with HIV-associated neurocognitive disorders (HAND) when they may be developing Alzheimer's disease, or both. "Chronic HIV infection and amyloid deposition with aging may represent a 'double-hit' to the brain that

results in progressive dementia," Turner said in a press release. It's an important designation because there are four drugs approved to treat Alzheimer's, while HAND is treated with antiretroviral drugs. While the finding is important, this man may not be the first person with HIV diagnosed with Alzheimer's.

*HealthLine, April 22, 2016*

[Increased use of Gardasil 9 for HPV prevention would reduce cervical cancer rates, healthcare costs](#)

Gardasil 9 vaccination for human papillomavirus (HPV) has the potential to reduce the incidence of cervical cancer as well as overall healthcare costs if its use is more widely adopted, according to a study published in the Proceedings of the National Academy of Sciences. Using a transmission model that took into account the factors affecting HPV transmission and progression of cervical cancer, the researchers found that a switch to Gardasil 9 would decrease incidence of cervical cancer by 73%, compared to 63% with older vaccines, and reduce mortality by 49% versus 43%.

*Clinical Advisor, April 22, 2016*

[U.S. suicide rates up, especially among women, but down for black males](#)

The number of suicides in the United States has been on the rise since 1999 in everyone between the ages of 10 and 74, according to a new report by the Centers for Disease Control and Prevention. The report is the first since 1999 to look at suicide rates among all age groups, she said. The number of suicides increased among all racial groups except for black males, who saw an 8% decline in suicide rate from 10.5 to 9.7 per 100,000 between 1999 and 2014, respectively. The largest increases were among American Indians and Alaska Natives; in this group, the suicide rate climbed by 89% among women and 38% among men. Suicide rates among white women and white men increased by 60% and 28%, respectively. A contributor to the rise in suicide rates could be the growing number of overdose deaths from opiate painkillers, which are considered suicide if a medical examiner or coroner determines that they were probably intentional, Moutier said. "Access to lethal means is one of the most significant risk factors for an individual to die by suicide," she added.

*CNN, April 22, 2016*

[Ontario expanding HPV vaccination program to include boys](#)

Boys will be able to get free vaccinations against HPV infection and the cancers that can result from it starting in September. Health Minister Eric Hoskins said

the human papilloma virus program - now limited to girls - is being expanded to all students in Grade 7.

*The Star, April 21, 2016*

AUSTRALIA: Headspace urges father-son conversations to support mental health

When boys are young they often follow their fathers around, asking endless questions and trying to be "just like Dad". But as boys get older, much can go unsaid - especially when it comes to struggles and challenges in their lives. While one in four young Australians experience mental health issues, only 13 per cent of young men are likely to seek help. Youth mental health service provider headspace is now turning to fathers to help encourage young men to get support when they need it. "Young men ask for help differently than young women," clinical psychologist for headspace ACT Tim McLauchlan told 666 ABC Canberra's Drive program. "They're not as likely to admit they have problems; they're not as likely to seek a conversation with someone about that when it's going on"

*ABC, April 21, 2016*

HPV vaccination increases among teens with health-seeking behaviors

HPV vaccination rates increased among high-risk urban youth with health-seeking behaviors, highlighting the significant influence health care providers have over vaccine adherence, according to research presented at the Annual Conference on Vaccine Research. "Providers need to think about any opportunity to vaccinate and think about bundling of services as people are come into the clinic for any other health check [sexually transmitted infection (STI) or other vaccine] , " Holly B. Fontenot, PhD, RN/NP, assistant professor at the William F. Connell School of Nursing at Boston College, told Infectious Diseases in Children. "So, if patients are there for STI or HIV testing, then the health provider need to stop and think about what else they might be missing in terms of vaccination."

*Helio, April 21, 2016*

UK: Dental profession supports calls for HPV vaccinations

HPV vaccinations should be made available to adolescent boys as well as girls, the HPV Action coalition has said. The HPV Action coalition is made up of 44 organisations, including the British Dental Association (BDA), and is fighting for the UK vaccination programme to offer gender-neutral vaccinations for the Human Papillomavirus (HPV). HPV can cause numerous diseases, including oral cancer, and has been found to be the cause of 5% of all cancer cases, leading the BDA to call on the dental profession to support HPV Action's calls.

'Dentists are on the front line in the battle against oral cancer,' Russ Ladwa, chair of the BDA's Health and Science Committee, said.

*Dentistry, April 21, 2016*

[CME Presentation: Meningococcal B Disease: Implementing the ACIP Category B Vaccine Recommendations](#)

(requires sign-in)

*Medscape Multispecialty, April 21, 2016*

[Neuroimaging biomarker tracks autism treatment effectiveness in boys](#)

A new method using neuroimaging to track brain function in boys affected by autism could provide doctors with a biomarker for how patients are responding to behavioral or drug treatments, according to results of a study published online in JAMA Psychiatry. Such a tool has eluded autism researchers until now, said study co-author and professor Kevin Pelphrey, PhD, of George Washington University in Washington, D.C. "This is significant because biomarkers give us a 'why' for understanding autism in boys that we haven't had before," he said in a press release. "We can now use functional biomarkers to identify what treatments will be effective for individual cases and measure progress."

*Health Imaging, April 20, 2016*

[AUSTRALIA: Rape culture: what makes a boy a man?](#)

There is a war we need to fight to change the mindsets of boys, young men, and wider masculinity, to end the awful history of sexual violence against women and girls. The peer group language has to be opened up, talked about, and changed. Former PM Tony Abbott's inability to filter the sleaze out of even his public comments is a good example of this. It's not just a context issue: mistaking the wider public for a peer group where that kind of comment would go down well. The problem is that it may reveal true attitudes that underlie the veneer. Of course it starts in boyhood.

Sydney Morning Herald, April 19, 2016

[Nova Scotia funds consent education for young men](#)

*Nova Scotia's strategy is in part a response to the 2013 death of Rehtaeh Parsons*

It is a sea change in governmental response to sexual assault: Nova Scotia is funding new programs to teach young men about consent and "positive masculinity," in a bid to address the causes of sexual violence rather than just its aftermath." Our youth, male and female both, felt there was a need

to educate young boys," Juliana Julian, health director of Paqtnkek Mi'kmaq Nation, said Monday. "We were talking about consent but we were missing half of population."

*CBC News, April 18, 2016*

#### JAMAICA: Fatherlessness a huge problem, says health official

A holistic male development initiative is being developed in Jamaica to address problems affecting young males. The initiative, titled 'Man-Up, a Call to Healthy, Responsible Manhood' was launched at a male retreat in February, with the intention of being rolled out in schools, colleges, youth groups and churches. It claims the absence of a father has implications for the majority of social and public health challenges, including crime and violence, mental illness, substance abuse, teen pregnancy, child and adult sexual abuse, gender-based violence, teen suicide, youth incarceration, poor performance in schools, unattached youth, gang membership.

*Jamaica Observer, April 18, 2016*

#### Fewer Teens Are Getting Formal Sex Ed, Study Finds

Many teens are getting less sex ed, at least in a formal setting, and many U.S. teens are not getting educated about sex at all, according to "Changes in Adolescents' Receipt of Sex Education, 2006-2013" by Laura Lindberg, principal research scientist at the Guttmacher Institute, et al. For the study, Dr. Lindberg and her colleagues reviewed data on 15- to 19-year-olds from the 2006-2010 and 2011-2013 rounds of the Center for Disease Control and Prevention's National Survey for Family Growth. The teens who said they received a formal education about birth control went down from 70 percent to 60 percent among females, and 61 percent to 55 percent among males. And, in 2011-2013, 43 percent of adolescent females and 57 percent of adolescent males received no info on birth control before they first had sex.

*Bustle, April 15, 2016*

#### KU raises awareness for HPV-related cancers, vaccination

Even though Kansas City, Kan., has a National Cancer Institute-designated provider, one statistic continues to unnerve Dr. Roy Jensen: Kansas has the nation's lowest rate of human papillomavirus vaccination rates.

*Kansas City Business Journal, April 15, 2016*

### Our porn-saturated media landscape is wreaking havoc on teen boys, too

Here's a disturbing calculation, cited in Zimbardo's book: Let's say, Zimbardo suggests, that a 15-year-old boy watches a couple hours of porn a week. He has sex for the first time around the average age of 17. That's nearly 1,400 pornographic experiences, a huge dose of virtual sex education, before anyone actually does the deed in the real world. Mix in drugs, add video games, Zimbardo says, and the moodles ("man-poodles" unable to care for themselves) may never grow up.

*The Globe and Mail, April 14, 2016*

### African-American Men Underutilize Mental Health Treatment

African-American communities tend to assume mental health as a forbidden topic, even though it has been found that across the country, an estimated 14.8 million people go through depression annually. The elderly members of the family usually suggest black men to avoid any professional health assistance for depression. They are instead advised to get engrossed in prayers to discover peace in scriptures. Also, they are urged to be strong, behave like a man, and not a worthless person. Limited research has been conducted on African-American men and depression among them. However, a research paper was published in 2015 in the Journal of Health Care for the Poor and Underserved revealed that African American males who go through depression very rarely opt for mental healthcare and also experience overall highest mortality levels among all the racial and ethnic groups present in the United States.

*Maine News Online, April 14, 2016*

### CANADA: Aboriginal males seven times more likely to commit suicide

Aboriginals are three times more likely than the general Canadian population to commit suicide, says the report, produced as part of the Aboriginal Healing Foundation Research Series. And the news is even worse for aboriginal males. "Adolescent aboriginal males are five times more likely to die by suicide than the average Canadian male adolescent," says the report. In addition, a study of B.C. aboriginal males (graphic below) found they were seven times more likely to commit suicide than B.C. aboriginal females.

*Vancouver Sun, April 14, 2016*

### Obesity and male infertility: A global health problem

*Infertility is a silent problem that obese men have to face. This is a health issue that deserves attention from policymakers and the media.*

The increasing number of overweight/obese individuals has established obesity as one of the most relevant health problems for years to come. Subfertility or infertility are silent problems that overweight/obese men have to face. This is particularly relevant since there is an enormous increase of children, adolescents and young adult men who are overweight or obese. This is a health issue that should be carefully addressed and deserves attention from policymakers and the media.

*AAAS, April 14, 2016*

[Why we should care that many teens experience sexual difficulties](#)

By the time they are in 11th grade, three fourths of Canadian teenagers have engaged in genital fondling and half have engaged in oral sex or vaginal intercourse, according to 2006 study . Yet, a recent study carried out at the University of New Brunswick focusing on 260 sexually active 16 to 21 year olds found that more than half reported a sexual problem. Of those, half experienced significant distress from the sexual difficulty. Nearly a quarter of the male participants reported difficulties with erectile functioning, the same number experienced low sexual desire, and 11 per cent reported problems with orgasms (often reaching orgasm too quickly). Among the female sexually active adolescents, nearly a quarter reported low sexual desire and difficulties reaching orgasm were also common.

*The Globe and Mail, April 13, 2016*

[Sexist video games decrease empathy for female violence victims](#)

*Danger comes when males strongly identify with game character*

Young male gamers who strongly identify with male characters in sexist, violent video games show less empathy than others toward female violence victims, a new study found. After playing a violent, sexist game, these male players reported lower levels of sympathy and compassion (compared to those who played games without a sexist component) when shown a photo illustration depicting an adolescent girl who had been physically abused by an adolescent boy.

*Science Daily, April 13, 2016*

[Why do HPV-linked oral cancers mainly affect men?](#)

Not all cases of HPV are created equal: while four in five adults will develop genital HPV cases throughout their lifetime-epidemiologists call it 'the common cold' of sexual activity-the prevalence of oral HPV is far lower, hovering

somewhere around 7 per cent of the general population, with a higher proportion of men affected. The differences are significant for two reasons-firstly in the purely statistical sense, and secondly, in the sense that epidemiologists aren't really sure why men seem more susceptible. The answer, D'Souza suspected, might have something to do with oral sex.

*ABC Net, AU, April 13, 2016*

#### [Latest research on sexual assault for health care providers](#)

Marking Sexual Assault Awareness and Prevention Month, Heilio Internal Medicine presents the latest research and information on sexual assault.

#### **Military sexual trauma among males higher than previously reported**

Recent data utilizing a novel reporting technique indicate a rate of male military sexual trauma more than 15 times higher than the rate based on traditional reporting techniques. [Read more.](#)

#### **Sexual violence risk higher for men and women with disabilities**

Men and women with disabilities are more likely than those without disabilities to be victims of current and lifetime sexual violence, according to research published in the American Journal of Preventive Medicine. [Read more.](#)

#### **One-third of adolescent males with a history of sexual assault attempt suicide**

Recent analyses of Youth Risk Behavior Surveys indicated that one-third of adolescent males who experienced sexual assault attempted suicide. [Read more.](#)

*Heilio, April 13, 2016*

#### [Teenage Girls Now Try Alcohol Before Boys Do: Study](#)

"We really don't know why girls are surpassing boys -- that's the next question we want to answer," she said. Among the possible explanations, according to Cheng: drinking has become more socially acceptable. Also, because girls typically reach puberty sooner, some start engaging in risky behaviors such as drinking earlier. It might also be that younger girls are spending time with older boys, "so there is more exposure to drinking," she added.

*US News, April 12, 2016*

**CANADA: Health minister "deeply disturbed" by report of "son preference" sex-selective abortions**

*Responding to a study in the CMA Journal, Dr. Eric Hoskins warned Ontario health care providers against providing an abortion to those who seek one based on the gender of the fetus.*

Dr. Eric Hoskins said Tuesday he was "deeply disturbed" to see a study of more than six million Canadians births revealing a greater presence of boys among Indian-born mothers may be linked in part to second-trimester abortions after parents can learn the baby's gender. "No health-care provider, including physicians, should, in any circumstances, be providing or supporting individuals or families that are attempting to determine the sex of their child in order to secure a sex-selective abortion," Hoskins told reporters. "This is an issue of gender equality and equity and (the behaviour) has no place in Canada, let alone in Ontario."

*The Star, April 12, 2016*

**ASCO presents guidelines for increasing HPV vaccine uptake**

Recommendations have been developed to increase human papillomavirus (HPV) vaccine uptake, according to an American Society for Clinical Oncology (ASCO) special article published online April 11 in the *Journal of Clinical Oncology*. ASCO encourages incorporation of strategies to increase HPV vaccination, such as education and awareness, which includes dissemination of evidence-based information to the public, professionals, and policymakers. Improvements in clinical service delivery should be fostered, including promotion of HPV vaccines with other recommended vaccines for young adolescents, and providing strong recommendations for vaccination. Coverage, access, and incentives for vaccination should be considered, including delivery at multiple sites, one of which should be schools. Oncology providers should be aware of established guidelines, raise awareness of HPV-related cancers and the role of vaccinations, and serve as community educators.

*Medical Express, April 12, 2016*

**SINGAPORE: Teenage Boys Paying Prostitutes In Exchange For Sex Are On The Rise**

More and more teenage boys are paying prostitutes in exchange for sex. Doctors are concerned that this could lead to the teenagers' higher chances of acquiring sexually transmitted diseases and infecting other people. In a study conducted between 2009 and 2014, around 300 heterosexual boys aged

between 16 and 19 were found to have visited a government specialist clinic that treats sexually transmitted infections, the Straits Times reported. Only 15 percent of boys surveyed who went to the Department of Sexually Transmitted Infections Control Clinic between 2006 and 2009 said they had sex with prostitutes.

*Parent Herald, April 11, 2016*

### Boys to Men Health & Empowerment Summit

Young men from Greater Cleveland had the chance to look at the "Man in the Mirror" today. The 4th annual Boys to Men Health & Empowerment Summit went on today at Cuyahoga Community College Metro Campus. A free event, it featured health-centered workshops for young men 10-17 years old and their parents and/or guardians. The workshops addressed sexual health, conflict resolution, college readiness, youth employment artistic expression and sports clinics.

*WKYC, April 9, 2016*

### "Epic fail": Pediatrician hesitation hinders HPV vaccination

It came as no surprise to me that the Cancer Epidemiology, Biomarkers & Prevention article clearly showed what I have suspected for some time and what has been hinted at by previous studies. The epic failure in providing what is essentially a cancer-prevention vaccine to the recommended population of 11- and 12-year-old boys and girls lies not at the feet of the antivaccine movement or hesitant parents. Rather, the failure belongs to us.

*Helio, April 8, 2016*

### Why are so few kids getting the HPV vaccine?

"We think the rates are dismally low and very alarming," said Amy Pisani, executive director of Every Child by Two, a nonprofit that aims to reduce instances of vaccine-preventable illnesses. "We clamor and clamor for a vaccine to get rid of these terrible diseases and yet we aren't implementing them." Some states fare significantly worse. In Tennessee, for example, the vaccination rate for girls was 20 percent - the lowest rate in the nation - and 14 percent for boys. Even the best-performing state, Rhode Island, one of only two states plus the District of Columbia that require HPV inoculation for school admission, has rates well below the national goal, with 54 percent of girls and 43 percent of boys receiving all three HPV vaccinations.

*Medical Express, April 8, 2016*

[Prostate Cancer Risk Increases In Boys Who Hit Puberty Early, Study Suggests](#)  
*It's the most common cancer in men in the UK.*

Researchers found that early sexual maturation was associated with increased prostate cancer risk. It is thought this could be due to the effect of early and prolonged increased levels of growth hormones, which are altered with puberty. However further research is needed to examine this. Scientists concluded that boys who mature at a later age have a reduced risk of developing prostate cancer - particularly aggressive types of the disease -in later life.

*Huffington Post UK, April 7, 2016*

["Boyish ideas of what it takes to be a man"](#)

STEREOTYPED AS WEAK and effeminate, Asian-American men often struggle in a society that has "boyish ideas of what it takes to be a man," according to Alex Tizon, a former national correspondent for the Los Angeles Times and the author of "Big Little Man." Those boyish ideas, based largely on obsessions with physical strength, height, and sexual conquest, shaped Tizon into thinking he needed to be taller, stronger - more white. Growing up as a Filipino-American immigrant, he struggled in a society that still sometimes brands Asian men as unattractive.

*Boston Globe, April 7, 2016*

[Uncircumcised boys may have foreskin problems](#)

Even though many parents will decide on circumcision based on cultural and religious beliefs, they should also understand that the medical evidence to date on the procedure is mixed, Dr. Andrew Freedman, a pediatric urologist at Cedars Sinai Medical Center in Los Angeles writes in an accompanying editorial. "What this study does is ask the question as to the likelihood a child that is not circumcised at birth will go on to need a circumcision for well described medical reasons during their childhood," Freedman told Reuters Health by email.

*Fox News, April 6, 2016*

[Teaching Men to Be Emotionally Honest](#)

Despite the emergence of the metrosexual and an increase in stay-at-home dads, tough-guy stereotypes die hard. As men continue to fall behind women in college, while outpacing them four to one in the suicide rate, some colleges are waking up to the fact that men may need to be taught to think beyond their own stereotypes.

*New York Times, April 4, 2016*

### NYC report shows racial disparities in health, arrests among youth

The "Disparity Report," created by a branch of the Deputy Mayor for Health and Human Services' office, and originally intended to help inform the work of the Young Men's Initiative, compares young Asian, black and Hispanic New Yorkers to their white peers in areas like graduating from high school in four years, rates of teen pregnancy, and rates of school suspensions.

*Politico New York, April 4, 2016*

### Aromatase inhibitors plus growth hormone may help short adolescent boys grow taller

Aromatase inhibitors, when used for up to three years in combination with growth hormone, may effectively and safely help very short adolescent boys grow taller, new research suggests. The study results will be presented Sunday, April 3, at ENDO 2016, the annual meeting of the Endocrine Society in Boston.

*Medical Express, April 4, 2016*

### Stereotypes still silencing some young male victims of sexual assault

Based on statistics from the National Center for Victims of Crime, perpetrators of sexual crimes against children are most commonly male. The center estimates that only 14 percent of the cases reported by male victims have female offenders. But, that could be an indication that not all cases are being reported, according to Stephen Braveman, the founder and director of the Intimacy, Sexuality, and Gender Center of Monterey in California , which provides services and help to victims of sexual abuse, with particular attention to male survivors. Braveman said that stereotypes and gender-typing can keep victims from opening up about their experiences, as "a lot of people believe that boys cannot be molested or raped." "Even though we've got the word out and made great strides in educating society that abuse is abuse, society still falls prey to these ideas," Braveman added.

*New Haven Register, April 2, 2016*

### Santa Clara University meningitis survivor returns to school

Unknown to many parents, the deadly strain of meningitis Sheffield contracted is different from the strains that are prevented by the typical meningitis vaccination that is part of most students' standard immunization records. So it's up to doctors to talk about the other, newer vaccine with patients and their

parents to help counteract the meningitis B strain of the disease. Many teens have not received the meningococcal serogroup B vaccine since it was "permissively recommended" by the Centers for Disease Control and Prevention in 2015. That means it's up to doctors to talk about the vaccine with patients and their parents, but the vaccine isn't routinely administered along with the standard meningitis shot, which covers four other strains of the disease. About 600 to 1,000 people contract meningococcal disease in the U.S. every year. Of those, 10-15 percent will die. About 1 in 5 will live with permanent disabilities, such as brain damage, hearing loss, loss of kidney function or amputated limbs. Twenty-one percent of all meningococcal disease cases occur in preteens, teens and young adults.

*Mercury News, April 2, 2016*

#### Pediatricians Vary Widely in Diagnosing ADHD, Depression

*In The US, the ADHD Diagnosis Rate Among Males ages 5-17 is 2.5 Times the Diagnosis Rate of Their Female Peers*

Researchers found that among children seen at pediatricians' offices in over a dozen U.S. states, 15 percent were diagnosed with a mental health condition over five years. Most often, that meant ADHD -- which accounted for close to two-thirds of all of those cases. Just over 3 percent of kids were diagnosed with an anxiety disorder, and 2 percent with depression, the findings showed. However, there were large differences from one pediatrician's office to the next, the study found. The proportion of kids diagnosed with ADHD at each practice ran anywhere from 1 percent to 16 percent -- making it the disorder with the greatest variability. In the United States, ADHD is usually managed by primary care doctors rather than psychiatrists, Fiks pointed out. Plus, he said, there are national guidelines for pediatricians to follow in diagnosing the disorder. To Dr. Rahil Jummani, a child psychiatrist who was not involved in the study, the findings may partly reflect a lack of mental health training for pediatricians. "In medical school and during training, they have little exposure to the bread-and-butter of what child psychiatrists do," said Jummani. So even though there are guidelines to help pediatricians manage mental health conditions, they may not necessarily be comfortable with them, Jummani said.

*Healthfinder, April 1, 2016*

#### 34 Health Groups Urge MLB Players to Set Right Example for Kids By Making Baseball Tobacco-Free, Once and for All

With the start of the 2016 Major League Baseball season just three days away, 34 leading public health and medical groups today urged MLB and its players to set the right example for kids and end smokeless tobacco use at all major league ballparks once and for all. At the urging of the Knock Tobacco Out of

the Park campaign, San Francisco , Boston , Los Angeles , Chicago and New York City recently passed ordinances prohibiting smokeless tobacco use at sporting venues, including their major league stadiums. A statewide law in California will take effect before the 2017 season. Once all of these laws are implemented, one-third of major league stadiums will be tobacco-free, and other MLB cities are considering similar measures.

*PR Newswire, March 31, 2016*

#### US autism rate unchanged in new CDC report

*Boys were 4.5 times more likely to be identified with ASD than girls, an established trend. The rate is one in 42 among boys and one in 189 among girls*

Researchers at the Johns Hopkins Bloomberg School of Public Health contributed to a new U.S. Centers for Disease Control and Prevention (CDC) report that finds the prevalence of autism spectrum disorder (ASD) largely unchanged from two years ago, at one in 68 children (or 1.46 percent).

*AAAS, March 31, 2016*

#### "Guard your Goods" campaign encourages student awareness of HPV

University Health Services (UHS) has launched the "Guard your Goods" campaign to raise awareness of human papillomavirus (HPV), the most common sexually transmitted infection. The mission of the campaign, which was developed in collaboration with Plan II senior Connor Hughes, is to educate and inform students not only about how common and serious HPV is, but also how preventable it is. One misconception the campaign hopes to dispel is that HPV is only a women's disease. Although women are more likely to get cancer as a result of HPV, over 7,000 U.S. men also develop cancer as a result of the STI each year, according to the Center for Disease Control and Prevention. The campaign, which will end on April 8, reaches out to students through tabling, informative talks at organization meetings, display of promotional materials around campus and a screening of the documentary "Someone You Love," which follows families affected by HPV. Hughes said he encourages students to learn about HPV and the benefits of the vaccine and then talk to their friends about the issue. "I personally have been affected by cancer, and I know a ton of my friends have been as well," Hughes said. "This [campaign] is a very tangible way to fight that disease and to prevent cancer in a friend or a family member's life."

*Daily Texan, March 30, 2016*

### What it's like to be a male survivor of sexual assault

Researchers have found that one in six men have experienced abusive sexual experiences before age 18, and one in 59 men in the United States have been raped in their lifetime, according to the Centers for Disease Control and Prevention. The Rape, Abuse & Incest National Network is sponsoring a campaign during Sexual Assault Awareness Month in April. The series, funded by a Getty Images Creative Grant, features stories from two men and five women, showing that sexual violence does not discriminate by sex or age. "Feelings of self-blame can be elevated for some male survivors who have a sense of shame for not stopping abuse and feeling like less of a man because they don't have control over their bodies, leading to additional withdrawal or isolation from friends and family."

*CNN, March 29, 2016*

### Make Testicular Self-Examination Standard of Care, Urge Men's Health Experts - A Beyond the Abstract Author Interview

Despite the fact that testicular cancer is the most common cancer in young men, testicular self-examination (TSE) is discouraged based on a review of its benefits vs. harms by the U.S. Preventive Services Task Force, originally in 2004, and updated with an affirmation of its decision in 2010. That recommendation stands today. Here, in an interview for UroToday, male health behaviorist Michael J. Rovito, PhD, CHES, FMHI, Assistant Professor of Health Sciences from the University of Central Florida and Founder/Chairman of Men's Health Initiative, Inc., explains why TSE should be standard of care for the young men at greatest risk for testicular cancer, an argument he and his co-authors made in a recent article in the American Journal of Men's Health.

*URO Today, March 26, 2016*

### Robert De Niro Pulls Anti-Vaccine Documentary From Tribeca Film Festival

Facing a storm of criticism over its plan to show a documentary about the widely debunked link between vaccines and autism , the Tribeca Film Festival on Saturday pulled the film from its schedule next month.

In a statement, Robert De Niro, a founder of the festival, wrote: "My intent in screening this film was to provide an opportunity for conversation around an issue that is deeply personal to me and my family. But after reviewing it over the past few days with the Tribeca Film Festival team and others from the scientific community, we do not believe it contributes to or furthers the discussion I had

hoped for." The film, "Vaxxed: From Cover-Up to Catastrophe," was directed and co-written by Andrew Wakefield , the author of a study that was published in the British medical journal The Lancet and then retracted in 2010. Mr. Wakefield's medical license was also revoked over his failure to disclose financial conflicts of interest and ethics violations.

*New York Times, March 27, 2016*

[Caffeine Intake -- Even Dad's -- Linked to Miscarriage, Study Says](#)

Caffeine has been linked to greater risk of miscarriage before, but what is new in this study is that men's caffeine consumption also appears to play a role, said Janis Biermann, senior vice president for education and health promotion at the March of Dimes. Biermann was not involved with the study.

*Healthday, March 25, 2016*

[#Limerick barber cuts to source of male mental health with #BarberTalk](#)

THE LIMERICK barber who founded an initiative to help young men who are troubled by mental health issues, is now rolling out an All-Ireland #BarberTalk training programme after a "positive and encouraging meeting" with the Northern Ireland Minister for Health.

*Limerick Post, March 24, 2106*

[The cost of embarrassment A jab to ward off cervical cancer is standard for girls. Should boys have it, too?](#)

The causes of many cancers are mysterious. Not so for cervical cancer: in nearly all cases the villain is the human papillomavirus (HPV), a common sexually transmitted infection. In more than 60 countries girls are routinely vaccinated against the strains that cause the majority of cases. But in only a handful, including Austria, Australia, America, Switzerland, and some regions of Canada and Germany, are boys vaccinated, too. The most recent cost-benefit analyses also include the rarer cancers that HPV causes in men, including of the penis, anus and throat. These are much more common in gay men: their rate of anal cancer is the same as the rate of cervical cancer for women who are not screened for it. Tests that spot precursors to cervical cancer have saved many lives by catching cases early; there are no such tests for some of HPV's male cancers. Some gay-rights activists lament that the argument for giving the jab to boys is ignored because even liberal politicians prefer not to talk about the realities of gay sex. Women had to campaign hard to break through the

embarrassment that meant cancers of the breast and reproductive organs often went undiagnosed. The lesson is that such silence can kill.

*The Economist, March 23, 2016*

[Study: Acting tough may be bad for men's health](#)

Men may die earlier than women in part because they lie to doctors about symptoms, if they go to the doctor at all, because they want to be tough, researchers suggest in two recent studies. Researchers at Rutgers University found in a two studies that men are less likely to go to the doctor and are less likely to be honest, often resulting in missed or never diagnosed conditions. Men's life expectancy, and years of active life, have increased in the last couple of decades , but they still live shorter lives than women. Men who believe they must act tough, brave and restrained in all situations tend to put off dealing with medical problems more than men with less traditional beliefs about how they should act. More traditional men also pick male doctors because they think they are more competent, but still resist being honest about health symptoms. At the same time, the men with less traditional views of masculinity are more likely to pick female doctors, with whom they're more honest about symptoms. "The question that we wanted to answer was, why do men die earlier than women?" Diana Sanchez, an associate professor of psychology at Rutgers University, said in a press release. "Men can expect to die five years earlier than women, and physiological differences don't explain that difference."

*UPI, March 23. 2016*

[One in three gay teenagers attempts suicide](#)

About a third of gay or transgender teenagers in Ireland have attempted suicide. The figure emerged in a new study that questioned 2,266 lesbian, gay, bisexual, transgender and intersex people and interviewed 1,008 people about their attitudes to the LGBTI community. It is the first to explore the experiences of Irish intersex people - those born with sex characteristics that are not strictly male or female or that belong to both.

*Irish Times, March 22, 2016*

[Childhood cancer is bigger risk to fertility for boys: Just half who survive go on to become fathers compared with 70% of girls who fell pregnant](#)

Only 50 per cent of boys treated with chemotherapy in childhood go on to make a partner pregnant, compared to 80 per cent of most men. · Study compared 11,000 childhood cancer survivors with their siblings

Experts said some measures taken to preserve fertility should be targeted at those most at risk. Researchers said all boys diagnosed after puberty should be encouraged to bank their sperm

*Daily Mail, March 22, 2016*

### Men, Avoid Impotence Drugs Before Surgery

Men should not take erectile dysfunction drugs such as Viagra and Cialis just before surgery, experts say. The drugs contain nitric oxide, which opens blood vessels and relaxes muscles. This can cause a patient's blood pressure to become dangerously low when combined with anesthesia and other drugs used during surgery, according to the American Association of Nurse Anesthetists (AANA). The group advises men not to take Viagra or Cialis the day before surgery because the drugs take more than 24 hours to clear the body.

*Healthfinder, March 21, 2016*

### Many Men Have Body Image Issues, Too

*Study finds appearance, weight, muscle tone often affect how guys feel about themselves*

Women aren't the only ones at risk of worrying about their looks: A new study finds many men also fret about their physique, especially gay men. Surveys on male body image found that 20 percent to 40 percent of men were unhappy with some aspect of their looks, including physical appearance, weight, and muscle size and tone. Those feelings spilled into their health and sex lives, as well. Many straight and gay men, for example, reported exercising (55 percent and 57 percent, respectively) and dieting (29 percent and 37 percent, respectively) to lose weight in the past year. Twenty percent of straight men and 39 percent of gay men reported trying to hide one aspect of their bodies during sex, usually their bellies.

*Healthday, March 18, 2016*

### Adolescent boys may be happier than girls

Boys will be boys, the saying goes, and that may actually be preferable, The New York Times reports. The World Health Organization (WHO) released data this week from an enormous study surveying more than 200,000 11-, 13-, and 15-year-old boys and girls across 42 European countries between 2013 and 2014. The study found that for the most part, boys reported a higher level of life satisfaction than girls, and the disparity got worse with age. At age 11, boys and girls were about even, with 89% of both genders reporting high life satisfaction.

But by age 15, only 79% of the girls reported satisfaction, versus 87% of the boys.

*Science, March 18, 2016*

### Vapin' in the Boys Room

A recent study published by Nicotine & Tobacco Research, focused on middle and high school students, finds that "the number of youth who had never smoked a cigarette but had used e-cigarettes at least once increased three-fold."

*ydr.com, March 18, 2016*

### Why Are So Few Boys Getting the HPV Vaccine?

The vaccine is actually a series of doses. Kids get the first dose at 11 or 12, with two follow-ups over the next few months. In 2015, the CDC reported that 60 percent of girls got the first dose, while only 39.7 percent of boys did. For comparison's sake, there are two other unrelated vaccines that kids are supposed to get at the same doctor's visit , and the CDC found that 79.3 percent and 89.6 percent of boys got those. As for the full series of shots: Less than 13 percent of boys get that.

*New York Magazine, March 15, 2016*

### Lad culture? How British teenage girls outdo boys for sex and drunkenness *World Health Organisation study shows teenage girls in UK more likely than boys to have sex or get drunk - or at least admit to it*

According to the four-yearly report published by the World Health Organisation, 15-year-old girls in Wales are more than 50 per cent more likely to say they have had sex than boys of the same age. In England girls are 28 per cent more likely than boys to give the same answer while in Scotland the gender gap was narrower but still noticeable. The British findings stand out in the WHO's of Health Behaviour in School-aged Children (HBSC) study as the only areas in which girls are significantly more likely than boys to say they have had sex by 15.

*Telegraph, March 15, 2016*

### Mismatched expectations most common reason for patients not completing HPV vaccine series

Conflicting expectations between parents and medical providers about who is responsible for scheduling follow-up appointments is resulting in a failure of

young girls completing the Human Papilloma Virus (HPV) vaccination series, according to a new study led by Boston Medical Center researchers. The study, which is published online ahead of print in the journal Human Vaccines and Immunotherapeutics, involved interviews with both parents and providers in order to determine why, despite the known benefits of the vaccine, patients are not receiving all three doses.

*AAAS, March 15, 2016*

[Boys with August birthdays are more likely to get an ADHD diagnosis. Here's why.](#)

The study involved examining data from 378,881 children ages 4 to 17 from 1997 to 2011 in Taiwan and found that ADHD was significantly more likely to be diagnosed in the youngest children in a grade. Taiwan, like many U.S. school districts, has a cut-off date of Aug. 31 for school enrollment. The researchers found that boys and girls born in August were much more likely to receive an ADHD diagnosis than their counterparts born in September who were 11 months older. Boys born in August had the highest rate of diagnosis, at 4.5 percent, while girls born in September had the lowest rate, at 0.5 percent. The August boys were more likely to be medicated.

*Washington Post, March 14, 2016*

[Prevalence of HPV After Introduction of the Vaccination Program in the United States](#)

Within 6 years of vaccine introduction, there was a 64% decrease in 4vHPV type prevalence among females aged 14 to 19 years and a 34% decrease among those aged 20 to 24 years. This finding extends previous observations of population impact in the United States and demonstrates the first national evidence of impact among females in their 20s.

*Pediatrics, March 2016*

[Are buff male stars like Zac Efron driving young men to drugs and eating disorders?](#)

Experts fear that with the rise of the gym selfie, there is a much darker side to the example these men are setting - warning it could lead to serious psychological issues for guys who feel they need to achieve near-impossible body goals. Dr James Byron-Daniel, senior lecturer in sports and exercise psychology at the University of the West of England, says: "There is massive pressure on men now because they see so many body images on social media,

which we didn't see 10 years ago. "The problem comes when young men are not sure how to attain the body ideals they see but just want to get bigger and bigger.

*Mirror, March 11, 2016*

HIV-infected young males have higher rates of bone loss than females

"Despite higher levels of general inflammation in HIV-infected females, HIV-positive males in our study showed both lower bone mass and higher sCD14 levels. This is perhaps because estrogen is protective against some of the inflammation seen in chronic HIV, as estrogen represses macrophage function," said Aldrovandi, who is also a professor of pediatrics at the Keck School of Medicine of the University of Southern California.

*Medical Xpress, March 10, 2016*

10 Things I Wish Someone Told Me as a Teenage Boy

As a young man, I thought this was normal: men were just brutal to each other and going through punishing physical rites of passage was the way to man up and prove oneself. Many young men at my school created their own rites of passage -- from racing cars to violent physical battles. I was lucky to make it through my adolescence without a serious injury but others as my school were not so lucky. Some died in gang violence; others died drunk driving. Across our country, young men from all backgrounds are initiating themselves and the results are terrifying: There are over 1,000,000 adolescents in gangs around the country; over 90 percent of them are young men. Numerous young men have died at fraternity hazing over the years.

*Huffington Post, March 10, 2016*

Doctors should screen for poverty during child-wellness visits, American Academy of Pediatrics recommends

Pediatricians just declared war on child poverty. For generations, a visit to the pediatrician involved the familiar tongue depressor, a stethoscope, and some vaccinations. But if a professional pediatrics organization has anything to do with it, it will soon also involve a new question: "Do you have difficulty making ends meet at the end of the month?" On Wednesday, the American Academy of Pediatrics, which represents 64,000 pediatricians, announced new recommendations to screen for poverty in a bid to reduce its health effects.

*Washington Post, March 9, 2016*

### [Adolescent Boys and Young Men: Engaging Them as Supporters of Gender Equality and Health and Understanding their Vulnerabilities](#)

This report highlights the importance of engaging adolescent boys and young men in sexual and reproductive health and rights and in gender equality. It reviews current research on boys' and young men's specific risks and realities - and the implications for women and girls - in relation to their general health status, violence, sexuality and sexual and reproductive health, media violence, sexual exploitation, and other vulnerabilities.

*Promundo, March 9, 2016*

### [Journal permanently spikes Canadian co-authored study critical of HPV vaccine](#)

A Canadian co-authored study critical of the human papillomavirus vaccine (HPV) has now been permanently spiked by a prestigious medical journal, with one outside expert suggesting it contained numerous "gross errors." The small animal study had actually been accepted by Vaccine and published online, then pulled temporarily last month by the editor, who had it peer-reviewed a second time - an unusual sequence of events. The paper concluded that mice injected with the Gardasil HPV vaccine exhibited behavioural abnormalities and suggested putting a curb on mass programs to immunize girls against the cancer-causing virus.

*National Post, March 8, 2016*

### [Here's Why Some Clinicians Consider Themselves "Vaccine Hesitant"](#)

A recent study examines rates of vaccine hesitancy among pediatric providers, the reasons for these concerns, and suggested educational interventions that might improve vaccine confidence and adherence to guidelines.<sup>2</sup> The researchers administered a one-page questionnaire regarding healthcare provider vaccine attitudes and practices to 680 attendees at American Academy of Pediatrics (AAP)-sponsored vaccine conferences between June and November of 2013. Participants included physicians and nurses and encompassed practitioners in rural, suburban, and mixed geographical regions. The researchers found that 99% of participants routinely recommended standard pediatric vaccines, but 5% stated that they did not routinely recommend influenza and/or human papillomavirus (HPV) vaccines. The most often-stated concerns focused on vaccine efficacy (31%) and safety (13%). Providers demonstrated "misperceptions" regarding vaccines, including the belief that vaccines cause autism (5%).

*MPR, March 8, 2016*

### [Sun, Sex, and STDs: Are You Ready for Spring Break 2016?](#)

Spring break is just around the corner, and it's projected that more than half of college students nationwide are preparing to invade the beaches of Miami, the strip of Las Vegas, and the tropical paradise of the Caribbean, among other popular destinations. While students on spring break are eagerly enjoying some "fun in the sun," they're more likely to participate in binge drinking, engage in casual sex, and fall victim to alcohol-related injuries. During the months of March and May, there is a spike in sexually transmitted disease (STD) rates, which is believed to be associated with spring breakers' participation in those casual activities.

*Pharmacy Times, March 8, 2016*

[Report: R.I. second in nation for preventative health care; first for HPV vaccination](#)

Rhode Island was first for its rate of HPV vaccinations for adolescent males, at 42.9 percent. It was second in the nation at 53.7 percent for its HPV vaccination rate for adolescent females.

*Providence Business News, March 4, 2016*

[Young educated men more likely to have unprotected sex](#)

High-risk, unprotected sex is more likely for young men than women - even among educated urban populations - reveals a study, suggesting that males are at least 10 times more likely to engage in high-risk sexual behaviour than their female counterparts.

*Health Site, March 4, 2016*

[Bromances may be good for men's health](#)

Male friendships, portrayed and often winked at in bromance movies, could have healthful effects similar to those seen in romantic relationships, especially when dealing with stress, according to a new study of male rats by researchers at the University of California, Berkeley.

*Berkeley News, March 3, 2016*

[A Majority Of College Men Know Very Little About HPV, Study Finds](#)

According to a new study published in the Health Education Journal, about 88 percent of undergraduate men know very little about HPV and its risks to their gender. The study, led by Theresa Hunter of the Department of Applied Health Science in Indiana University Bloomington, took a sample of 116 undergrad

male students from a Midwestern university and asked them to complete a survey questionnaire on their attitudes toward the HPV vaccine. As the study found, the knowledge male undergrads had about HPV and the vaccine was very low. Because of that, the intention to get vaccinated was also very low.

*Bustle, March 2, 2016*

[Risk has rewards for male teenage brain](#)

Male teenagers tend to have a bad reputation. They are more likely to engage in binge drinking, drug use, unprotected sex, criminal activity and reckless driving. But a recent study may reveal a silver lining to all that misbehavior. While male adolescents will take more risks with peers than when alone, it turns out peers can also encourage them to learn faster and engage in more exploratory acts. "Risk-taking in and of itself is not a bad thing, and taking risks is one way we learn about the world around us," said study author Laurence Steinberg, professor of psychology at Temple University. "Peers may motivate each other to explore their environment in a way they might not do if they were being more cautious. Sometimes that leads to harmful consequences, but sometimes it leads to learning new things that are good, and I think that's one of the points of the paper."

*Washington Post, March 1, 2016*

[Boys and Body Image: Eating Disorders Don't Discriminate](#)

You see, as a registered dietitian, I know that eating disorders, including anorexia nervosa, bulimia nervosa and binge eating, spare no one, adolescent boys included.

*Dallas News, February 29, 2016*

[Study does not support routine HPV quadrivalent vaccination to protect against anal cancer in older people living with HIV](#)

*Hint of protection against oral HPV infection should encourage further studies on oral cancer prevention, say investigators*

The quadrivalent HPV vaccine Gardasil does not protect older adults with HIV (>27) against persistent anal infection with human papillomavirus (HPV) or the development of HSIL, but the ACTG A5298 study showed some evidence that it may protect against persistent oral infection, Timothy Wilkin of Weill Cornell Medical College told the Conference on Retroviruses and Opportunistic Infections (CROI 2016) in Boston on Thursday.

*AIDS Map, February 29, 2016*

[Too many parents are blowing it: Kids need the nanny state to require the HPV vaccine](#)

As a society we are reluctant to increase the reach of government, to expand its authority in ways that interfere with liberty. That's a sound instinct in general, as government should step in only when actions by private citizens prove ineffective or harmful. And that is the case here. Liberty is one thing, but parents denying their children potentially life-saving medical care is another. The vaccination needs to take place before the onset of sexual activity, as it will not help a person who has already been infected with HPV. That's why the medical community, through the Advisory Committee on Immunization Practices (ACIP), recommends vaccinations begin at age 11-12. If parents won't get their kids vaccinated on their own, we have to require it for the sake of their children, just as many states do for multiple other vaccines.

*Daily Kos, February 28, 2016*

[Prince William Joins Wife Kate and Brother Harry in Mental Health Efforts with Campaign on Male Suicide](#)

Having witnessed first-hand the tragic aftermath of suicide, Prince William is set this spring to join wife Princess Kate and brother Prince Harry to launch a three-pronged campaign on mental health, a royal source tells PEOPLE. William, 33, was confronted by male suicide when flying missions for his air ambulance charity: In some of those early missions with East Anglian Air Ambulance last summer, William transported medical crews to the aid of men whose despair led them to take their own lives.

*People, February 27, 2016*

[Study Finds Most Young Men Aren't Aware Of Emergency Contraception](#)

Less than half of young men have heard of emergency contraception, a recent study found, even though it's available over the counter at drug stores and is effective at preventing pregnancy after sex. The study, published in the March issue of Journal of Adolescent Health, analyzed survey responses by 93 males between the ages of 13 and 24 who visited the adolescent medicine clinic at Children's Hospital Colorado in Aurora for a physical exam, illness or injury between August and October 2014. Most had been sexually active.

*NPR, February 26, 2016*

[Is parental pressure driving young athletes towards doping?](#)

*Parental pressure to be perfect can put young male athletes at increased risk of using banned substances to enhance sporting performance, reveals a new study*

Parental pressure to be perfect can put young male athletes at increased risk of using banned substances to enhance sporting performance, reveals a new study. 'With the rise of so-called 'tiger' parenting where strict and demanding parents push their children to high levels of achievement, this study reveals the price young athletes may choose to pay to meet their parents' expectations and dreams,' said lead researcher Daniel Madigan from University of Kent in England.

*The Health Site, February 26, 2016*

[Why boys need to have conversations about emotional intimacy in classrooms](#)

My cross-national research on adolescent sexuality shows a profound discomfort in American society not just with teenage sex, but with teenage love. And the silence among adults that results - in families, schools and the culture at large - may take a particular toll on adolescent boys.

*The Conversation, February 25, 2016*

['The methodology is seriously flawed' Canadian study questioning safety of HPV vaccine retracted](#)

A controversial paper from a University of British Columbia scientist that questioned the safety of a human papillomavirus (HPV) vaccine has been retracted. Retraction Watch reports that a paper published online in the journal Vaccine last month and temporarily removed weeks later has now officially been retracted. The paper, which drew a connection between behavioural problems in mice and the vaccine for HPV, has been replaced by this notice: "This article has been withdrawn at the request of the Editor-in-Chief due to serious concerns regarding the scientific soundness of the article. Review by the Editor-in-Chief and evaluation by outside experts, confirmed that the methodology is seriously flawed, and the claims that the article makes are unjustified. As an international peer-reviewed journal we believe it is our duty to withdraw the article from further circulation, and to notify the community of this issue."

*Washington Post, February 25, 2016*

[Half of Gay Black Men May Become Infected With HIV, CDC Says](#)

If current HIV rates continue, about half of gay and bisexual black men in the United States will be diagnosed with the AIDS-causing virus in their lifetime, a new government analysis says. Gay and bisexual Hispanic males -- another population group at serious risk of HIV -- have a one in four chance of contracting HIV, according to the report from the U.S. Centers for Disease Control and Prevention.

*HealthDay, February 23, 2016*

### HPV Vaccine Needs To Reach Boys Too

Gypsyamber D'Souza of Johns Hopkins University discussed the rise in HPV-related oral cancer, its connection to oral sex and the risk for men at the annual meeting of the American Association for the Advancement of Science.

*Scientific American, February 19, 2016*

### **Most clinicians do not mention that HPV, HBV vaccines reduce cancer**

Only 7% of clinicians recommended to patients that the HPV and hepatitis B vaccines specifically can reduce cancer, according to a recent survey. "The majority of physicians and other health care providers surveyed reported that discussing cancer prevention with their patients is an effective compliance strategy for HPV and hepatitis B vaccination, yet few are acting on that knowledge," Carolyn R. Aldigé, president and founder of the Prevent Cancer Foundation, which conducted the survey, told Infectious Disease News. "In addition, few health care providers are talking to patients about hepatitis C prevention."

*HealthDay, February 19, 2016*

### Male Cancer Survivors Less Likely To Have Kids

New findings published in the *British Journal of Cancer* show that male cancer survivors are less likely to reproduce when compared to counterparts. The study, which was based on almost 3,000 men under the age of 25 in Norway over a 20-year period, showed that these cancer survivors were less likely to get married than men without cancer and less likely to have children. "It is important to be able to assure young, male cancer survivors that their illness and treatment will not have a negative impact on their own children," said study author Maria Gunnes, a doctoral candidate at the University of Bergen, in a news release. The findings showed that less than half of the cancer survivors had children--compared to 1985, based on data collected from national birth and health registries.

*Science World Report, February 17, 2016*

[Student Athletes Report Success After College, but Sports Take Toll on Some Men](#)

The latest results from a landmark survey of college graduates contains two big findings: Female college athletes make great employees; and male college football and basketball players pay a physical price later in life. The insights come courtesy of the Gallup--Purdue Index, a 2014 survey of 30,000 college graduates commissioned by Purdue President Mitch Daniels to discern the value of a college education. The upshot: It is less important where a student attends college than how involved they become with a mentor, a community or a long-term project. Among men, just 38% of athletes and 36% of nonathletes reported feeling engaged.

*nasdaq.com, February 17, 2016*

[MOC program improves HPV vaccination rates](#)

An American Board of Pediatrics maintenance of certification program led to improved HPV vaccination rates by participating pediatricians, according to recent findings published in *Pediatrics*. "Pediatricians increasingly are requesting evidence of impact to justify the investment of resources in [maintenance of certification (MOC)] activities," Alexander G. Fiks, MD, MSCE, at The Children's Hospital of Philadelphia, and colleagues wrote. "The results of this MOC Part IV program demonstrate the potential of this requirement to foster health - in this case the prevention of HPV-related disease, including cancer - through better vaccine coverage."

*Helio, February 16, 2016*

[Predicting if young men will live with their kids](#)

*Detecting a young man's sexual behavior, attitude toward pregnancy can predict fatherhood patterns*

A new Northwestern Medicine study has found an adolescent male's attitude toward risky sex, pregnancy and birth control can predict whether or not he will end up living with his future offspring. The longitudinal study -- one of the first reproductive health studies to focus on young men and fatherhood -- also found it was possible to predict whether some young men would become teen fathers. In addition, the research was able to predict fatherhood patterns over 14 years as young men transitioned from being teenagers into young adulthood.

*American Association for the Advancement of Science, February 15, 2016*

[Men at higher risk of Cancer linked to Oral Sex: Study](#)

Men are twice likely to suffer from cancers related to oral sex compared to women, according to a new study presented at the American Association for the Advancement of Science (AAAS) annual meeting in United States. The risk of cancer due to human papillomavirus, or HPV infection poses increased threat to men compared to women. Sexually transmitted infections require more awareness among people, the medical team noted. The research paper added, "Men are not only more likely to be infected with oral HPV infection than women, but our research shows that once you become infected, men are less likely to clear this infection than women, further contributing for the cancer risk."

*Maine News Online, February 14, 2016*

[Type 2 Diabetes, Insulin Resistance May Be More Prevalent In Teen Boys Deprived Of Slow-Wave Sleep](#)

Slow-wave sleep (SWS), also known as deep sleep, is the stage in the sleep cycle associated with memory consolidation and reduced cortisol and inflammation. According to Jordan Gaines, a neuroscience doctoral candidate at Penn State's College of Medicine, the amount of SWS a teenage boy gets (or lack thereof) may be "a diabetes danger." Specifically, the study suggests adolescent males who experience loss of SWS may have a significantly higher chance of developing insulin resistance , type 2 diabetes, increased visceral fat production , and impaired attention compared to boys who regularly get SWS.

*Medical Daily, February 13, 2016*

[Sleep Loss May Be Tied to Raised Diabetes Risk in Teen Boys](#)

Teen boys who get too little of a particular type of sleep may be at risk of developing type 2 diabetes, a new study suggests. The research focused on "slow-wave sleep" -- an important stage of sleep that helps people store memories and recover after sleep deprivation. This type of sleep is also associated with lower levels of the stress hormone cortisol and reduced inflammation, the study authors explained.

*Health Day, February 13, 2016*

[HIV-Related Risk Behaviors Among Male High School Students Who Had Sexual Contact with Males - 17 Large Urban School Districts, United States, 2009-2013](#)

Young persons aged 13-24 years accounted for an estimated 22% of all new diagnoses of human immunodeficiency virus (HIV) infection in the United States in 2014. Most new HIV diagnoses among youths occur among males who have sex with males (MSM). Among all MSM, young black MSM accounted for the largest number of new HIV diagnoses in 2014 (1). To determine whether the prevalence of HIV-related risk behaviors among black male high school students who had sexual contact with males differed from the prevalence among white and Hispanic male students who had sexual contact with males, potentially contributing to the racial/ethnic disparities in new HIV diagnoses, CDC analyzed data from Youth Risk Behavior Surveys conducted by 17 large urban school districts during 2009-2013. Although other studies have examined HIV-related risk behaviors among MSM (2,3), less is known about MSM aged <18 years. Black male students who had sexual contact with males had a lower or similar prevalence of most HIV-related risk behaviors than did white and Hispanic male students who had sexual contact with males. These findings highlight the need to increase access to effective HIV prevention strategies for all young MSM. Recent findings in a phase 2b trial showed that a booster dose for the three-dose serogroup B meningococcal vaccine can overcome waning immunity after early infant immunization, and administration of the booster at 12 months could help maintain immunity.

*MMWR, February 12, 2016*

[Chinese Male Teens Aren't Smoking as Much, SLU Research Finds Country's Sky-high Smoking Rates May Start to Decline](#)

Younger Chinese teenage boys are less likely to start smoking than those born longer ago, according to research from Saint Louis University and Chongqing University. The trend is significant because nearly one third of the world's smokers live in China. Two-thirds of Chinese men become daily smokers before they turn 25, with the vast majority starting the habit when they were between 15 and 20. By contrast, fewer than 4 percent of females in China smoke, which is why females were not included in the study.

*Newswise, February 9, 2016*

[Bexsero vaccine booster effective for waning immunity](#)

Recent findings in a phase 2b trial showed that a booster dose for the three-dose serogroup B meningococcal vaccine can overcome waning immunity after

early infant immunization, and administration of the booster at 12 months could help maintain immunity.

*Helio, February 9, 2016*

### COMMENTARY: What's Love Got to Do With It?

Why are the Canadians and even the Germans in 2015 nicer than we are? The answers most likely lie with America's obsession with the self and individual rights to the exclusion of the community and human rights and to the stereotypes we perpetuate of each other. We tell our children not to listen to others and focus on themselves. We tell them, according to a Harvard University Research Study of parents across the United States, that academic achievement is more important than caring for one another. ***We define maturity and manhood as being self-sufficient and independent rather than being able to have and maintain healthy relationships.*** We flood the internet and our daily interactions with dehumanizing stereotypes about gender, race, religion, sexuality, and social class that disconnect us from each other and lead to more hate and violence.

*The World Post, February 5, 2015*

*Editor's Note" The author, Niobe Way, is a board member of the Partnership. She is also Professor of Applied Psychology at New York University's Steinhardt School, the Founder of the Project for the Advancement of Our Common Humanity (PACH) and the author of, ['Deep Secrets: Boys' Friendships and the Crisis of Connection'](#).*

### Vaccine Update: Child and Adolescent Immunization Schedule, 2016

On February 2, the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC), along with the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), and the American College of Obstetricians and Gynecologists (ACOG), released the [2016 recommended childhood and adolescent immunization schedule.](#)

Vaccination against meningococcus serogroup B has been added to the schedule; high-risk patients ages 10 and older ***should*** receive the vaccine. High risk patients are those with persistent complement component deficiencies, anatomic or functional asplenia, microbiologists working with *Neisseria meningitidis*, and individuals at risk during an outbreak of serogroup B disease. MenB vaccines ***may*** be given to all persons aged 16-23 years, but the

vaccines are not expressly recommended. The ideal age for administering MenB vaccines is 16-18 years.

The new vaccination schedule includes the recommendation that 11- or 12-year-old boys and girls receive the 9vHPV vaccine, which was approved by the Food and Drug Administration in 2014. The new vaccine is an improvement over the previous one, medical experts say, because it covers nine strains of HPV, offering protection against at least 80 percent of the cervical, vulvar and anal cancers caused by HPV, compared with 65 percent covered by earlier vaccines.

It also recommends that children as young as 9 years old who have been exposed to sexual abuse or sexual trauma begin the three-dose HPV immunization.

Like last year, the [graphical charts](#) that clinicians are used to seeing will be provided online only . Once again, the online charts include [decision tools](#) to help clinicians determine the need for vaccines.

*Medscape Multispecialty, February 2, 2016*

[Advisory Committee on Immunization Practices Recommended Immunization Schedule for Adults Aged 19 Years or Older - United States, 2016](#)

On February 2 the CDC also announced the 2016 adult immunization schedule. Changes in the 2016 adult immunization schedule from the 2015 schedule include the following new ACIP recommendations:

- Serogroup B meningococcal (MenB) vaccine series should be administered to certain groups of persons aged  $\geq 10$  years who are at increased risk for serogroup B meningococcal disease.
- Men B vaccine series may be administered to adolescents and young adults aged 16 through 23 years (preferred age is 16 through 18 years) to provide short-term protection against most strains of serogroup B meningococcal disease.
- Nine-valent human papillomavirus (HPV) vaccine (9vHPV) has been added to the schedule and can be used for routine vaccination of females and males against HPV.

*MMWR, February 2, 2016*

[Room for Debate: Is the A.D.H.D. Diagnosis Helping or Hurting Kids?](#)

*ADHD diagnosis among males ages 3-17 is 2.5 times that of females the same Age*

The skyrocketing number of children with attention deficit disorders has led some pediatricians to question whether the diagnostic criteria for them - which is necessary for medication prescriptions and disability accommodations - is too subjective. Some children may be over-diagnosed and over-medicated, while others who fall short of the diagnosis go unsupported. Are attention deficit diagnoses helping or hurting kids?

*New York Times, February 2, 2016*

### Who Is Diagnosing All These Kids With ADHD?

Approximately 11% of US children have attention-deficit/hyperactivity disorder (ADHD), and the prevalence of the condition has been increasing in recent decades. The extent to which diagnostic criteria are followed when making a new diagnosis and who diagnoses ADHD in children are not clear.

*Medscape Multispecialty, January 2, 2016*

### Adolescent male teen suicide: ADHD medication as prevention

In the past decade, the medical treatment of ADHD increased three-fold in Quebec, reaching 9% of boys aged 10 years and 4% of boys aged 15 years. However, suicide rates in Quebec's adolescents decreased by nearly 50% during that period among 15-19 year olds, which contradicts the warnings issued by Health Canada.

"Clearly, the increased use of ADHD drugs indicates that they might actually reduce rather than augment the risk of suicide," says Edouard Kouassi, pharmacist and researcher at the Institut universitaire en santé mentale de Montréal (CIUSSS de l'Est-de-l'Île-de-Montréal) and co-author of the study appearing in the December 2015 issue of *Lancet Psychiatry*.

*AAAS, February 1, 2016*

### Follow-up Care Poor for Adolescents With Depression

*More than three-fourths of adolescent suicide deaths are associated with mental illness. Adolescent males are four times as likely as adolescent females to complete suicide.*

Follow-up care for adolescents diagnosed with depression is low among primary care physicians, according to a [new study published online](#) February 1 in *JAMA Pediatrics*. "These findings raise concerns that many adolescents with depression receive an unacceptable level of care, particularly striking because

more than half of adolescent suicide completers have chronic, unremitted depression."

*Medscape Multispecialty, February 2, 2015*

Experts frustrated by low HPV vaccination rates

The federal government and several physicians associations Tuesday reiterated their support for vaccinating preteen boys and girls against a sexually transmitted infection that can cause cervical and other genital cancers. Meanwhile, experts in Southern California say providers' and parents' discomfort with the shot remains a major obstacle to improving chronically low vaccination rates.

*Southern California Public Radio, February 2, 2016*

Why BC's new HPV coverage for gay boys isn't enough

*'You'd have to come out to parents, school or a doctor and say 'I'm at risk,' says MLA*

After years of offering free HPV vaccines to all girls in Grade 6, the BC government finally extended free coverage in September 2015 to gay and bisexual boys between the ages of 9 and 26 - "including those who may not yet be sexually active and are questioning their sexual orientation." Chandra Herbert says the HPV vaccine should be provided to all boys in the same way it's provided to all girls. "We want to ensure that boys have good quality health," he says. Providing the HPV vaccine free to all boys helps protect everyone from HPV transmission by increasing herd immunity, he notes.

*Daily Xtra, February 4, 2016*

Pinterest Surprising Home For Anti-Vaccine Rhetoric; 75% Of Related Pins Against Vaccination

Many people search for health information online, (paging Dr. Google), including the visual, social media platform Pinterest. And a recent study published in Vaccine found 75 percent of select related pins do not favor vaccination. The study authors said that few studies of vaccination representation on social media have been done to date. But based on what's out there, data show negative HPV-vaccine videos are liked more on YouTube than positive or neutral ones, and general vaccine-themed videos are rated and liked more despite there being a greater amount of positive and ambiguous videos. The sole Twitter study conducted on representation found the majority of tweets about vaccination promoted "substantiated medical information."

*Medical Daily, February 3, 2016*

[Worth The Wait: Many College Students Get The Meningococcal Disease Vaccine After Hours-Long Lines](#)

Worth the wait: that is how many students feel about the hours-long lines to get the meningococcal vaccine. This comes after four people at two bay area universities have tested positive for the disease. One of them, an employee at Argosy University in Alameda, died this week. As of Thursday, two Santa Clara University students were still in the hospital in fair condition, and a third student was home and in good condition. All were infected with the Sero-Group B strain. Not taking any chances, students at Santa Clara University lined up from the library to the Leavey Center for more than two hours today, trying to protect themselves from the potentially deadly strain of the disease.

*National Daily Express, February 6, 2016*

[Does body weight affect the onset of puberty in boys?](#)

A [study](#) appearing in the February issue of the journal *Pediatrics* examined whether overweight and obesity are associated with differences in the timing of puberty in US boys.

**METHODS:** We reanalyzed recent community-based pubertal data from the American Academy of Pediatrics' Pediatric Research in Office Settings study in which trained clinicians assessed boys 6 to 16 years for height, weight, Tanner stages, testicular volume (TV), and other pubertal variables. We classified children based on BMI as normal weight, overweight, or obese and compared median age at a given Tanner stage or greater by weight class using probit and ordinal probit models and a Bayesian approach.

**RESULTS:** Half of boys (49.9%, n = 1931) were white, 25.8% (n = 1000) were African American, and 24.3% (n = 941) were Hispanic. For genital development in white and African American boys across a variety of Tanner stages, we found earlier puberty in overweight compared with normal weight boys, and later puberty in obese compared with overweight, but no significant differences for Hispanics. For TV ( $\geq 3$  mL or  $\geq 4$  mL), our findings support earlier puberty for overweight compared with normal weight white boys.

**CONCLUSIONS:** In a large, racially diverse, community-based sample of US boys, we found evidence of earlier puberty for overweight compared with normal or obese, and later puberty for obese boys compared with normal and overweight boys. Additional studies are needed to understand the possible

relationships among race/ethnicity, gender, BMI, and the timing of pubertal development.

*AAP Gateway, February 2016*

[Resistance to HIV Drug Growing, Study Finds](#)

*Problem affects almost two-thirds of those taking tenofovir in sub-Saharan Africa*

HIV resistance to the antiretroviral drug tenofovir (Viread) is increasingly common, a new study finds. The researchers said their finding is surprising and alarming because the drug plays a major role in treating and preventing infection with HIV, the virus that causes AIDS. "Tenofovir is a critical part of our armamentarium against HIV, so it is extremely concerning to see such a high level of resistance to this drug," study author Dr. Ravi Gupta, from the department of infection and immunity at University College London in England, said in a university news release. Findings from the study were published Jan. 28 in *The Lancet Infectious Diseases*.

*HealthDay, January 29, 2016*

[INDIA: Centre pushes for national men's health programme after rise in male cancer and infertility cases](#)

With male infertility on the rise and more cancer cases appearing among men, the government is pushing for a national health programme to tackle the growing problem. The proposals for both an Integrated Men's Health National Programme and Male Genitourinary Disorder National Programme are currently at an early stage, but would include research, prevention, and control of male death and disease in India.

*Daily Mail, January 27, 2016*

[Both boys and girls can be victims of dating violence](#)

More girls reported perpetrating psychological and physical dating violence while more boys reported perpetrating sexual violence. Girls more often reported feeling fear or intimidation than did boys. At younger ages, boys more often reported fear and injury perpetration and sexual and injury victimization, but as age increased this pattern reversed or disappeared. By age 17, injury victimization and use of self-defense did not differ by gender, according to the results [published in Pediatrics](#).

*Deccan Chronicle, January 30, 2016*

Clinicians seek ways to use remaining, earlier 4vHPV vaccine

"I think the problem is what to do with the health departments and the physicians' offices that have the 4vHPV vaccine on hand," Jose R. Romero, MD, professor of pediatrics at the University of Arkansas for Medical Sciences, told Infectious Disease News. "Right now, the Advisory Committee on Immunization Practices has not made a recommendation to begin vaccination with 4vHPV and then switch to 9vHPV. They're just saying, 'Use what you have and use it up.' " Since protection offered by the five additional strains in 9vHPV rises only 4% in males vs. 14% in females, one strategy of using up remaining 4vHPV vaccine is to administer it only to males.

*Health Day, January 29, 2016*

Excess Weight Has 'Unexpected' Effect on Puberty Onset in Boys

Excess weight can delay or speed up puberty in young boys, depending on how many extra pounds they carry, a new study suggests. Overweight boys tend to enter and finish puberty somewhat earlier than usual, researchers found in a study of nearly 3,900 males aged 6 to 16. But boys who have become obese appear to go through puberty slower than boys who weigh less, according to study results [published Jan. 27 in the journal Pediatrics](#).

*Health Day, January 27, 2016*

69 NCI-designated Cancer Centers Urge HPV Vaccination for the Prevention of Cancer

"Together we, the National Cancer Institute (NCI)-designated Cancer Centers, recognize these low rates of HPV vaccination as a serious public health threat. HPV vaccination represents a rare opportunity to prevent many cases of cancer that is tragically underused. As national leaders in cancer research and clinical care, we are compelled to jointly issue this call to action."

*Joint Statement, January 27, 2016*

Few teenage boys reach out for help when struggling

[Kids Help Phone](#), a charity that operates the only national helpline for young people, reports that less than a quarter of young people who turn to the service are male, even though more than 75 per cent of youth who die by suicide are male. Suicide is a leading cause of death among youth aged 15 to 24, accounting for 24 per cent of all deaths among that age group.

Brockman said there's a misconception that males have to be tough and look after things on their own, or they risk being labelled weak. They expected the number of male callers to be smaller, but "it was a surprise it was so low. "It

doesn't totally surprise me because it lines up to what we're seeing later in life," Nash said. She commended a new initiative by the Kids Help Phone for doing just that with [brotalk.ca](http://brotalk.ca). The website, launched late last year is designed just for males in an effort to get more of them to start talking. "We need to engage guys in the conversation ... to ask them what's helpful."

*The Record, January 26, 2016*

[UCI Medical Student Alvin Chan Uses Fotonovela Approach to Raise HPV Vaccination Awareness](#)

Fourth-year medical student Alvin Chan is taking a novel approach to raise HPV awareness ... a comic novel approach. He and his colleagues created and evaluated a fotonovela (photographic comic book) designed to improve human papillomavirus vaccination acceptance in the United States, particularly among Latinos. To promote HPV vaccine acceptance, Chan and his colleagues created a bilingual English and Spanish-language fotonovela formatted with photographs and text bubbles into a comic book-style soap opera. The fotonovela aims not only to educate adolescent and young adult readers about the benefits of vaccination, but also to encourage dialogue about HPV prevention between patients and healthcare providers. The study demonstrated that our fotonovela can be used as an educational-entertainment tool to impact HPV vaccine knowledge, attitudes and intentions.

*Newswise, January 26, 2016*

[ISU students prepare to battle the dark side of meningitis - Type B](#)

Pharmacy students recognize the true dangers of this disease and want to elevate the level of awareness about vaccinating against Type B Meningitis, while encouraging those in their own age group to get the shots. To their credit, they've created a social media effort for their Operation Immunization effort that will encourage students to share photos from their "shot day" and use #menbnotatmyu in their posts. The fact is, many students simply don't know about Type B vaccinations, which were only approved for use within the past year. It's hoped this student-to-student effort will educate and empower them to get the shots.

*Idaho Statesman, January 25, 2016*

[HIV Testing Rates Still Low Among Teens, Young Adults: CDC](#)

*Half of infected young people don't know it, even though guidelines suggest screening all who are ages 13 to 64.*

Only one in five sexually active high school students has been tested for HIV, and young adults aren't doing much better at finding out their status, U.S. health officials report. As a result, an estimated 50 percent of young Americans infected with the virus that causes AIDS don't know they have it, the researchers found.

*Healthfinder, January 19, 2016*

### **55% of 1,952 Doctors Say the HPV Vaccine Should be Mandated by States**

SERMO, the leading global social media network exclusively for doctors and largest health care provider polling and survey company, announced today that 55 percent of 1,952 doctors think that the Human Papillomavirus (HPV) vaccine should be mandated by states in order to boost vaccination rates. The Centers for Disease Control and Prevention (CDC) recommends that preteen boys and girls receive the HPV vaccine at age 11 or 12 so they are protected before ever being exposed to the virus, which causes virtually all cases of cervical cancer. Only 60 percent of girls and 42 percent of boys ages 13-17 had received at least one dose of the vaccination in 2014 according to the CDC.

*Business Wire, January 22, 2016*

### **Oral sex 'raises the risk of getting cancer by 22 times'**

Oral sex dramatically increases the risk of head and neck cancers, a new study has claimed. The disease has traditionally been considered to be one that affects smokers and heavy drinkers in later life. But over recent years, as cases have been rising, it has been linked with the common human papillomavirus (HPV). It is believed oral sex may be the main way HPV - more usually associated with cervical cancer - ends up in the mouth.

*Daily Mail, January 22, 2016*

### **Meningitis B vaccine in short supply due to "unexpected global demand"**

Parents were warned there is a global shortage of the vaccine against meningitis B. The NHS programme to vaccinate babies and children against the deadly bug is unaffected by the global shortage of Bexsero. But private clinics in the UK have been advising parents they cannot start any new courses of the vaccine. Any child who has had one dose already should be able to receive follow up doses to finish the course.

Manufacturer GlaxoSmithKline (GSK) said: "Due to unexpected global demand for Bexsero during 2015, we are experiencing supply constraints during the first half of this year.

*Mirror, January 22, 2016*

#### **NEW ZEALAND: Genital wart cases drop with introduction of free vaccine**

A healthcare worker has called for the universal introduction of the HPV vaccine, saying the present regime is "discriminating against boys". The comments follow a report from the Institute of Environmental Science and Research that illustrates the effectiveness of the vaccine in reducing numbers of a sexually transmitted infection linked to the virus. Figures from the institute show genital wart cases dropped nationally from 3257 to 2003 between 2010 and 2014. A HPV vaccine was first offered to young women between the ages of 12 and 20 in late 2008. It offered them protection from contracting HPV, a virus that can result in the development of genital warts and, in rare cases, cervical cancer.

*Stuff NZ, January 21, 2016*

#### **Low-income minority teens more likely to get HPV vaccination**

A new study sheds light on a counter-intuitive phenomenon: White, well-to-do teens are less likely to get an HPV vaccination than girls in low-income, predominantly minority communities. The research, published last week in the medical journal, Cancer Epidemiology, Biomarkers & Prevention, found that 53 percent of teenage girls received a dose of the HPV vaccine in 2011 and 2012. The rate was highest among girls in predominantly Latino communities, 69 percent of whom received a dose of the vaccine, which is credited with reducing the risk of cervical cancer caused by HPV.

*Benefits Pro, January 19, 2016*

#### **HIV Testing Rates Still Low Among Teens, Young Adults: CDC Half of infected young people don't know it, even though guidelines suggest screening all who are ages 13 to 64.**

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*Healthfinder, January 19, 2016*

#### **Florida health officials mounting new push to vaccinate kids against HPV**

"This is not about educating just parents, but also the medical community," said Maggie Hall, a spokeswoman for the Florida Department of Health in Pinellas County. "We need nurses, doctors, patient-care technicians, and people in schools to remind people to get this vaccine."

*Tampa Bay Times, January 15, 2016*

#### The Impact of Absent Fathers on the Mental Health of Black Boys

Indeed. Studies have shown that youths in father-absent households have the highest odds of being incarcerated and higher levels of behavioral problems in schools and are more likely to be suspended from school. Research by Princeton University sociology professor Sara McLanahan notes that a father's absence increases anti-social behavior such as drug use and reduces a child's chances of employment. And in his report " Growing Up Without Father: The Effects on African American Boys ", Cory Ellis found that father-absence was the strongest indicator of delinquency, even more so than low socioeconomic status or peer pressure. There is also evidence that fatherless children have lower self-esteem, a greater risk for mental illness and suicide, and increased risk of depression.

*The Root, January 15, 2016*

#### Teen Weapon Use Varies by Race and Gender: Study

The likelihood of an American teen using or carrying weapons varies according to race and gender, new research contends. Using data from a national survey conducted during the mid-1990s, when violent crime rates were falling in the United States, researchers found that 13 percent of black students, 10 percent of Hispanic students and 7 percent of white students had been involved with weapons.

*Healthfinder.gov, January 15, 2016*

#### HPV Vaccine Rates Highest in Poor and Hispanic Communities: Study

Teen girls in poor or predominately Hispanic communities are more likely to receive at least one dose of the human papillomavirus (HPV) vaccine than those in other communities, a new study finds.

*Healthfinder.gov, January 14, 2016*

#### Clinician education needed to improve HPV4 vaccine rate for young male adolescents in primary care

Increased clinician education and the development of evidence-based tools are needed to improve quadrivalent human papillomavirus vaccine (HPV4) implementation rates in a primary care setting, according to a survey conducted by the Advisory Committee on Immunization Practices (ACIP).

*Clinical Advisor, January 14, 2016*

**Male Sexual Enhancement Supplements Often Ineffective, Possibly Harmful: Study**

There's no proof that over-the-counter sexual enhancement supplements for men work, and some are potentially dangerous, a new study reports. Many men seeking medical help for sexual health issues report using dietary supplements. But with little regulation of dosage or ingredients, the health effects of these products are unknown, the researchers said in background notes.

*Healthfinder.gov, January 13, 2016*

**INDIA: Over 20% of adolescent boys in Rohilkhand may turn impotent**

According to a report prepared by adolescent friendly health centres (AFHCs) set up by the Uttar Pradesh government in most districts, all is not well with the sexual health of adolescent boys in the Rohilkhand region. In shocking details that have come to light, 22% of them are on the verge of becoming impotent, while another 19% do not nurse any sexual desire. According to experts, hormonal imbalance, adulterated food, depression and watching too much porn in formative years are said to be the reasons behind this.

*The Times of India, January 11, 2016*

**Activists seek bill to roll back Rhode Island HPV vaccine mandate**

A group of activists is pushing legislation to remove a requirement that Rhode Island school children receive the HPV vaccine before entering the seventh grade. Rhode Island and Virginia are the only two states that require school children to get the vaccine that blocks common strains of human papillomavirus, which can lead to certain cancers later in life. Rhode Island parents can now get an exemption based on religious or medical reasons, but the activists want to further roll back the mandate because the sexually transmitted virus cannot be passed on through normal school activities. Shawna Lawton of the Rhode Island Alliance for Vaccine Choice said she has been working with state Rep. Justin Price,

a Richmond Republican, to introduce legislation that would eliminate or weaken the mandate and also limit the authority of the state Department of Health to issue vaccine mandates without public input.

*Fox, January 18, 2016*

### **Program focuses on boys to help prevent teen pregnancy**

Guilamo-Ramos works with families in the Bronx, New York City's poorest borough. There, nearly 8 percent of 15- to 19-year-old girls get pregnant every year. That's nearly twice the rate of Manhattan. Economists disagree about whether these pregnancies cause high dropout rates and poverty, or whether teen parents were at risk of dropping out of school anyway. "Unfortunately, teen pregnancy often gets framed as being a girls' issue," Guilamo-Ramos said, explaining that programs aimed at reducing teen pregnancy often focus on mothers and daughters. "Well, boys are 50 percent of the equation."

*Marketplace, January 18, 2016*

### **SWEDEN: Refugee boys should be taught about sex, LGBT rights and gender equality - Swedish campaigners**

"They have rarely had an opportunity to learn about sex and relationships because of lack of education, or they were in a school system that lacks sex education. The need for knowledge from sexually transmitted diseases (STDs) and condoms to abortion rights, equality, law and LGBT rights is acute," Ljungros and Andersson wrote.

*Rt.com, January 18, 2016*

### **Men struggle with eating disorders, too**

Men make up between 10 percent and 20 percent of anorexia nervosa and bulimia nervosa cases across the nation. They are also responsible for about 40 percent of all binge eating disorders, according to the National Association of Men with Eating Disorders. But experts say these numbers only scratch the surface of the problem.

*Las Vegas Review-Journal, January 17, 2016*

### **White House highlights new priorities in Dialogue on Men's Health**

During an unprecedented Dialogue on Men's Health on Friday, Jan. 8, the White House outlined new health priorities for men in America, enlisting the help of dozens of public and private sector organizations to fulfill those goals. Assistant to the President and Cabinet Secretary

Broderick Johnson joined U.S. Surgeon General Vivek Murthy on to lead the Dialogue.

*Econotimes.com, January 15, 2016*

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*The Times of India, January 11, 2016*

## **Study: Autistic girls better with social relationships than autistic boys**

Autistic girls are more socially motivated and have more intimate friendships than autistic boys, says a study. 'One of the most striking findings of our study was that the friendships of autistic girls were more like those of non-autistic girls than they were like the friendships of autistic boys,' said Felicity Sedgewick from University College London.

*The Health Site, January 10, 2016*

## **Journal Article: The neuropsychological profile of adolescent males with anorexia nervosa - a case series**

The aim of the current case series was to explore the neuropsychological profile of adolescent males with a diagnosis of AN. The participants were selected from a database of patients with eating disorders - out of which ten were males with an AN diagnosis, mean age 15 years and 9 months.

*Taylor and Francis Group, January 8, 2016*

## **Why getting the HPV vaccine for my sons was a no-brainer**

It's now been five years since I had my sons vaccinated against HPV and they've remained symptom-free. In that time my oldest son became sexually active, and has not (to date) contracted a sexually transmitted disease or infection. I am thankful that along with knowledge about safe-sex practices, he also has the added immunity to certain strains of HPV that can lead to far worse diseases.

*SheKnows.com, January 8, 2016*

## Meningitis B vaccine: What college students need to know

Most colleges already require a meningitis vaccine for students that covers the A, C, W135 and Y strains, because the disease spreads when many people live in proximity, such as in a dormitory. Over the past two years, the FDA approved two optional, additional vaccines to guard against a fifth...

*Newsday, January 8, 2016*

## 1 out of 3 doctors aren't recommending the HPV vaccine. We need to talk about why.

A huge part of parenting is talking to your kids about tough topics, even if it's a bit uncomfortable. Here are some ways to start that conversation.

*Upworthy.com, January 8, 2016*

## New Dietary Guidelines Urge Less Sugar for All and Less Protein for Boys and Men

New federal dietary guidelines announced on Thursday urge Americans to drastically cut back on sugar, and for the first time have singled out teenage boys and men for eating too much meat, chicken and eggs.

*New York Times, January 7, 2016*

## 5 Common HPV Myths, Busted

Here is a closer look at five of the most common HPV myths, dissected and busted by a medical expert who sees more than 100 HPV cases annually.

*India.com, January 7, 2016*

## Not Enough Doctors Recommend the HPV Vaccine - And It Sends a Harmful Message About Sex

It's unclear whether or not sound science and basic logic can overcome long-lasting misconceptions about what happens when you teach kids about sexual health (hint: It doesn't make them have sex sooner, and actually might contribute to delayed sexual activity). Medical professionals aren't immune from internalizing stigma about sex: Physicians and pharmacists alike have been known not only to buy into myths about young people's sexuality, but to perpetuate them as well. Not bringing up the HPV vaccine because it might mean having an uncomfortable conversation - or confronting the reality of teen sexuality - isn't just bad medicine. It contributes to a culture of shame and silence about sex and sexual health. It could also be putting their lives at risk.

*Connections.mic, January 7, 2016*

**Suicide rates in the US have dramatically increased for black kids**

Suicide is a leading cause of death among kids under 12. But while the trend is improving for white children, it is getting far worse , according to a study appearing in JAMA

Pediatrics <http://archpedi.jamanetwork.com/article.aspx?articleid=2293169> for black kids. Between 1993 and 1997 and 2008 to 2012 the suicide rate among black boys, aged 5 to 11, nearly doubled. During the same period, the rate among white children fell dramatically.

*Quartz, January 6, 2016*

**SHOCKINGLY FEW DOCTORS FOSTER HPV VACCINATION AMONG PRETEENS**

This suggests that much greater progress could be achieved, if only more support for this immunization was shown by the medical community, and provided that "knowledge gaps" were replaced with comprehensive information regarding the hazardous nature of the human papillomavirus.

*Wall Street Hedge, January 6, 2016*

**Many doctors don't urge HPV shots for preteens, survey suggests**

Many pediatricians and family doctors are not strongly recommending the cancer-preventing HPV vaccine to preteens and their parents, contributing to low vaccination rates, a survey of nearly 600 doctors suggests. The study was published online Monday in *Pediatrics*. While nearly all doctors surveyed discuss the vaccine with at least some patients that young, more than one-third don't strongly recommend it for those ages. The most common reasons doctors cited for delaying HPV discussions and vaccinations included a belief that patients hadn't had sex and that parents would object. Noting that about one-third of all youth have had sex by age 16, the researchers said some doctors need a clearer understanding of reasons to vaccinate preteens.

*AP, January 3, 2015*

**NEW ZEALAND: Busy year for gay men's health research team**

It's been a busy year for a small team of university-based health researchers who focus almost entirely on health issues affecting gay and bisexual men in this country.

*GayNZ, January 4, 2016*

**Study shows that rich, white parents are the ones that are foregoing immunizations for their kids the most**

Higher income, White population, and private school type significantly predicted greater increases in exemptions from mandatory child vaccinations from 2007 to 2013, whereas higher educational attainment was associated with smaller increases.

*American Journal of Public Health, January 2016*

**Being Bullied During Teen Years May Lead to Later Health Problems**

Over the course of the study, between 29% to 52% of the boys and 20% to 29% of girls reported being physical bullying at least sometimes.

Between 28% and 67% of boys and 37% to 54% of girls said they were victims of emotional taunts at least some of the time. Up to 2 percent of participants reported they were bullied all of the time, the study found.

*Youth Health, December 30, 2016*

**Task Force: Screen All Teens, Adults at Risk for Syphilis**

*Proposed recommendation dovetails with surge in U.S. cases of the sexually transmitted disease*

All adults and teens at increased risk for syphilis should be screened for the sexually transmitted disease, a U.S. Preventive Services Task Force draft recommendation says. The recommendation complements a 2009 task force recommendation that all pregnant women be screened for syphilis.

*Medline Plus, December 14, 2015*

**All gay and bisexual men should receive HPV vaccine according to new study**

According to a new study, two-thirds of professionals who work in sexual health believe that the human papillomavirus (HPV) vaccination should be given to all men who have sex with men. Gay and bisexual men suffer higher incidents of

anal cancer due to the HPV virus, according to the research, and many healthcare professionals believe the vaccine would dramatically decrease cases. The study, which was published in the British Journal of Cancer showed that 14% of healthcare professionals already administer the HPV vaccine to gay and bisexual men even though NHS England offers no guidelines to GPs in this area. However, half of the participants also stated that they lacked the knowledge required to offer the vaccine to gay and bisexual men.

*Pink News UK, December 18, 2015*

#### **Study: energy drinks may harm young men's health**

*The more men buy into energy drink marketing campaigns, the less sleep they get*

"Men watch media ads about energy drinks in which they're connected with a hypermasculine lifestyle - extreme sports, etc.," Parent said. "The men don't really pursue the same kind of lifestyle, but the marketing works - the energy drinks make them feel more connected to that sort of a life. So, the attitudes and energy drink usage interact." The study found a common thread. Men who bought into the media messages were more likely to use energy drinks, and the more energy drinks the men had, the more they reported trouble sleeping.

*Consumer Affairs, December 17, 2015*

#### **FDA approves HPV vaccine for males ages 16-26**

The Food and Drug Administration (FDA) has expanded its approval of 9-valent human papillomavirus (HPV) vaccine to include use in males ages 16-26. Gardasil 9 already was licensed for males ages 9-15 and females ages 9-26. GARDASIL 9 Now Approved for Males 16 through 26 Years of Age for the Prevention of Anal Cancers and Genital Warts Caused by Nine HPV types.

*AAP News, December 16, 2015*

#### **Endocrine-disrupting chemicals pose threat to male reproductive health**

The birth rate is declining in all industrialised countries, and socioeconomic factors and women's age are not solely to blame. Male reproductive health and

environmental factors are also significant, as concluded in a new scientific review article. The article was recently published in the prestigious American journal *Physiological Reviews*. Behind the article are fertility researchers from Denmark, the US and Finland. The researchers studied a number of factors related to fertility, and one of the main conclusions of their study was that poor semen quality contributed to increases in infertility and the use of assisted reproductive technology.

*News Medical, December 11, 2015*

**[Canadian Government Information Update - Gardasil vaccine safety studies show no new risks](#)**

After reviewing Canadian and international information regarding the safety of the HPV vaccine, Gardasil, Health Canada is informing Canadians that the benefits of using this vaccine continue to outweigh the risks. The overall evidence continues to demonstrate that this vaccine can be safely used and that there are no new safety risks associated with its use.

*Newswire, December 9, 2015*

**VIDEO:The HPV Vaccine Is Still Underutilized**



The Week, December 8, 2015

[CDC: Too Few Schools Teach Prevention of HIV, STDs, Pregnancy](#)

*Fewer than half of high schools, one-fifth of middle schools cover all 16 recommended topics, agency says*

In 44 states, the proportion of high schools that teach all 16 topics in grades 9, 10, 11 or 12 ranges from 21 percent in Arizona to 90 percent in New Jersey. Only three states -- New Hampshire, New Jersey and New York -- have more than 75 percent of high schools teaching all of the topics. The proportion of middle schools that teach all 16 topics in grades 6, 7 or 8 ranges from 4 percent in Arizona to 46 percent in North Carolina. No state had more than half of middle schools teaching all the topics, and in most states it was less than 20 percent of middle schools, the CDC report said.

*HealthDay, December 9, 2015*

[Smoking in pregnancy 'affects boys' fitness in later life'](#)

Mothers who smoke are putting more than their own health at risk, suggests a study published today in BJOG: an International Journal of Obstetrics and Gynaecology (BJOG). Young men whose mothers smoked during pregnancy had lower aerobic fitness compared to those whose mothers did not.

*American Association for the Advancement of Science, December 9, 2015*

### **AAP: Screen All Kids for Cholesterol, Depression, and HIV**

Twenty percent of U.S. teens have unhealthy cholesterol levels, but even younger children are often affected. As many as 2.6 million kids suffered from major depression in 2013, according to the U.S. National Institute of Mental Health. Among adolescents, suicide is a leading cause of death. And in this country, teens and young adults between ages of 13 and 24 make up one-quarter of all new HIV cases. These are the startling statistics behind a [new recommendation from the American Academy of Pediatrics](#) that all children should get screened for a variety of chronic health conditions, from high cholesterol, to depression, to HIV. These recommendations, published today in the journal *Pediatrics*, are part of a growing trend toward screening for all children in certain age groups, and not just for those with increased risk factors.

*Parents, December 9, 2015*

### **Risky Sexual Behaviors Put Many Young Gay Men at Risk of HIV: Study**

*Experts say more must be done to curb unsafe sex and get virus-supressing meds to these men*

Young American gay and bisexual men who have detectable blood levels of HIV -- the virus that causes AIDS -- are also more likely to engage in risky sexual behavior that might spread the virus, a new study has found. "While many of these young men are engaged in care, and success stories are many, we still have work to do to reduce the rate of new infections," study author Patrick Wilson, an assistant professor of sociomedical sciences at Columbia University's Mailman School of Public Health in New York City, said in a university news release.

*HealthDay, December 7, 2015*

### **Report: California Ranked 16th Healthiest State in the U.S. And Has Highest Male Adolescent HPV Immunization rate**

California ranked among the top five states for:

- Lowest infant mortality rates;
- Lowest smoking rates;
- Lowest obesity rates;
- Lowest occupational fatality rates;
- Highest rate of male adolescent human papillomavirus vaccinations.

*California HealthLine, December 7, 2015*

#### **Infertile Men May Have Higher Risk of Heart Disease, Diabetes**

"We found that infertile men developed several chronic diseases in the years following an infertility evaluation," said lead researcher Dr. Michael Eisenberg, director of male reproductive medicine and surgery at Stanford University Medical School, in Palo Alto, California . "What's interesting is that these are young, healthy men," he said. "Prior studies suggested a higher risk of [testicular] cancer or even death. But for the first time, we are seeing higher risk of these metabolic diseases."

*HealthDay, December 7, 2015*

#### **Boys and mental health: How do you solve the problem of 'banter'?**

After conducting focus groups with hundreds of boys and young men, ranging from 11 to 18 years old, the recurring themes were crystal clear. Boys at the younger end of the spectrum told us that, while they did sometimes want to discuss how they were feeling, they were prevented from doing so out of fear of "banter". They were almost certain, they told us, that any kind of emotional confession would result in "piss-taking" and that, by the end of the day, the entire school would know.

*TES, December 7, 2015*

#### **EDITORIAL: Adolescent health: boys matter too**

To achieve adolescent health and wellbeing as a basis for sustainable development, economic prosperity, and stable peaceful societies, we need to also focus on adolescent boys for two main reasons.

*The Lancet, December 5, 2015*

### **Vaccine breakthrough targets bacterial meningitis**

*Winter break a good time to get college students - an at-risk group - protected*

What do Princeton University, University of Oregon, University of California and Providence College all have in common? Outbreaks of Men B have occurred at these schools in the last three years. Historically, there have been meningitis outbreaks at about two or three universities or colleges per year. After the death of an 18-year-old student in February, the University of Oregon launched a massive campaign to vaccinate its entire population of 22,000 students. The vaccination campaign appears to have been successful, as there have been no further students who have contracted the disease.

*Lancaster Online, December 6, 2015*

### **Ireland: Give boys HPV vaccine, says health chief**

The assistant director of Ireland's health protection programme has said that teenage boys should also be given the HPV vaccine to protect them from certain cancers.

*The Irish Times, December 4, 2015*

### **Men's mental health programs on college campuses**

"This allows them to connect with other men students who are dealing with similar struggles. We also run several drop-in workshops every day of the week with titles such as beating depression, beating anxiety," said Dr. Micky Sharma, President, Association for University and College Counseling Center Directors. And more and more schools are organizing events like "Recess Day of Play," offering board breaking, dog therapy and more. "It's harder for them to come and express their feelings, so an event like this gives them another way to have fun and to relax and to connect with the counseling center," said psychiatrist Dr. Denise Deschenes.

*News 4, December 4, 2015*

### **HPV Vaccine is Recommended for Boys**

If you haven't already vaccinated your preteens and teens, it's not too late. Ask your child's doctor at their next appointment about getting HPV vaccine. The series is three shots over six months' time. Take advantage of any visit to the doctor-such as an annual health checkup or physicals for sports, camp, or college-to ask the doctor about what shots your preteens and teens need.

*Infection Control Today, December 4, 2015*

**Immunogenicity of HPV Vaccination With 1 to 3 Doses Assessed**

At 7-months follow-up, immune response was similar in the 2-dose HPV group and the 3-dose group (median fluorescence intensity ratio for HPV 16 1.12 [95% CI, 1.02 - 1.23] and for HPV 18 1.04 [95% CI, 0.92 - 1.19]). However, the 2-dose group was inferior to the 3-dose group at 18 months follow-up. The authors concluded that the short-term benefits of 1 dose of HPV vaccine is similar to the benefits provided by 2 or 3 doses of vaccine and that further study should be performed.

*Cancer Therapy Advisor, December 3, 2015*

**HPV vaccine for boys coming to Quebec**

*Vaccination program will be offered to boys in Grade 4 starting in September*

Quebec is expanding its human papillomavirus vaccination program to include young men and boys. Starting in January, any man under the age of 26 who has sexual relationships with other men can obtain the HPV vaccine for free from the government. Then, starting in September, boys in Grade 4 will start receiving the vaccine.

*CBC, December 3, 2015*

**Experts: Promotion of HPV vaccination must focus on cancer prevention**

One reason for low uptake among boys is because the vaccine was first only licensed and recommended for use in girls. The vaccine became known as the cervical cancer vaccine, which is limited in scope. HPV vaccination among boys is really just getting going because the vaccine is relatively newer for boys, according to Mark H. Einstein, MD, MS, professor in the department of obstetrics and gynecology and women's health and the department of epidemiology and population health at Albert Einstein College of Medicine. "Quite frankly, most of the disease still rests in women, particularly the cervical part of the disease," Einstein told HemOnc Today. "The trend in the delayed approval in boys was because the FDA wanted to see a trial showing that the vaccine works well in boys, which has been provided and the data suggest the vaccine works extremely well in boys, in fact, similarly as well as it works in girls. I think this delay has now started to sift down to the education of

pediatricians and adolescent gynecologists who are now doing more vaccinations for boys."

*Helio, December 2, 2015*

### **575.000 Chinese Have AIDS Including Young Male Elites**

Around 575,000 people in China have been infected with AIDS as of October this year, and health experts are raising alarm over the unprecedented rise of new HIV cases among young men, mostly high school and college students.

The Chinese Center for Disease Control and Prevention (China CDC) said that before 2009, HIV/AIDS cases were highly brought on by intravenous drug use, blood transfusions, mother-to-child transmission and other factors.

But now, sexual transmission accounts for 92 percent of all new infections.

*China Topix, December 1, 2015*

### **CDC Aims To Increase Number Of Tweens Receiving HPV Vaccine**

"Talking about the vaccine has made physicians and parents uncomfortable, because HPV is transmitted by sexual contact," Wharton says, "but, you know, we don't get into big discussions about droplet transmission before we give the meningococcal congregate vaccine."

*CBS, November 30, 2015*

### **Dating apps driving a "hidden epidemic" of HIV infections among young Asian males, says UN**

In the new report released on the eve of World Aids Day on Tuesday, the experts estimated that 50,000 (or 15 per cent) of the new 340,000 HIV infections in the region involved young males in their late teens. They said that a series of factors contributed to the increase in casual unsafe sex among adolescents in the region. "The explosion of smart phone gay dating apps has expanded the options for casual spontaneous sex as never before," said the authors of [Adolescents: Under the Radar in the Asia-Pacific Aids Response](#)

*The Telegraph, November 30, 2015*

### **Men Wear Underwear At Least Twice Before Washing**

A study conducted by Glotech, a domestic appliance retailer, found that more than 25 percent of men will wear a pair of underpants more than once before they feel the need to wash them. About 8 percent of them admitted to wearing their boxers or briefs three times before chucking it into the washing machine. Some people even admitted to wearing a pair for more than five days without washing.

*University Herald, November 30, 2015*

#### **More Could Benefit from HIV Prevention Pill Truvada**

*Medication can prevent infection with the virus in people at high risk*

Too few Americans who are at risk for HIV infection are taking Truvada -- a daily pill that could protect them against the virus that causes AIDS, federal health officials report. Health care providers must help boost patient awareness and use of the drug, health experts stressed. About 25 percent of sexually active gay and bisexual adult men, 20 percent of injection drug users, and less than 1 percent of sexually active heterosexuals are at high risk for HIV infection, according to the U.S. Centers for Disease Control and Prevention's Vital Signs report. People in these groups need to know about Truvada, which is also known as the pre-exposure prophylaxis (PrEP) pill, the government experts said.

*Health Day, November 24, 2015*

#### **Men's and women's brains not so different, new research shows**

*New research shows the brain only sometimes has solely male or female traits, with most brains likely to be a mixed bag of both.*

Are the brains of men and women truly different? Not if you look at the overall structure, a new study says. While specific parts show sex differences, an individual brain only rarely has all "male" traits or all "female" traits, researchers report. It's more likely to be a mixed bag: some things are more common in women, some more common in men, and some are common in both. That argues against the idea that brains can be neatly divided into two sex-based categories, Daphna Joel of Tel-Aviv University and co-authors conclude. They published their work in a paper released on Monday by the Proceedings of the National Academy of Sciences.

*SBS, December 1, 2015*

**HIV Prevention Pill May Not Need to Be Taken Daily**

New research suggests that men at risk for HIV, the virus that causes AIDS, can benefit from a preventive medication taken before and after sex instead of every day.

The findings offer more support for so-called pre-exposure prophylaxis, better known as PrEP, which has become popular in the gay male community.

*Healthfinder, December 1, 2015*

**Men More Likely to Take Paternity Leave for a Son, Research Shows**

Newly published research suggests that men are more likely to take time off when they're having a boy than a girl. They are also more likely to take time off when they work in female-dominated occupations (which tech is most certainly not).

*NBC, December 1, 2015*

**The New STD Epidemic You Haven't Heard Of**

*Remember this next time you feel tempted to have sex without a rubber*

STD rates are at historic highs, according to a new report from the Centers for Disease Control and Prevention. There were more cases of chlamydia reported in 2014 than ever before, and syphilis and gonorrhea rates are also surging. The CDC isn't sure what's behind the rise, but evidence suggests that condom use has dropped in recent years, says Sarah Kidd, M.D., an epidemiologist for the CDC.

*Men's Health, December 1, 2015*

**A pharmacy initiative to tackle men's health**

Men are not usually aware that some prostate cancer treatments can put them at higher risk of cardiovascular complications and increase their risk of diabetes and stroke. Physical inactivity and being overweight can worsen side effects such as erectile dysfunction and urinary incontinence. The True NTH Exercise and Diet project works with community pharmacists to help men who have completed treatment to make lifestyle changes to improve their outlook. The intervention will provide men with information about their personal lifestyle risks, as well as individually tailored advice on changes to make to their diet and exercise.

*Pharmaceutical Journal, November 30, 2015*



### [Men Wear Underwear At Least Twice Before Washing](#)

A study conducted by Glotech , a domestic appliance retailer, found that more than 25 percent of men will wear a pair of underpants more than once before they feel the need to wash them. About 8 percent of them admitted to wearing their boxers or briefs three times before chucking it into the washing machine. Some people even admitted to wearing a pair for more than five days without washing, Complex reported

*University Herald, November 30, 2015*

### [Why do men hate going to see their doctor?](#)

The healthcare experts cite some shocking statistics. Because many men never flag up their health concerns until it may be too late, one in five British males don't live past the age of 65. But if this problem is so ingrained into our culture and societal expectations, is there any way we can realistically hope to change men's attitudes towards medical assistance?

*Telegraph, November 30, 2015*

### [GAO: NIH needs to do more to ensure research evaluates gender differences](#)

First, the good news: Twenty-two years after Congress ordered the National Institutes of Health to include all women in the clinical trials it funds, women make up more than half the participants. Now the bad news: According to a new report from the Government Accountability Office, NIH still isn't able to tell Congress - or anyone else - whether researchers are examining outcomes by sex to see whether men and women are affected differently by what's being tested. Scientists are required to analyze results by sex in most cases, but NIH has no central process for collecting the information or making it available.

*Washington Post, November 28, 2015*

### **Sweat to Help Reduce Your Risk for Prostate Cancer**

Vigorous exercise, a healthy diet and not smoking may dramatically reduce a man's risk for aggressive prostate cancer, new research suggests. Nearly half of lethal prostate cancer cases in the United States would be prevented if men over 60 followed five or more healthy habits, lead author Stacey Kenfield, an assistant professor in the urology department at University of California, San Francisco Medical Center, said in a university news release. The findings were published recently in the Journal of the National Cancer Institute.

*Health Day, November 27, 2015*

### **White America's Willy Loman crisis: Inside the suicide epidemic raging in the bastions of middle-class privilege**

*New research highlights the rising number of middle-aged white men taking their own lives-and being ignored*

Recent reports on a dramatic spike in middle-aged white male suicides has thrown a spotlight on a trend that has been years in the making but long remained in the shadows as a taboo subject.

*Salon, November 27, 2015*

### **Men may eat more when women are around them, study suggests**

If women are prone to "eat like a bird" when men are watching, men may be similarly programmed to "eat like a horse" when women are around, suggests a small U.S. study by behavioural scientists. Researchers observed diners at an all-you-can-eat Italian buffet and found men who dined with at least one woman at the table ate 93 per cent more pizza than their peers who had only male dining companions.

*The Globe and Mail, November 27, 2015*

### **Male suicide in UK a 'national emergency'**

New statistics from the Huffington Post UK, in conjunction with OnePoll, reveal that 42% of men in the UK have suffered from depression. The research shows that 46% of men between 45 and 54 have suffered from the disorder, compared with 45% of 35 to 44-year-olds and 39% of men under the age of 35. The topic of depression was high on the media agenda last week, with Thursday's International Men's Day focusing on the rate of male suicide in Britain, which is now so severe it is being termed a "national emergency".

*Huffington Post UK, November 26, 2015*

### **Men vulnerable to boredom, depression in retirement**

Experts say men are more susceptible to depression in retirement, in part because their identity is more closely tied to their careers compared to women. "For a lot of men it really is a loss of a sense of identity - something that we get from work," said clinical psychologist Marnin Heisel, director of research and associate professor in the department of psychiatry at the University of Western Ontario in London, Ont. He and his colleagues are doing research on men struggling in their transition to retirement, and are developing a program to reduce the risk for the onset of depression, hopelessness and suicide.

*The Globe and Mail, November 26, 2150*

### **How men can be affected by loneliness**

Like the 'man in the moon', it's often men, more than women, who can feel the most lonely, according to the Movember Foundation, which has just released new statistics showing how few friends men have, including 19 per cent of over-55s saying they lacked a close friend. The survey also found that 12 per cent of men do not have a friend they would discuss a serious topic with - such as work worries, a health problem or money worries - while just over half of men (51 per cent) have two friends or less that they would open up to about a serious problem. In addition, 9 per cent admitted they don't remember the last time they made contact with their friends; 26 per cent say they make contact with their mates less than once a month, and almost half (43 per cent) of men have NEVER told a friend that they love them.

*The Scotsman, November 26, 2015*

### **More Could Benefit from HIV Prevention Pill Truvada**

*Medication can prevent infection with the virus in people at high risk*

Too few Americans who are at risk for HIV infection are taking Truvada -- a daily pill that could protect them against the virus that causes AIDS, federal health officials report.

Health care providers must help boost patient awareness and use of the drug, health experts stressed. About 25 percent of sexually active gay and bisexual adult men, 20 percent of injection drug users, and less than 1 percent of sexually active heterosexuals are at high risk for HIV infection, according to the U.S. Centers for Disease Control and Prevention's Vital Signs report. People in these groups need to know about Truvada, which is also known as the pre-exposure prophylaxis (PrEP) pill, the government experts said.

*Medline Plus, November 24, 2015*

### **Men's and Women's Brains Appear to Age Differently**

A new brain-imaging study published in Brain Imaging and Behavior has made a small but important contribution to the debate over brain aging, by showing that subcortical (deep) structures in the brain appear to age more quickly in men's brains than women's, possibly helping to explain why men are more susceptible to neurological illnesses that involve these structures, such as Parkinson's.

*Science of Us, November 24, 2015*

### **Yoga May Help Men Deal with Side Effects of Prostate Cancer Treatments**

A small study suggests that yoga may help men who are undergoing radiation treatment for prostate cancer to alleviate some side effects of their treatment and maintain their quality of life.

*Youth Health, November 22, 2015*

### **NIH Study: Most Drug Disorders Among Single, Poor White Men**

One in 10 US adults has a problem with drug use at some point during their lives, but it typically goes untreated, according to a survey reported today from the National Institutes of Health (NIH). Contrary to the stereotype, today's person with a drug use disorder is more likely to be a young, white male, who is single and marginally employed. The study said problems with drugs are common and often occur alongside a mental health problem, such as depression. The study, funded by the National Institute on Alcohol Abuse and Alcoholism, found 4% met the criteria for "drug use disorder" in the past year and 10% had met it at some point.

*American Journal of Managed Care, November 18, 2015*

### **Fewer Men Are Getting Prostate Cancer Blood Tests. And That May Not Be a Good Thing**

In two studies published in JAMA, researchers document the consequences of the USPSTF prostate screening recommendation. They found that rates of PSA testing have declined, in [one study](#) from a high of 40.6% in 2008 to 30.8% in 2013 and in [another study](#) from 36% in 2010 to 31% in 2013. In line with that decrease in screening, there was a drop in incidence of prostate cancer, which wasn't surprising since if you screen less, you'll find less cancer. In one of the studies, cases of prostate cancer declined by 33,519 from 2011 to 2012.

*Time, November 17, 2015*

### Male Infertility Might Signal Higher Odds of Testicular Cancer

Men with reduced fertility could be at increased risk for testicular cancer, according to a new study. Researchers looked at over 20,000 men who underwent semen analysis as part of infertility treatment between 1996 and 2011. They were compared to a control group with the same number of men known to be fertile. Overall, 421 cases of cancer were diagnosed. The most common cancers were melanoma skin cancer, testicular and prostate cancers.

*Health Day, November 16, 2015*

### Misleading HPV vaccine websites are easy to find

Parents who go online to find out about the vaccine for human papillomavirus (HPV), a sexually transmitted disease that causes cervical cancer, may have a hard time finding accurate information, a recent U.S. study suggests.

The Internet, where the vast majority of Americans go for answers to a wide variety of medical questions, may be particularly misleading when it comes to facts about HPV, researchers report in the Journal of Adolescent Health.

When they searched for facts about this vaccine online, they found the top five to 10 results contained critical information only about a third of the time.

"In general, web pages that were against rather than neutral or supportive of HPV vaccination were of lower quality and had less complete information," said lead study author Dr. Linda Fu, a pediatrician at Children's National Health System and George Washington University in Washington, D.C.

"When web pages with inaccurate or incomplete medical information are ranked highly by search engines, there's a greater chance that more people are going to view them, which means they will stay highly ranked and continue to perpetuate misinformation," Fu added by email.

*Reuters, November 27, 2015*

### Deaths Persist In Youth And Student Football Despite Safety Efforts

We know more than ever about concussions, the permanent brain damage of chronic traumatic encephalopathy and the other physical risks of football. Yet so far this year, at least 19 students have died playing football, according to the University of North Carolina's National Center for Catastrophic Sport Injury Research . Though participation is slowly declining, football is still the country's

most popular high school sport. Over a million high schoolers played last season.

*NPR, November 26, 2015*

**Doctors divided on meningitis B vaccine**

*They see benefits, but also worry about short safety and effectiveness track record*

Dr. Mark Sawyer, an infectious disease specialist at Rady Children's Hospital San Diego who has helped set national vaccination policy, said the meningitis decision is more nuanced than it is for more routine vaccinations that have been around for decades. "Physicians are struggling with this because we do not have a precise guideline. I was just at a conference where there were over 500 pediatricians in attendance and we talked about this issue for more than a half-hour because this is a real gray area," Sawyer said. Indeed, the CDC's recommendation last month about the meningitis B vaccine pretty much lays the matter right in doctors' laps.

*San Diego Union Tribune, November 25, 2015*

**Boys 'affected' by early puberty hormones**

Early hormonal changes in boys as young as eight are linked to emotional and behavioural problems, a new study says. The findings challenge the belief that puberty is implicated in the onset of mental health problems, says Dr Lisa Munday, lead author of the Murdoch Children's Research Institute study."(The) results show that early hormonal changes, which take place before puberty proper are linked with emotional and behavioural problems, particularly in boys," she says.

*W9 News, November 23, 2015*

**NIH Study: Most Drug Disorders Among Single, Poor White Men**

One in 10 US adults has a problem with drug use at some point during their lives, but it typically goes untreated, according to a survey reported today from the National Institutes of Health (NIH). Contrary to the stereotype, today's person with a drug use disorder is more likely to be a young, white male, who is single and marginally employed.

*American Journal of Managed Care, November 18, 2015*

### Toughest obstacle to HPV vaccinations? Pediatricians

A Bryn Mawr start-up firm is trying to boost vaccine uptake with an educational iPad application that parents use while they wait in the doctor's exam room. And health insurers face economic pressure to get doctors to champion the vaccine.  
*Philly.com, November 22, 2015*

### Rhode Island Public Health Officials Pleased with HPV Vaccine Uptake

Health Department officials say nearly three-quarters of all Rhode Island seventh grade students received the state-mandated HPV vaccine by the beginning of this school year. Health Department director Dr. Nicole Alexander-Scott said the numbers are "extremely encouraging" because it's the first year the immunization was required. Earlier, advocacy group Rhode Islanders Against Mandated HPV Vaccinations mounted a campaign questioning the safety and necessity of the inoculation.

*Star Daily Standard, November 22, 2015*

### Europe Says HPV Vax Safe, But Petition in Spain

Europe has again proclaimed that vaccination against the human papilloma virus (HPV) is safe and that the available evidence does not support a causal link between the vaccines and development of two syndromes, complex regional pain syndrome (CRPS) and postural orthostatic tachycardia syndrome (POTS). Yet at the same time, a public health professor in Spain is spearheading a petition that calls for a halt to HPV vaccination there, and says the vaccine is "not necessary or effective, and it's not even safe."

*Medscape, November 20, 2015*

### Pubescent Boys Hear a Lot About Wet Dreams. But They're Not As Common As You Think.

We don't know much about nocturnal emissions, but we do know that their prevalence is vastly overstated. (We know even less about female wet dreams, a distinct biological phenomenon that I must leave for another day.) Many men—perhaps a majority—never have a wet dream in their lives. Many others have only a handful. In fact, the few men who do experience frequent oneiric ejaculations appear to be the real outliers. You should take my conclusions here with a grain of salt. Nocturnal emissions aren't well-studied, largely because researchers are skittish about talking to young boys about sexual pleasure—and vice versa. Even if some phlegmatic scientist did undertake to measure the

commonness of wet dreams, he'd probably fail: Researchers infamously struggle to extract honest information from adolescents about their sexuality.

*Slate, November 19, 2015*

**UK: HPV vaccine to be offered to men who have sex with men**

A UK government body has recommended that HPV vaccinations, currently only given to girls, are also offered to men who have sex with men. A vaccination programme began in 2008 among school-age girls to tackle the human papilloma virus, which spreads through genital or oral contact and can cause cancers. Only girls were vaccinated on the grounds that men who only have sex with women would also be protected from transmission through 'herd immunity' - but the move left gay men without any protection from HPV.

*Pink News, November 19, 2015*

**The 4 biggest health mistakes men make in their 20s**

While one's 20s are a ridiculously healthy time for most men (and women), there are a few things men can start doing in their 20s that may keep them in good shape for decades to come. The good news is, none of these things require much time or effort.

*Today, November 16, 2015*

**VIDEO**

**Urologist Nerds Drinking Beer: Advice for Young Men on How to Take Care of Their Boys**



[Path2Parenthood](#) recently released an eight-part series for men on subjects ranging from testicular self-exams to steroids  
*November, 2015*

[Syphilis, Gonorrhea, Chlamydia Rates Rising for First Time in Years: CDC Increases are largely driven by STD epidemic among men, U.S. researchers say.](#)

The number of cases of three key sexually transmitted diseases increased last year for the first time since 2006, concerned U.S. health officials reported Tuesday. In 2014, 1.4 million cases of chlamydia were reported to the U.S. Centers for Disease Control and Prevention -- a 2.8 percent increase since 2013. This is the highest number of cases of any STD ever reported to the CDC, the government researchers said in the annual report. Substantial increases were also reported in rates of syphilis (15 percent) and gonorrhea (5 percent). And the syphilis rates were highest among gay and bisexual men, according to the CDC's Sexually Transmitted Disease Surveillance, 2014 report.

*Healthfinder, November 17, 2015*

[UK:Male suicide is a public health crisis - so why are we still ignoring it?](#)

In this country we have a problem that we can't shy away from anymore. Suicide is the biggest killer of men under the age of 45, and last year 12 men died by their own hand every single day. That is a public health crisis, but we aren't talking about it enough.

*The Independent, November 17, 2015*

**Spain Study: Cross-sectional study about primary health care professionals views on the inclusion of the vaccine against human papillomavirus in the vaccine schedules**

Conclusions: There is a strong controversy among health professionals regarding the marketing and inclusion of HPV vaccine in immunization schedules. However, the knowledge of the primary care health professionals on key aspects of infection and vaccine protection are insufficient. The training of professionals in vaccination, cervical pathology and HPV infection should be improved to provide objective information on the use as this vaccine for patients.

*7th Space, November 16, 2015*

**HPV Through Oral Sex Could Become 'Leading Cause Of Mouth Cancer'. Experts Predict**

Human papilloma virus (HPV) passed through oral sex could soon overtake smoking to become the leading cause of mouth cancer among men and women, health experts claim. To coincide with Mouth Cancer Action Month, euroClinix have shared an [eye-opening infographic](#) showing the link between oral sex and mouth cancer .

*Huffington Post UK, November 16, 2015*

**UK: 2.5 million men 'have no close friends'**

*For men, stark new research shows chances of friendlessness trebles from early 20s to late middle age*

It is among the most basic of human needs but stark new research suggests that more than two and a half million British men have no friends they would turn to for help or advice in a crisis. A study of relationships in the UK found that men's chances of friendlessness almost treble between their early 20s and late middle age. And married men are also significantly less likely than their single counterparts to say they have friends to turn to outside of the home. The new findings will add weight to warnings of a "crisis of masculinity" in Britain

amid evidence of an alarming rise in suicide among men, especially those in middle age.

*The Telegraph, November 15, 2015*

**One in Five Pediatricians Drops Families Who Refuse Vaccines: Survey**

One of every five U.S. pediatricians regularly drops families who refuse to have their children vaccinated, a new survey shows. Doctors in the South and Northeast were more likely to take this hardline stance, said study lead author Dr. Sean O'Leary, a pediatric infectious disease specialist at Children's Hospital Colorado in Denver. But O'Leary said he's heard anecdotally that pediatricians across the nation have come under pressure to refuse to take on unvaccinated children, following the Disneyland measles outbreak that occurred earlier this year.

*Healthfinder, November 2, 2015*

**The HPV Vaccine: Understanding sex, religion, health and politics in Indiana**

The state's integrated public health system tracks childhood immunization and has sent out regular notices to parents encouraging the benefits of HPV vaccinations since 2012. The Indiana Department of Health dispatched one such letter to 305,000 Hoosiers in September, restating the implied civic duty to vaccinate children from preventable diseases such as HPV. That sent the religious guardians of sexual propriety into orbit. A hot-letter campaign from religious-right cover group American Family Association of Indiana landed on Gov. Mike Pence's desk and, as any straight-thinking modern leader would do, he capitulated immediately and had the letter rewritten.

*Chicago Tribune, November 13, 2015*

**Parental Death in Childhood Ups Suicide Risk**

Losing a parent in childhood, regardless of cause, is associated with an increased risk for suicide for the bereaved for at least 25 years after the traumatic experience, new research shows. **The highest risk seems to be among children who had a parent die by suicide (especially boys who had a mother die by suicide),** first-born children, and children who had a parent

who died before the child's sixth birthday. The risk was also "markedly" increased for children who had a parent die from other causes.

*Medscape, November 13, 2015*

**Gay Men's Health Summit 2015: How health deteriorates under homophobic legislation**

While most people are now aware of how homophobia affects the wellbeing of someone psychologically or socially thanks to research on those topics, there have been less studies on how homophobic legislation, policies, and more impacts the health of queer men and men who have sex with men (MSM). Columbia University's Dr. Mark Hatzenbuehler talked about what researchers have found about the latter at the 2015 Gay Men's Health Summit on November 5 at SFU Harbour Centre. Hatzenbuehler's keynote address was the launchpad for the theme of this year's conference: undoing stigma.

*straight.com, November 13, 2015*

**CDC notes growing concern of meningococcal disease in MSM**

Three US outbreaks of meningococcal disease in men who have sex with men (MSM) in recent years prompted the Centers for Disease Control and Prevention (CDC) to request reports from states on the disease in this population, and they noted at least 74 cases since 2012 concentrated in large cities, according to a [report today](#) in Morbidity and Mortality Weekly Report (MMWR).

*Center for Infectious Disease Research and Policy, November 12, 2015*

**California Vaccine Refusers Cluster in Rich, White Areas**

*But changes are coming to that state's 'personal belief' exemption law*

California's anti-vaccine sentiment tends to concentrate in wealthier, largely white areas of the state -- a pattern that has left certain communities with childhood vaccination rates as low as 50 percent, a new study finds. The study, published online Nov. 12 in the American Journal of Public Health, is the latest to delve into the issue of personal belief exemptions for vaccines. Right now, 20 U.S. states permit the exemptions, which allow parents to opt out of routine childhood vaccinations based on philosophical objections.

*Health Day, November 12, 2015*

**Stanford creates new Center for Youth Mental Health and Wellbeing Center**

*looks to open new health clinics to serve 12- to 25-year-olds*

"I've been particularly concerned, not only locally but nationally, about the need for us to create in this country a public mental health model for adolescent and young adults where one doesn't really exist," said Steven Adelsheim, a Stanford child psychiatrist who is serving as director of the Center for Youth Mental Health and Wellbeing. "Half of all mental health issues start by (age) 14 and three-quarters by the age of 24, but we really don't have great systems that are comfortable for people to get early mental health care. I've become more and more convinced thorough my career ... that we still don't have great systems in place to provide that early support."

*Palo Alto Online, November 9, 2015*

**First-of-its-kind study of puberty timing in males**

*New study reveals strong genetic correlation between male and female puberty timing*

"Our study shows that although there are obvious physical differences in pubertal development between boys and girls, many of the underlying biological processes governing it are the same. It also shows that the age when men's voices break, even when recalled decades after the event, is an informative measure of puberty timing," says co-author Dr. Felix Day from the MRC Epidemiology Unit at the University of Cambridge. "Until now, most of our understanding of the biological regulation of puberty timing has come from large studies of healthy women, in whom the stages of puberty are usually easier to remember, or studies of patients affected by rare disorders. Research has been scarce in men, largely because investigators have disregarded the accuracy that men can recall pubertal events," explains study lead Dr. John Perry (also from the MRC Epidemiology Unit at the University of Cambridge).

*American Association for the Advancement of Science, November 9, 2015*

**Good Talks Needed to Combat HPV Vaccine Myth**

When people hear about vaccine deniers - anti-vaxxers, to some - they most often think about parents who are refusing to vaccinate their children. But there's another type of vaccine refusal, and it's important that we not ignore that. Doctors sometimes promote the use of some vaccines with less enthusiasm than others. Sometimes, they don't talk about them at all. This occurs most often with the human papillomavirus, or HPV, vaccine. The low immunization rates with this vaccine, and the behaviors of the physicians

who might be contributing to that, have consequences.  
*New York Times, November 9, 2015*

**Research finds risk of suicide and mental illness increases among young men during recession**

David Gunnell, professor of epidemiology at the University of Bristol said: "Prior to the recession, rates of suicide in the UK were declining. Around the time of the recession, this decline reversed, and similar patterns were seen in other European countries and in North America. The greatest rise in the incidence of suicide appeared to be in young men.

*Medical Xpress, November 6, 2015*

**UK: Two fifths of younger men have thought about suicide**

The biggest ever campaign to raise awareness of mental health issues will be launched today backed by the Archbishop of Canterbury, former Olympians, military officers and senior business figures. More than two fifths of adult men under the age of 45 have considered taking their own lives, a YouGov poll has revealed.

*The Times UK, November 2, 2015*

**AUSTRALIA: Comment - We are failing our young men by not having rites of passage**

Research collected by Deakin University shows that for males in Australia 11 and 12-years-old is when they are happiest. In my 15 years working as a general practitioner I was constantly amazed and in fact distressed at how these happy go lucky young boys could turn so rapidly into sullen, shut down, trouble seeking and openly angry teenagers. In my 20 years working in emergency departments I have also seen way too many of the tragic results when young men self destructed with either drugs, alcohol, cars or violence. I sold my medical practice in 2000 to devote my time to research and developing programs to support our young men.

*SBS, October 28, 2015*

**Men with 10 times greater risk of testicular cancer to benefit from new genetic test**

*Testicular cancer could be easier to predict with a new genetic test set to identify men at a 10-fold increased risk of the disease.*

It's the most common cancer in young men 15 to 35, with around 2,300 men diagnosed aged 15 to 49 a year. One in 20 - or 70 annually - will die from testicular cancer, with white men five times more at risk than black men. The Institute of Cancer Research in London has uncovered four new genetic variants associated with increased cancer risk, adding to the 21 previously identified.

*Mirror UK, October 27, 2015*

### **Men's Health May Be Suffering From Hypermasculine Energy Drink Ads: Study Warns They're Not 'Magic Potions'**

"While most men who buy energy drinks aren't martial arts champions or race car drivers, these marketing campaigns can make some men feel as though drinking energy drinks is a way to feel closer to, or associated with, these ultra-masculine sports," said Levant in a press release.

*Medical Daily, November 7, 2015*

### **Europe Concludes Syndromes Are Not Caused by HPV Vaccine**

Despite continued reports in the lay media of teenage girls developing various symptoms after human papillomavirus (HPV) vaccination, and also documented cases in the medical literature of two syndromes - complex regional pain syndrome (CRPS) and postural orthostatic tachycardia syndrome (POTS) - after such vaccination, an eagerly awaited review from the European Medicines Agency (EMA) has concluded that the "evidence does not support that vaccines cause CRPS or POTS."

*Medscape Medical News, November 5, 2015*

### **A cancer on the rise, and the vaccine too late for Gen X**

*Gen X men have had more sex partners and engaged in more oral sex than earlier generations, experts say.*

"The risk of getting this cancer is strongly related to when you were born. If you are currently a 40- to 45-year-old man, your risk of getting this cancer is dramatically higher than a 40- to 45-year-old man three or four decades ago," Gillison said. Today's 40- to 50-year-old men have had more sexual partners and have engaged in more oral sex than previous generations, according to experts, significantly raising their risk of an HPV-related head and neck cancer.

*CNN, November 5, 2015*

### Is premature ejaculation a true illness?

"It is important for men to understand that in premature ejaculation the physiology of ejaculation and orgasm is not impaired, and that it is normal in adolescent males especially during their first sexual encounters," said Dr. Vincenzo Puppo, co-author of the Clinical Anatomy article. "Teens and men can understand their sexual response during masturbation and learn ejaculatory control without drug therapy." Also, immediately after ejaculation, men enter a refractory period, which lengthens with age.

*Science Codex, November 4, 2015*

### Serogroup B meningitis vaccine recommended for more young adults

Guidelines published online Oct. 23 in the CDC's Morbidity and Mortality Weekly Report recommend serogroup B meningococcal vaccination for adolescents and young adults ages 16-23.

*Nurse.com, November 4, 2015*

### Talking About Sex with Parents Reduces Risky Teen Behavior

"We know that parents tend to communicate more frequently with girls than with boys," Widman said in an interview with Reuters Health. "We also know that the messages parents share are more likely to stress the negative consequences of sexual activity, like pregnancy, when they talk with their daughters." Parents may need to increase how often they talk with their sons about sex and change the content of the messages surrounding sex that they communicate to boys, she said.

*Youth Health, November 4, 2015*

### Outreach Program Boosts Completion of Three-Dose HPV Vaccine Series

A multicomponent outreach program increased completion of the three-dose human papillomavirus vaccination series that reduces the risk of cervical cancer, according to a joint study by UT Southwestern Medical Center and Parkland Health & Hospital System. The study was the first to compare effectiveness in safety-net hospital populations of HPV-specific information and follow-up calls to those overdue for later doses of the vaccine, versus more traditional general vaccine information. The study was published in the journal Pediatrics, and was funded by the Cancer Prevention and Research Institute of Texas.

*Cancer Letter, November 3, 2015*

### [UK: Big Boys Don't Cry](#)

HuffPost UK is running a month-long focus around masculinity in the 21st Century, and the pressures men face around identity. To address some of the issues at hand, [Building Modern Men](#) presents a snapshot of life for men, from bringing up young boys to the importance of mentors, the challenges between speaking out and 'manning up' as well as a look at male violence, body image, LGBT identity, lad culture, sports, male friendship and mental illness.

*Huffington Post, November 2, 2015*

### [Screening for Adolescent Substance Use in Primary Care Setting Can Improve Intervention Efforts](#)

*Kaiser Permanente study also shows barriers remain*

In the first trial to compare different approaches to delivering substance-use and mental-health screening in primary care for adolescents, training for physicians and embedding behavioral health clinicians produced better results than usual care. The study, published today in JAMA Pediatrics, was conducted by Kaiser Permanente.

*PR Newswire, November 2, 2015*

### [Geisinger study finds protective cup use rare among young male athletes](#)

*Only 13 percent of high school, college athletes said they wear one*

A study by Geisinger Health System urologists provides evidence that young male athletes don't properly protect themselves against testicular injury. Less than 13 percent of the study's more than 700 high school and college male athletes said they wear a protective athletic cup.

*News Item, November 2, 2015*

### [Dr. Schaffner Helps Clear Up the Confusion on Meningococcal Vaccines](#)

Fortunately, Dr. William Schaffner wrote an excellent article for the National Foundation of Infectious Diseases (NFID) that we have reblogged below that provides a thorough explanation of meningococcal disease, the different meningococcal vaccines that are available to patients, and the facts parents need to know to make an educated immunization plan for their child.

*Shot of Prevention, October 30, 2015*

### [CANADA: HPV vaccine rates lagging \(VIDEO\)](#)

Cancer Society launches a campaign to encourage parents to get their children vaccinated against HPV.

*Yahoo, October 21, 2015*

### **UK: A fifth of unvaccinated ethnic school girls think they don't need HPV jab**

About 20 per cent of girls from ethnic minority backgrounds are not being vaccinated against the Human Papilloma Virus (HPV) because they feel they don't need to have it, according to a Cancer Research UK survey presented today at the National Cancer Research Institute (NCRI) Cancer Conference in Liverpool. Reasons included: 'Because I am not sexually active and will not be until I get married' and: 'My Mum didn't think it was necessary for me to have the vaccine since I won't be sleeping around'. This is the first study done with an ethnically diverse group of girls to look at why they are not vaccinated, or do not complete the series of injections.

*American Association for the Advancement of Science, November 1, 2015*

### **A National Call to Action to Improve Adolescent Health**

The HHS Office of Adolescent Health (OAH) is pleased to announce a national call to action to improve adolescent health called "Adolescent Health: Think, Act, Grow," or TAG. TAG calls upon organizations and individuals working with teens to prioritize activities that improve adolescents' physical, social, emotional and behavioral health. "We encourage professionals working with adolescents as well as their friends and families and adolescents themselves to take action to improve adolescent health," said Evelyn Kappeler, Director of OAH. "Each of us can make a difference in the health of adolescents today and in their future."

*HHS, October 29, 2015*

### **Many Doctors Not Consistent With HPV Vaccine Recommendations**

Many physicians are inconsistent or behind schedule in their recommendations for human papillomavirus (HPV) vaccination, according to [a study published online](#) Oct. 22 in *Cancer Epidemiology, Biomarkers & Prevention*. The researchers found that 27 percent of physicians reported that they did not strongly endorse HPV vaccination, or deliver timely recommendations for boys or girls (26 and 39 percent, respectively). Fifty-nine percent of physicians used a risk-based approach for recommending HPV vaccination; 51 percent usually recommended same-day vaccination. Physicians who were uncomfortable talking about HPV vaccine or who believed parents did not value it had lower overall recommendation quality. Higher quality was seen among physicians who

initiated discussions by saying that the child was due for HPV vaccine rather than providing information or eliciting questions.

*Oncology Nurse Advisor, October 28, 2015*

**Boston Medical Center awarded grant to improve HPV vaccination rates through provider education**

A Boston Medical Center education-based pilot program was able to increase HPV vaccination rates among boys and girls at two community health centers by educating physicians about the vaccine and providing them with training to more effectively communicate with patients and parents about the vaccine's importance. Earlier this month, the American Cancer Society awarded Boston Medical Center a \$1.04 million grant to expand the pilot program to four other community health centers over the next three years. As part of the program, physicians are given the rates of HPV vaccinations for their practice-how many kids started and how many kids finished the series. Perkins said they receive education on the importance of the vaccination and how to communicate with parents who may seem unsure or have questions.

*Boston.com, October 28, 2015*

**NEW ZEALAND: Doctors seek HPV vaccine funding for boys**

*Doctors are pushing for an anti-cancer vaccine funded only for girls be extended to boys and young men.*

The Medical Association, representing 5500 doctors, wrote to drug-buying agency Pharmac in mid-August seeking an update on a proposal to fund the HPV vaccine either universally for boys from 11 to 19, or for the subset of boys and young men from age nine to 26 who self-identify as having sex with other males and are at high-risk of oncogenic HPV.

The association told Pharmac "the burden of HPV-related disease in males is considerable".

*Radio New Zealand, October 28, 2015*

**CANADA: Presenter illuminates sex education for Yarmouth students**

Sex education has evolved enormously since it was first introduced in schools. Nowadays, information on emotional tie-ins is just as important as biological explanations. Teresa Norris, founder, president and spokesperson for [HPV Awareness Corporation](#), visited Yarmouth recently, providing age-appropriate, sexual health information to local students.

*Yarmouth County Vanguard, October 28, 2014*

**Your son should also get the HPV vaccine**

*Although not recommended by most doctors, getting the HPV vaccine will protect boys against multiple cancers.*

The vaccine is recommended for boys and girls 11 or 12 years old, and some parents blanch at the prospect of inoculating their child against a sexually transmitted virus at that age, Saslow said. Unfortunately, taking the HPV vaccine out of the regular immunisation schedule drastically lowers the odds that a child will get the full series of shots, she said. It also increases the odds that they will be exposed to HPV before getting the vaccination.

*Health 24 Center, October 28, 2015*

**Too Few Boys Get HPV Vaccine, CDC Study Finds**

Most boys in the United States aren't receiving the cancer-preventing HPV vaccine alongside their other scheduled inoculations, largely because doctors fail to recommend it or adequately explain its benefits to parents, a new U.S. government study says. The study was published in the October issue of *Pediatrics*.

*Health Day, October 26, 2015*

**The International Papillomavirus Society Endorses Human Papillomavirus Vaccines**

Based on our review of the scientific data, IPVS strongly endorses HPV vaccination of all girls and women as specified by the relevant national regulatory authorities. IPVS also strongly endorses HPV vaccination of boys and men wherever relevant national regulatory authorities approve it.

"HPV vaccines have been in the market for almost 10 years. The impact in the vaccinated cohorts is expected to be high and much of the HPV related disease will be reduced. The IPVS encourages Public Health and other stakeholders to promote HPV vaccination as a paradigm in cancer prevention."

*PR Newswire, October 26, 2015*

**Why Do Doctors Hate This Vaccine?**

*The HPV vaccine can prevent 9 out of 10 cases of a cancer that affects the tongue, throat, and cervix. So why are doctors failing to recommend it?*

The United States has a rate of vaccination against HPV far below recommended levels. In 2014, only about 40 percent of girls between ages 13-17 had received all three recommended doses, and for boys of the same age it was even lower at around 22 percent. As the authors of the study note, recommendation from physicians is the single greatest factor in deciding whether or not to vaccinate, and those numbers aren't going to rise nearly enough if doctors fail to make it a priority.

*The Daily Beast, October 26, 2015*

#### **Study describes HPV vaccination rates among adolescent males**

In U.S. adolescent males, human papillomavirus (HPV) vaccination uptake of  $\geq 1$  dose and series completion of  $\geq 3$  doses were 34.6% and 13.9%, respectively, with significantly higher rates of completion among non-Hispanic blacks and Hispanics, compared with non-Hispanic whites. The most common reason reported by parents for not vaccinating their male adolescents was the perception that the provider did not recommend it.

*2 minute medicine, October 25, 2015*

#### **Governor weighs in on criticism of HPV vaccine letter**

Gov. Mike Pence said his administration is looking into objections being raised by religious conservatives after the State Department of Health sent letters to parents who haven't vaccinated their children for a type of cervical cancer. The letter was sent to about 305,000 parents of Indiana children with no record of having started the three-dose vaccine for human papilloma virus, or HPV. The letter encourages them to have their children vaccinated.

*Idaho Statesman, October 23, 2015*

#### **Sex survey video gives eye-opening insight into what young people think about condoms**

Demonstrating what Durex, who conducted the research, dubbed a "invincibility culture", 40 per cent of those who took part in the survey by Durex admitted to exposing themselves to STIs and unwanted pregnancy by having sex with more than one person without a condom. A further 48 per cent said that contracting HIV/AIDs is not something that could happen to their friends, while 61 per cent said they didn't think about condoms until they needed one.

*Independent, October 23, 2015*

**Use of Serogroup B Meningococcal Vaccines in Adolescents and Young Adults: Recommendations of the Advisory Committee on Immunization Practices, 2015**

This report summarizes the deliberations of ACIP, the rationale for its decision, and recommendations for use of MenB vaccines in adolescents and young adults. Two MenB vaccines have recently been licensed by the Food and Drug Administration (FDA) for use in the United States and approved for use in persons aged 10-25 years: MenB-FHbp (Trumenba, Wyeth Pharmaceuticals, Inc.) and MenB-4C (Bexsero, Novartis Vaccines).

*MMWR, October 23, 2015*

**ADHD May Have Different Effects on Brains of Boys and Girls**

*Study findings might explain different behaviors seen in genders, experts say*

"Females are more likely to present with the inattentive symptoms of ADHD, while males are more likely to present with hyperactive and impulsive features of ADHD."

*Health Day, October 22, 2015*

**Doctors, Not Parents, Are The Biggest Obstacle To The HPV Vaccine**

"The single biggest barrier to increasing HPV vaccination is not receiving a health care provider's recommendation," said lead [study](#) author Melissa Gilkey, an assistant professor of population medicine at Harvard Medical School. That's more of an issue, she says, than parents' decisions to refuse or delay HPV vaccination. The problem? HPV infections are most commonly - though not always - transmitted sexually. They were also less likely to recommend on-time vaccination for boys than for girls. Nearly 2 in 5 doctors (39 percent) did not recommend on-time HPV vaccination for their male patients compared with 26 percent for female patients.

The starker findings, however, related to how the doctors approach their discussions with parents. Only half recommend the vaccine the same day they discuss it, and 59 percent said they approach discussions by assessing the child's risk for contracting the disease rather than consistently recommending it to all children as a routine immunization.

*NPR, October 22, 2015*

**Aggressive music related to anxiety in men**

"Some ways of coping with negative emotion, such as rumination, which means continually thinking over negative things, are linked to poor mental health. We wanted to learn whether there could be similar negative effects of some styles of music listening," explains Emily Carlson, a music therapist and the main author of the study.

*Medical Express, October 22, 2015*

### **Manitoba expands HPV vaccination program to include boys**

Boys in Grade 9 will also be offered the vaccine free-of-charge for the next three years in schools. Any girl or boy who misses the vaccine in Grade 6 will be eligible to get it in later years free of charge under the province's "once eligible, always eligible," program.

*CBC, October 21, 2015*

### **Parents Talk Differently to Boys and Girls After Accidents**

Most interesting, perhaps, was the fact that the parents reported being about four times likelier to tell girls to be careful in the future compared to boys. The researchers think this might offer some hints about important gender dynamics, particularly in light of the fact that studies "consistently" show, as the researchers put it, that boys injure themselves at significantly higher rates than girls.

*Science of Us, October 19, 2015*

### **Outreach increases completion of HPV vaccination series by adolescent girls**

Published in the journal [Pediatrics](#), this study is the first to compare effectiveness in safety-net populations of HPV-specific information and follow-up calls to those overdue for later doses of the vaccine versus more traditional general vaccine information. The work was funded by the Cancer Prevention and Research Institute of Texas.

*Science Daily, October 19, 2015*

### **Millennial men the most emotional while watching video ads**

Millennial men have the highest emotional reaction in 14 of the 18 different psychological responses identified and measured by Unruly's predictive tool, Unruly ShareRank. According to Unruly's research, 18- to 34-year-old males are more likely to get angry (more than 39 percent), sexually aroused (more than

102 percent), and exhilarated (more than 18 percent) while watching video ads than any other group. They are also more likely to feel happiness (more than 7 percent), fear (more than 38 percent), nostalgic (more than 11 percent), pride (more than 23 percent), and inspiration (more than 9 percent).

*Clickz, October 13, 2015*

#### **New test to predict relapse of testicular cancers**

Scientists have developed a new test to identify patients who are at risk of suffering a relapse from testicular cancer. Testicular germ cell tumours are the most common solid malignant tumour in young Caucasian men. Patients diagnosed with early-stage disease face a choice between monitoring with treatment if relapse does occur or upfront chemotherapy with its associated long-term side-effects. Predicting who does or does not need chemotherapy up front is therefore important to minimise treatment in this largely curable disease.

*AAAS, October 13, 2015*

#### **Prostate cells undergo 'reprogramming' to form tumors, study finds**

Scientists have gained a key insight into how prostate tumors get their start - not by rewriting the normal DNA code, but by reprogramming the master regulator of genes in prostate cells to drive malignant growth.

*AAAS, October 12, 2015*

#### **"Condoms are pretty much awful": So why isn't there something better for men?**

Three state-of-the-art birth control methods for women have annual pregnancy rates below 1 in 500 , and the user doesn't have to think about them for years at a time. By contrast, the best option available to men (short of sterilization) has an annual pregnancy rate of about 1 in 6 and has to be rolled onto an erect penis during each sexual encounter. A new generation of researchers would like to change that - but change takes money.

*Salon, October 10, 2015*

#### **New study sheds light on emotional side effects of prostate cancer treatment**

*A new study has shed light on the effects of prostate cancer treatment on a patient's emotions.*

Androgen deprivation therapy is commonly used as treatment for prostate cancer. The physical side-effects of the treatment are well known, but less was known about the psychological effects. Lisa Dawn Hamilton, an assistant professor of psychology at Mount Allison University, recently co-authored a study looking at those impacts. "No one was really telling these men that they might have emotional side effects as well. So we were interested in looking at the emotion, so their shifts in mood that they experienced and also, what their partners experienced, but also how it affected their relationships and their sexual lives," says Hamilton.

*CTV, October 8, 2015*

### **5 Truths About Male Menopause Every Man Should Know Isn't it time for us to start talking openly about it?**

When it comes to aging, women speak freely about menopausal mood swings, thinning hair, hot flashes, exhaustion, weight gain, etc. But women aren't the only ones who have to deal with hormonal changes as they age. Many men suffer from andropause -- frequently referred to as male menopause -- which occurs when their hormone production drops. Huff/Post50 spoke to Dr. David Borenstein , an integrative medicine doctor, about the reasons why there is less transparency about andropause.

*Huffington Post, October 8, 2015*

### **Scientists Get Closer to Genetics of Homosexuality in Men**

*Researchers able to make accurate predictions 70 percent of time in study of twins*

Scientists are reporting that they've linked the way genes in certain regions of the human genome work to influence sexual orientation in males.

*HealthDay, October 8, 2015*

### **Risk of Bladder Cancer Rising for Workers in Many Industries**

Despite efforts by lawmakers and manufacturers to protect workers and provide safe working environments, the risk of bladder cancer is still rising in certain industries, a new study finds. Most cases of this common form of cancer

develop following exposure to carcinogens that are inhaled, ingested or come into contact with the skin, the researchers explained.

*HealthDay, October 8, 2015*

**Gay, bisexual men report more indoor tanning, skin cancer**

Gay and bisexual men were up to six times more likely than straight men to use indoor tanning devices and to experience skin cancer while lesbian and bisexual women were about half as likely as straight women to do either, researchers found.

"Unfortunately, we weren't able to directly prove a link between indoor tanning and an increased risk of skin cancer," said Dr. Matthew Mansh, who did the research while he was a medical student at Stanford University in California.

*Reuters, October 7, 2015*

**Penis enlargement is the second most popular plastic surgery choice for men**

After fat reduction, penis enlargement is the preferred cosmetic procedure of American men.

*Independent, October 6, 2015*

**Aggressive prostate cancer risk not higher with testosterone therapy**

*The length of time of testosterone treatment, as well as number of injections, did not have any effect on prostate cancer after men had been diagnosed.*

"Given the slow growth of prostate cancer development, this investigation offers novel and important information to physicians, patients and the general public," said Dr. Jacques Baillargeon, a professor at the University of Texas Medical Branch, in a press release. "This study's findings offer important information regarding the risk-benefit assessment for men with testosterone deficiency who are considering treatment."

*UPI, October 5, 2015*

**International agreement on MRI-scans 'likely to change how we detect prostate cancer'**

*The standards of how to acquire and report the scans are published in the peer-reviewed journal, European Urology*

International radiological bodies\* have agreed on a standard for how doctors evaluate MRI to confirm a diagnosis of prostate cancer. This promises to reduce the number of over diagnosis of insignificant cancers by up to 89%. The new procedure also allows radiologists to identify up to 13% more life-threatening tumors than current procedures. The standards of how to acquire the MR-images and how to report them are published \*\* in the peer-reviewed journal, European Urology, the journal of the European Association of Urology.

*AAAS, October 2, 2015*

#### **McMaster gets \$5M to test prostate cancer vaccine**

Hamilton researchers are attempting to create a prostate cancer vaccine that would use viruses to destroy cancer cells and trigger an immune response. Funded primarily by a \$5-million grant from popular fundraiser Movember and Prostate Cancer Canada, the vaccine will be manufactured in Hamilton and Ottawa and tested on patients who currently have no other course of treatment.

*The Spec, October 1, 2015*

#### **"Die young, as late as possible": Movember unveils colourful awareness campaign**

A month before thousands of men across the country start to hipsterise in aid of charity Movember has unveiled its latest awareness campaign, and created a challenge to get women more involved in the event. The colourful new campaign has been created by Melbourne based agency Urchin for the charity, which encourages men to get sponsored to grow a moustache, is centred around the theme of "die young, as late as possible."

*Mumbrella, October 1, 2015*

#### **Mouse Study Hints at New 'Male Contraceptive'**

*Discovery could lead to a reversible, non-hormonal form of birth control for men, scientists say*

A discovery in mice could pave the way to a reversible, non-hormonal form of birth control for men, researchers report. The findings, published online Oct. 1 in the journal Science, add to efforts to develop the elusive "male pill" -- that is, a reliable but temporary form of contraception for men.

*HealthDay, October 1, 2015*

### **New prostate cancer treatments could target metabolism**

Prostate cancer is the most commonly diagnosed malignancy and second leading cause of cancer-related deaths among men in the U.S. The challenge with prostate cancer is that the standard treatment methods in the advanced stage of the disease lose effectiveness after about one to two years, leading to recurrence and, ultimately, death. A University of Houston researcher and his team are working to change that.

*Medical Xpress, September 30, 2015*

### **The UK Just Got Its First Men-Only Mental Health Center**

Deeply concerned by the prevalence of male suicide, Alex Eaton, founder of the Eaton Foundation, decided to take the issue into his own hands. Earlier this month he opened the first male-only mental health center in the country. "It's important to have a male-only center, because men find it hard to talk about their feelings. It's that age-old thing of men being macho," says Eaton. "Having a men's center is a very simple concept. I'm surprised we're the first of its kind."

*Vice, September 29, 2015*

### **New global educational initiative helps men identify symptoms of advanced prostate cancer**

The survey is the largest of its kind conducted to date in this setting. Commissioned by the International Prostate Cancer Coalition (IPCC) with the support of Bayer HealthCare, the global results from the 10-country International Prostate Cancer Symptoms Survey reaffirm findings from the U.S. arm released earlier this year. The results have shaped a global educational initiative from Bayer called Men Who Speak Up ([www.MenWhoSpeakUp.com](http://www.MenWhoSpeakUp.com)), which helps pinpoint the symptoms of advanced prostate cancer and empowers men and their loved ones to have important conversations at the right time and with the right people.

*News Medical, September 29, 2015*

### **AACE Responds to FDA Testosterone-Replacement Statement**

The American Association of Clinical Endocrinologists (AACE) has issued a position statement on the use of testosterone-replacement therapy in response to the US Food and Drug Administration's announcement earlier this year regarding cardiovascular effects of testosterone, placing more emphasis on potential benefits and emphasizing the uncertainty about the FDA's advice.

The statement [is published](#) in the September issue of Endocrine Practice by the AACE Reproductive Endocrinology Scientific Committee, led by Neil Goodman, MD, of the University of Miami, Florida.

*Medscape Multispecialty, September 29, 2015*

### **For Black Gay Men, HIV Is a Perfect Storm**

*The statistics are hard to ignore and even harder to fathom*

Gay men make up only 1.4 percent of the total black population in the U.S., yet they account for an astounding 53 percent of new HIV infections in the black community. And while new HIV infection rates have decreased among black women and injecting drug users, infections continue to rise among black gay and bisexual men. In addition, although gay men are 40 times more likely to get HIV than the general population, that figure rises sharply to 72 times more likely among black gay men.

*Advocate, September 28, 2015*

### **White Men Have Less Life Stress, But Are More Prone To Depression Because Of It**

When people talk about the black-white health gap, they usually mean that black people have worse health outcomes than white people. And generally, that's true. On basically every measure, from childbirth to hypertension to HIV transmission rates, the black community fares worse. But there's one area where this gap doesn't hold up: men's mental health. White men are more likely to face depression associated with stressful life events than black men or women of any race, according to a recently published study in the Journal of Racial and Ethnic Health Disparities.

*Huffington Post, September 24, 2015*

### **Prostate Cancer: Is It Time to Retire the Gleason Score?**

A European group has just published outcomes based on this PGG system, [2] and it fits nicely. Those many patients with low grades who may not need radical therapy will stand a better chance of not receiving radical therapy with new low-sounding numbers. And, by the way, how did "watchful waiting" as a good way to handle those prostate "cancers"-which, from histology, seem like they would behave as indolentomas-morph so quickly into "active surveillance"? My guess is that it is very hard to bill a patient, Medicare, or an insurance company for just letting the patient watch and wait.

*Medscape Multispecialty, September 24, 2015*

### Some Prostate Cancer Patients May Not Benefit From Hormone Therapy

*Analysis found men with heart disease might live longer when treated with radiation alone*

Men with prostate cancer who also have had a heart attack may fare better with radiation therapy alone rather than with the standard treatment of radiation plus hormone therapy, a new analysis suggests.

*HealthDay, September 22, 2015*

### IRELAND: Spike in rate of self-harm among under-14s boys

The 2014 report from the National Self-Harm Registry has found that hundreds of children between the ages of 10 and 14 required hospital treatment over self-inflicted injuries. The rate of self-harm for boys in this age category increased by 44%, up to 49 per 100,000.

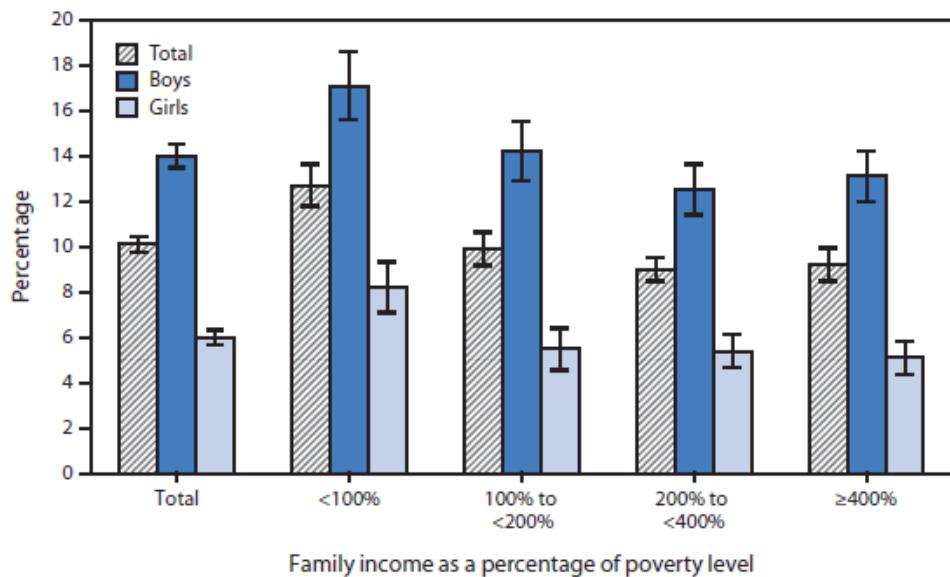
*The Journal, October 17, 2015*

### AUSTRALIA: Burgers, chips, soft drink: Teenage boys eat more fatty and sugary food than the rest of us

One in four boys aged 14 to 18 had eaten a burger. That was compared to one in 14 people in the general population. One in five boys in the same age group had also eaten chips the day before, compared to one in seven people across the country.

*Sydney Morning Herald, October 17, 2015*

### Males under 17 continue to have much higher ADHD diagnosis rates than their female peers



*CDC MMWR, October 16, 2015*

### [\*\*CDC: Over 20,000 Annual ED Visits Tied to Supplements\*\*](#)

Most of those visits involved either young adults, ages 20 to 34 (28%), or unsupervised children (21%). Together, these two types of products were implicated in about 72% of cases involving cardiac effects such as palpitations, chest pain, or tachycardia, and most of the cardiac symptom visits (58%) involved patients ages 20 to 34.

*Medpage Today, October 15, 2015*

### [\*\*Vaccines Rarely Cause Life-Threatening Allergic Reactions: CDC\*\*](#)

*Just 33 people from 25 million immunized were affected, researchers report*

"Vaccination is one of the best ways parents can protect infants, children and teens from 16 potentially harmful diseases. This is a good time to remind parents that vaccines are safe and effective -- the odds of having an anaphylaxis-related reaction following the administration of a vaccine are very slim," said study author Dr. Michael McNeil, of the CDC.

*Medline Plus, October 15, 2015*

### [\*\*End Conversion Therapy for LGBTQ Youth, Experts Say\*\*](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is calling for an end to conversion therapy for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth in a report released today.

*Medscape Multispecialty, October 15, 2015*

#### Ebola Persists for Extended Period in Survivors' Semen: Study

*Research suggests virus can hide for up to 9 months, and men can pass the virus to female partners*

The Ebola virus is capable of hiding out in the semen of male survivors for up to nine months after symptoms appear, a new study suggests. And a related case report illustrates why this latest discovery is so concerning: Scientists from the U.S. Army Medical Research Institute for Infectious Diseases in Maryland found evidence in blood and semen samples that a male Ebola survivor from Liberia infected his female partner a full six months after his blood tested negative for the deadly virus. His semen sample tested positive.

*Medline Plus, October 14, 2015*

#### Current status of human papillomavirus vaccination

In this article, the authors review the impact of the quadrivalent and bivalent prophylactic human papillomavirus (HPV) vaccines on HPV infection and disease, review alternative vaccine dosing schedules, the vaccination of men and the nine-valent HPV vaccine.

*Urology Today, October 14, 2015*

#### China Risks a Generation of Left-Behind Boys

Across the Chinese mainland, boys are routinely performing worse than girls of the same age, according to Hong Kong reports. In response, one middle school in Nanjing hosted a forum on September 28 to discuss issues of academic responsibility and masculinity. The forum produced a report stating that China's boys lagged significantly in academics, physical health and mental health.

*Beijing Today, October 13, 2015*

#### HIV Therapy May Also Lower Risk for Hepatitis B, Study Says

The study showed HIV-positive men on HIV therapy who had no detectable virus in their blood were 80 percent less likely to be infected with hepatitis B over about 9.5 years, compared to men with HIV who weren't on HIV therapy or had detectable levels of the virus in their blood. Researchers said their findings

also confirm the longstanding belief that vaccination against the hepatitis B virus protects people regardless of their HIV status.

*Medline Plus, October 12, 2015*

### Sunday, October 11: National Coming Out Day

Reliable estimates indicate that between 4 and 10% of the population is gay, which means in a public school system of more than one million, like New York City's, there are at least 40,000 to 100,000 gay students. *Gay teens are 8.4 times more likely to report having attempted suicide and 5.9 times more likely to report high levels of depression compared with peers from families that reported no or low levels of family rejection.* LGBT youth who reported higher levels of family rejection during adolescence are three times more likely to use illegal drugs.

In honor of National Coming Out Day, HRC honors all who have come out as LGBT or as a straight ally for equality - that takes bravery, and we commend you.

*Human Rights Campaign, October 11, 2015*

### Study: Smoking will kill one out of three young Chinese men

Smoking deaths in China are set to triple to 3 million a year by 2050, according to a new study that examines the devastating toll of rising smoking rates on the country's male population. The report, published in the British medical journal *The Lancet*, concludes that nearly two thirds of young Chinese men pick up smoking and, unless they stop, at least half of them will die from the habit.

*CNN, October 9, 2015*

### Scientists Get Closer to Genetics of Homosexuality in Men

*Researchers able to make accurate predictions 70 percent of time in study of twins*

Scientists are reporting that they've linked the way genes in certain regions of the human genome work to influence sexual orientation in males. The findings don't explain how such variations in the workings of these genetic regions might affect sexuality in one or both genders. But the authors of the new study say they've been able to use this information to successfully predict the sexual orientation of male identical twins 70 percent of the time, compared to the 50 percent that would be expected by chance.

*Medline Plus, October 8, 2015*

**BroTalk support service encourages teen boys to open up about feelings, get help**

Some teen boys may be reluctant to express their feelings, but a new national support service is hoping to make the process easier for youngsters wanting to open up and share their struggles. Kids Help Phone has launched BroTalk , an online and phone service for teen boys aged 14-18. Visitors to the newly launched website will be able to connect to a counsellor through a live chat function available Wednesdays through Sundays from 6 p.m. to 2 a.m. ET, or by phone 24/7 by calling 1-866-393-5933.

*Toronto Sun, October 8, 2015*

**EUROPEAN STUDY FINDS YOUNG MALE SUICIDE ON RISE AS RESULT OF AUSTERITY**

Young males between the ages of 10 and 24 have committed suicide in growing numbers as a direct result of austerity measures brought in across Europe following the 2009 recession. According to new research from the University of Portsmouth and Webster Vienna University, more males of all ages are committing suicide in the Eurozone's poorest countries.

*Care Appointments, October 8, 2015*

**Five charts that show young men are very worried about penis size**

*Research revealed that British men were more likely to be concerned than Americans and Germans*

Most young British men would like to have a larger penis, and they are more likely to be paranoid over size than Americans and Germans of the same age, research has revealed. A survey by YouGov showed that men under 30 were the most likely to be concerned, even though previous surveys have shown <http://www.nhs.uk/news/2015/07July/Pages/Study-says-size-really-doesnt-matter-when-it-comes-to-a-penis.aspx> that the vast majority of women are satisfied with their partner's size.

*The Independent, October 8, 2015*

**Masculinity: Men's makeover**

For the past few years, whenever Northwestern University psychologist Renee Engeln presented these results, audience members would ask, 'What about men? Do men do this too?' she recalls. Intrigued by this question, she and her

colleagues, based in Evanston, Illinois, designed a fat-talk scale for men. They found that men do it, too, but only in specific contexts<sup>1</sup>. "Men talk about body dissatisfaction when they're eating and when they're at the gym," says Engeln. "Women talk about body dissatisfaction when they're talking."

*Nature, October 7, 2015*

### **The 4 Kinds of People Who Don't Vaccinate Their Kids**

*And how to change their minds*

There's a tendency to treat these vaccine-hesitant people as a monolith, the "anti-vaxers" who are putting everyone at risk. But people who don't vaccinate aren't just a homogenous mob of parents who fear toxins and want their kids to be exposed to chicken pox "the natural way." There are a variety of reasons why people decide not to vaccinate, and a new paper by researchers at Rutgers University and Germany's University of Erfurt and RWTH Aachen University, published in *Policy Insights from the Behavioral and Brain Sciences*, breaks down the psychology of four different types of non-vaccinators, in the hopes of finding effective strategies to change their minds.

*The Atlantic, October 6, 2015*

### **The five surprising health benefits of being a short male**

*As new research suggests that short men are less likely to be diagnosed with cancer, Jonathan Wells reveals five surprising health perks of being vertically challenged*

Just this week, academics at Chapman University discovered that short men had one to three fewer sexual partners than average or above average height people. It would appear that there are just no bright sides to being pint-size. And yet, every once in a while, along comes a study or survey which reveals a hitherto unknown health benefit of being Lilliputian. Several notable pieces of research have suggested that shortness is, if not the most desirable body size, an effective defence against some of the most damaging bodily disorders and conditions known to man. From blood clots to depression, the asserted advantages are many.

*The Telegraph, October 2, 2015*

### **New Zealand: Half of GPs unaware of gay and bisexual men's sexuality**

Only half of gay and bisexual men surveyed in New Zealand believed their general practitioner knew about their sexual orientation, according to new research led by the University of Auckland. A further 17 percent said they were

unsure if their GP knew that they were gay or had sex with men and about a third said their GP did not know.

*Scoop New Zealand, October 2, 2015*

**The enduring power of stigma - understanding why HIV-positive gay men don't disclose their status**

*Study highlights stigma within gay communities, and amongst HIV-positive men*

The accounts of a group of gay men living with HIV in Dublin, most of whom rarely, if ever, disclose their HIV status to casual sexual partners, starkly reveal the extent of HIV stigma within the gay community, according to a qualitative study published online ahead of print in Qualitative Health Research. While interviewees feared being sexually and socially excluded on account of their HIV status, they also stigmatised others living with HIV and rejected a shared identity.

*AIDS Map, September 30, 2015*

**Young Men at Much Higher Risk for Suicide Than Young Women**

Men between aged 18 to 24 years from the five most common racial and ethnic groups in the United States are significantly more likely to commit suicide than women of that age group, according to recent Health E-Stat data released by the National Center for Health Statistics (NCHS).

*Medscape, September 30, 2015*

**Young Black Men Who Feel Powerless Engage In More High Risk Behaviors**

Many of these young people felt that their access to resources like education and justice was limited compared to other youth, and they felt powerless to effect change on the status quo. This feeling of powerlessness is related to high-risk behaviors. Young Black males who had been more exposed to violence were at highest risk of feeling disenfranchised, discriminated against, and disconnected from society.

*Medical Research, September 30, 2015*

**Screening for Adolescent Mental Health in The ER**

Researchers at Children's Hospital Los Angeles recently tested a mental health screening tool for adolescents coming to the emergency room for medical complaints who might also be at risk for mental health problems.

According to researchers, of the 992 patients studied, nearly half - 47.5 percent - responded yes to questions about substance abuse, traumatic exposure or behavioral symptoms such as depression and anxiety.

*Psych Central, October 2, 2015*

#### **Human papillomavirus vaccination not linked to increase in sexually transmitted infections in adolescent females**

The results of this study suggest that HPV vaccination is not associated with an increase in sexually transmitted infections. Although adolescents receiving the HPV vaccine had a higher rate of sexually transmitted infections, this difference was established before vaccination occurred and was not the result of HPV vaccination. In contrast, this result suggests that adolescents at an increased risk for sexually transmitted infection may be receiving the HPV vaccine at a higher rate, possibly due to a sexually transmitted infection diagnosis. The increased incidence of sexually transmitted infections observed in both groups of adolescents over time highlights the importance of early HPV vaccination before potential HPV exposure.

*Clinical Advisor, October 2, 2015*

#### **Mouse Study Hints at New 'Male Contraceptive'**

A discovery in mice could pave the way to a reversible, non-hormonal form of birth control for men, researchers report. The findings, published online Oct. 1 in the journal *Science*, add to efforts to develop the elusive "male pill" -- that is, a contraceptive. Right now, the only methods of birth control for men are surgical vasectomy -- which is very effective, but usually permanent -- and condoms, which can be unreliable.

Dr. Abraham Morgentaler, a member of the board of directors for the [American Sexual Health Association](#), said, "There is a great need for a male contraceptive that does not involve minor surgical procedures or condoms."

That need may be even greater in certain countries outside the United States, where overpopulation is a serious problem, Morgentaler said.

Another expert agreed. "Existing male contraceptives don't come close to filling the need," said Aaron Hamlin, executive director of the Male Contraception Initiative, in Washington, D.C. "Condoms have a real-world annual pregnancy rate of 18 percent -- about a dice roll for the average person," Hamlin said.

*Health Day, October 1, 2015*

**Here's how (and why) to help boys feel all the feels.**

As a psychotherapist, my two specialties are anxiety and relationships. What stands out to me when counseling men is that much of their struggle with anxiety, depression and relational trouble has a connection to the inability to understand and process their feelings. This is largely to do with the messages that start in childhood, not only from the family but often from peers and the community. Issues of rage, anxiety, depression and unhealthy coping mechanisms like heavy drinking often manifest when men don't understand their feelings or don't give themselves permission to have them.

*Washington Post, October 1, 2015*

**UCSD to lead study of 10,000 adolescents**

Academic centers across the country will recruit more than 10,000 students ages 9 and 10 for a study that could last a decade, and which will involve DNA testing and high-resolution brain scans.

The study was commissioned by the National Institutes of Health, which may end up spending as much as \$300 million to enable scientists to examine one of the least understood segments of the population.

*San Diego Union-Tribune, September 30, 2015*

**Mental Health Screenings of Teens by PCPs Can Prevent Suicides**

A new paper finds that psychosocial assessment and mental health screening of teens during routine health care visits can literally be a life-saver.

Nursing researchers with the University of Texas at Arlington and Texas Woman's University contend that depression and suicide risk screening can assist health care providers in preventing suicides in teens.

*Psychiatry Advisor, September 30, 2015*

**The Canadian Fight To Make The HPV Vaccine Free For Boys**

Right now, only males under the age of 26 who are deemed "vulnerable" can receive the vaccine for free. More shocking is the criteria for "vulnerable" which deems men that are "street-involved or those who have sex with males" as falling into the category. It would be almost preposterous to inquire to sixth grade girls if they are sexually active with their classmates, or "street-involved," so the question remains, why is this the case for boys when it is of equal

importance that they receive the vaccine like their female counterparts. *The Argus, September 29, 2015*

### **Can the HPV Vaccine be used to Treat Cervical Cancer?**

We are familiar with HPV vaccination as a strategy for preventing cervical cancer. Can it also be used to treat it? A study in the Lancet randomises 209 patients 3:1 to an intramuscular HPV-16 and HPV-18 plasmid vaccine or placebo. At 36 weeks, cervical histopathological regression was seen in 48.2% of the vaccine group vs 30.0% in the placebo group, and HPV DNA became undetectable in 40% of vaccine recipients vs ~10% of those receiving placebo. Obviously, this is less effective than surgery, but an accompanying Comment thinks it may be worth trying in selected cases before resorting to more destructive approaches.

*On Medica, September 25, 2015*

### **A new study reveals how gay men see themselves and their communities**

"There haven't been many surveys of LGBT people over time where we can kind of assess how some of the perceptions that exist now might have different 20 years ago, or even 10 years ago," says Gary Gates, the research director and Williams Distinguished Scholar at the Williams Institute on Sexual Orientation and Gender Identity Law and Public Policy at the University of California, Los Angeles School of Law. "It's only very recently that people believe that you can do a representative sample of LGBT people anyway. For a long time, survey people and polling organizations actually didn't believe that was possible, because they didn't know what the characteristics of an LGBT population were to determine whether the sample they got was appropriate or not."

*Washington Post, September 23, 2015*

### **Our boys need to absorb this message: Acting violently doesn't mean you're a man**

Too often, it seems, we take the focus off the men who have committed these violent acts by focusing on the side story - or, more tragically, by blaming the victim. Instead, let's ask the tough question that sits at the heart of this issue:

How can we get boys and men to stop hurting themselves and others at such alarming rates?

*Bangor Daily News, September 23, 2015*

**HPV and Anal Cancer: The Last Taboo**

With all the scrutiny on charity fundraising at the moment, many charities need to regain the trust of the public. But this is even more of an uphill struggle for charities that need to educate people first before they can ask for donations.

MyDonate spoke to the HPV and Anal Cancer Foundation to understand how a charity that deals with a taboo or social stigma can simply and effectively raise funds and awareness.

*Third Sector UK, September 22, 2015*

**First Therapeutic Vaccine Against HPV Shows Promise**

An investigational vaccine has shown activity as a therapeutic treatment for high-grade precancerous cervical lesions caused by the human papillomavirus (HPV). The vaccine, VGX-3100, is the first therapeutic vaccine to show efficacy for such lesions. The results of the phase IIb placebo-controlled study is published in the Lancet.

*Cancer Network, September 22, 2015*

**Extraordinary case of girls growing penis in the D.R. highlighted by BBC show**

In a small town in the Dominican Republic, some boys are born looking like girls and when they hit puberty their penis grows. This extraordinary occurrence in the isolated village of Salinas, in the southwestern part of the Caribbean island, is highlighted in a new BBC Two series called "Countdown to Life - the extraordinary making of you."

*Fox Latino, September 22, 2015*

**More Help for College Men With Depression and Anxiety**

*Campus counseling centers take new approaches to help struggling male students*

Concerned that they aren't reaching enough young men, college counseling centers are making extra efforts to draw them in. The centers, which usually

offer support groups and one-on-one therapy for struggling students, have faced growing demand for their services in recent years. Still, men make up only 33.9 percent of clients, according to the latest annual survey by the Association for University and College Counseling Center Directors. Men represented 43.8 percent of the student population at the schools surveyed.

*Wall Street Journal, September 22, 2015*

**Vaccine law should cover HPV cancers**

Vaccines are the most effective way to prevent infectious diseases. Gov. Jerry Brown rightly signed a law that requires, starting July 1, 2016, that all children enrolled in public or private schools or day care be vaccinated against whooping cough, measles, polio and other diseases, regardless of parents' religious or personal beliefs. But frustratingly, the California mandate does not include the vaccine to protect against cervical, anal and oral cancers, and genital warts.

*Sacramento Bee, September 22, 2015*

**The rise of BIGOREXIA: How male gym-goers with anxieties over their muscles are excessively lifting weights and taking steroids - leading to depression, heart attacks and suicide**

Whereas anorexics think they are too fat when they are actually too thin, bigorexics think they look puny when, in fact, they are muscular. It is now believed that a tenth of men in British gyms suffer from the condition, a BBC Newsbeat investigation found .

*Daily Mail, September 21, 2015*

**Duke opens center for transgender adolescents**

The gender care center takes Duke specialists like Routh who might have treated some aspect of sex development and gender care and puts them under one roof, where they can work together as a team. Routh performs surgery for sexual disorders such as ambiguous genitalia as early as infancy, but transgender years old, Adkins said.

*Charlotte Observer, September 21, 2015*

**Editorial: The real vaccine risk**

Maybe it's time for political parties to require a science course for anyone who wants their nomination. Misinformation about vaccines has become a stubborn, recurring feature of presidential campaigns.

*Chicago Tribune, September 21, 2015*

**SAHM Releases THRIVE App for Adolescents**

The Society for Adolescent Health and Medicine has announced a brand new app designed to empower parents to begin a dialogue with their teen or young adult on important health topics, and help manage their own health. Available on Apple and Android products, the THRIVE app can be downloaded for FREE. The app features an extensive library of teen health and wellness topics relevant to this transformative and often complex stage of life to help parents have important discussions with their teens and young adults. It also provides parents with conversation starters for difficult or sensitive topics; health exams and preventive health information, including vaccinations and well-visits; risk-oriented behavior, such as drinking, smoking or sexual health; social media and more.

*SAHM, September 1, 2015*

**Meth affected boys fare worse than girls**

Boys born to mothers who used P while pregnant have a higher chance of problems at school than girls in the same position, new research indicates. Researchers from New Zealand and the United States tracked the neuro-development of 107 Auckland children whose mothers used methamphetamine during their pregnancies, NZME reported.

*Stuff NZ, September 20, 2015*

**GOP debate fact check: Claims about vaccines and autism**

By any reasonable standard of what constitutes acceptable public discourse, Donald Trump's presidential campaign should have ended on Wednesday at about 10:50 p.m.

*Herald Current, September 20, 2105*

**Mentally ill adolescent males are largely not violent**

In an interview last year with the news organization ProPublica about violence and mental health, Dr. Jeffrey Swanson, a professor in psychiatry and behavioral sciences at Duke University, provided interesting statistical context. He noted a 2001 study that looked at 34 adolescent male mass murderers. "Only 23 percent had a documented psychiatric history of any kind - which means 3 out of 4 did not," he said. That suggests creating a mental health database would miss a lot of people. Oh, and 61.5 percent of the mass murderers had substance abuse.

*My San Antonio, September 20, 2015*

**The "young invincibles" are primarily men**

The U.S. Census Bureau just released its latest numbers on health insurance, showing a spike in the share of Americans with coverage. But there's still a sizable chunk of the population that has high rates of uninsurance: older millennials, a.k.a. the "young invincibles," a nickname that refers to their supposedly hubristic attitude that they don't need health insurance because they'll never get sick. The share of young men who are uninsured, however, is much higher than that for women, and a gender gap in coverage remains for decades after that, almost until retirement age. What gives?

*Washington Post, September 16, 2015*

**Prostate Cancer Awareness Month: 'Light It Blue' Campaign Encourages Young Men To Practice Prevention Earlier In Life**

September is Prostate Cancer Awareness Month, the most common cancer in men, after skin cancer. One out of every seven men in the United States will be diagnosed with prostate cancer in 2015, adding to the nearly three million American men currently living with the disease. Every year health expert, advocates, and individuals affected by prostate cancer rally together to spread awareness and encourage prostate screenings, educate young men about risk factors and symptoms, and advocate for research funds.

*Medical Daily Pulse, September 16, 2015*

**Women given testosterone during gender reassignment process 'start to think more like men'**

Women given testosterone while undergoing a sex change start to think more like men after the treatment, research suggests. Their brains undergo structural changes and shrink in areas that play a key role in language, scientists found.

The discovery reinforces the idea that "men are from Mars and women from Venus" because of the way their brains are wired. Women are known to have better verbal and multi-tasking skills than men, while men are believed to have a superior spatial ability.

*The Independent, September 15, 2015*

### **Prostate cancer test which detects tumour size could save thousands of lives**

A £10 urine test for prostate cancer , which not only picks up the disease but also reveals the size of tumours so that doctors know whether to operate, could be available within 18 months. Around 40,000 men are diagnosed with prostate cancer each year and more than 10,000 will die, many because the disease is not picked up early enough. The new test, which works like a pregnancy test, is twice as reliable as current blood test and would allow patients to find out in minutes whether they had cancer based on the levels of EN2 in their urine - a protein which is produced by tumours.

*The Telegraph, September 11, 2015*

### **Gay and Bi Men With HIV See Rising Sexually Transmitted Hepatitis C**

There is an emerging epidemic of sexually transmitted hepatitis C virus (HCV) among HIV-positive men who have sex with men (MSM), with men who are then cured of hep C at very high risk of being reinfected with that virus. Men who have receptive anal intercourse without a condom and who have sex while high on drugs are at greater risk.

*AIDS Meds, September 11, 2015*

### **IRELAND: VIDEO: Text service gives suicidal men a voice**

More men are opening up about their mental health problems than before thanks to a text service operated by suicide prevention charity Console, which is being hailed as a "breakthrough" in suicide prevention.

*Irish Examiner, September 11, 2015*

### **7 Dangerous Myths About Depression in Men**

There were over 41,000 deaths from completed suicide in 2013 with males accounting for nearly 80 percent of fatalities. In addition to the individual loss of life, the emotional and psychological costs to family members, friends and entire communities are enormous. Despite the apparent need for mental health services aimed at men and boys, psychological services remain under-utilized by males. One reason men and boys do not seek professional help for a

psychological struggle is the stigma of mental illness among this population. Stigmas largely exist because mental illness remains misunderstood and at times sensationalized and stereotyped. Depression is often seen as the precursor to suicidal ideation and behavior so let's take a look at some dangerous myths about men and depression.

*Huffington Post, September 11, 2015*

### **This is what happened when 6 men ate 6,000 calories a day**

To test how an unusually high calorie diet can push people's cells toward becoming resistant to insulin early on, researchers led by Guenther Boden, professor of medicine at Temple University School of Medicine in Philadelphia, fed six healthy middle-aged men a typical American diet consisting of 2 to 2.5 times their normal daily caloric intake - that's the staggering 6,000 calories per day - for a week. About 50% of the diet was carbohydrates, 35% fats, and 15% was protein.

Three of the men were normal weight, three were overweight, and none were obese or unhealthy at the start. They were all hospitalized for other, unspecified conditions at the time and remained on bed rest throughout the study.

The results by the end of the week were surprising.

'They all developed diabetes'

Each of the men gained an average of 8 pounds, nearly all from fat, which was about what the researchers expected. And by day two, all had a rapid and continuous rise in both blood insulin and insulin resistance levels, enough to cause "severe systemic and adipose tissue insulin resistance in every one of six study subjects," the researchers said in the paper.

"By definition, they all developed diabetes," Francis Stephens, a lecturer at the University of Nottingham in the UK not associated with the study, told New Scientist.

*Business Insider, September 10, 2015*

### **Black Men with Low-Risk Prostate Cancer Produce Less PSA**

PSA production may be lower in African-American than Caucasian men with low-risk prostate cancer (PCa) , a new study suggests. If confirmed, the finding could impact active surveillance criteria for black patients.

*Renal and Urology News, September 10, 2015*

### **Long-term Study Stresses Importance of Active Surveillance in Low-risk Prostate Cancer**

A paper published in the Journal of Clinical Oncology, on August 31, authored by Tosoian et al, reports on the long-term outcomes of prospective active surveillance (AS) of patients with favorable-risk prostate cancer. The authors point out that the common widespread practice of screening for prostate cancer in the United States, using prostate-specific antigen (PSA), may have led to overdiagnosis and overtreatment of the disease. The US Preventive Services Task Force has issued a grade D recommendation to reduce the use of PSA screening, and the National Institutes of Health has made a study of the outcomes of AS a research priority as well.

*Targeted Oncology, September 9, 2015*

### **Could Young Men's Low Heart Rate Predict Violent Crime?**

Some young men who have a low resting heart rate may be more likely to engage in violent criminal behavior later on, a new study suggests. The finding comes from researchers who tracked criminal activity among more than 700,000 Swedish men whose resting heart rate was recorded at age 18.

*Health Day, September 9, 2015*

### **Nearly half of testicular cancer risk comes from inherited genetic faults**

Almost half of the risk of developing testicular cancer comes from the DNA passed down from our parents, a new study reports. The research suggests genetic inheritance is much more important in testicular cancer than in most other cancer types, where genetics typically accounts for less than 20 per cent of risk. The findings suggest testing for a range of genetic variants linked to testicular cancer could be effective in picking out patients who are at substantially increased risk - potentially opening up ways of preventing the disease.

*Eureka Alert, AAAS, September 9, 2015*

### **Sex and masturbation may hamper Ebola eradication efforts**

Isolated flare-ups of Ebola may point to a higher risk of transmission via the semen of male survivors than previously thought, undermining hopes of ending West Africa's deadly outbreak by the end of the year. The World Health Organization's advice is that all male survivors should be tested three months after the onset of symptoms and then monthly until they know they have no risk of passing on the virus through their semen, Bruce Aylward, head of the WHO's Ebola response, told a news conference.

*Reuters, September 9, 2015*

**Men and women with autism have 'extreme male' scores on the 'eyes test' of mindreading**

Scientists at the University of Cambridge University have published new results in the journal PLoS ONE from the largest ever study of people with autism taking the 'Reading the Mind in the Eyes' test. Whilst typical adults showed the predicted and now well-established sex difference on this test, with women on average scoring higher than men, in adults with autism this typical sex difference was conspicuously absent. Instead, both men and women with autism showed an extreme of the typical male pattern on the test, providing strong support for the 'extreme male brain' theory of autism.

*Medical Express, September 7, 2015*

**Israeli men at highest risk compared to those in 19 other countries to get prostate cancer**

Prostate cancer is the most common cancer in Israeli men, but the fourth most common cause of cancer deaths among them. The death rate from it is in the middle - 11 out of 20 - among 20 Western countries, the International Agency for Research on Cancer and the Health Ministry's Center for Disease Control revealed this month.

*Jerusalem Post, September 7, 2015*

**6 Ways Depression Differs Between Men and Women**

There are many physical and emotional differences between men and women. When it comes to depression, those differences are extremely important. Understanding the gender differences with the disorder could be the key to finding the most effective treatment. Here are a few of the most common differences in depression for both men and women.

*Psych Central, September 5, 2015*

**Life expectancy now 79 for men, 83 for women**

LIFE expectancy has soared during the last century with medical breakthroughs, vast improvements in working conditions and healthier lifestyles paving the way for an unprecedented increase in the average age of the nation's population.

Figures published yesterday have revealed that men can now expect to live until 79 while women can hope to enjoy their 83rd birthday.

*Yorkshire Evening Post, September 2, 2015*

**Rise Seen in Preventive Mastectomy for Male Breast Cancer Patients**

A new report, published Wednesday in JAMA by researchers at the American Cancer Society and the Dana Farber Cancer Institute, finds the number of male breast cancer patients who undergo prophylactic mastectomy is steadily on the rise. The study found the rate of male breast cancer patients who choose to have CPM nearly doubled, from 3 percent to 5.6 percent, between 2004 and 2011. This is equal to a relative increase of 86.7 percent. By comparison, the rate of CPM among female breast cancer patients increased from 4.5 percent to 11 percent between 2003 and 2011.

*Newsweek, September 2, 2015*

**Nearly 70% of US Prostate Cancers Could Be Watched**

More than two-thirds (68%) of all prostate cancers in the United States qualify for active surveillance, according to a study published in the September issue of the Journal of Urology. And if a more stringent definition of surveillance eligibility is used, 44% of cases would be candidates for monitoring instead of immediate treatment, say senior author Ian M. Thompson III, MD, from the University of Texas Health Science Center at San Antonio, and colleagues.

*Medscape, September 2, 2015*

**Want To Avoid Erectile Dysfunction? Try Getting Regular Exercise**

A number of studies have suggested that physically active men have lower rates of erectile dysfunction than couch potatoes, but all of them relied on people being honest about the amount they exercised. A new study published by the Journal of Sexual Medicine checked those results by measuring how much their subjects actually moved.

*Gizmodo, September 2, 2015*

### **Highest Prostate Cancer Death Rate Linked to Smallest Tumors**

In men who have prostate cancer (PCa) with lymph node (LN) involvement, very small tumor size is associated with a higher risk of cancer-specific death compared with men who have some larger tumors, new findings suggest.

*Renal & Urology News, September 2, 2015*

### **Men who buy sex have much in common with sexually coercive men**

*Findings support decades of research by UCLA professor who co-authored study*

Men who buy sex have less empathy for women in prostitution than men who don't buy sex, according to a study published online Aug. 31 in the Journal of Interpersonal Violence. The research, co-authored by UCLA professor Neil Malamuth, also found that men who buy sex are more likely to report having committed rape and other aggressive sexual acts.

*Eureka Alert, AAAS, August 31, 2015*

### **19 Men Go Shirtless And Share Their Body Image Struggles**

According to mental health experts, men may have a harder time accessing communication tools to express their insecurities and work through them. While there's recently been more cultural celebration of a diverse range of body types for men and women, for men to communicate openly about body concerns still carries a stigma. In an effort to demonstrate that men of all ages and sizes struggle with body image, HuffPost Women photographed 19 men, from those in their 20s to their 60s, without their shirts and spoke candidly with them about their body hang-ups.

*Huffington Post, August 14, 2015*

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### **The cancer vaccine: Why so many PA kids are not immunized against HPV**

*The HPV vaccine has been heralded as the best preventative tool against some cancers, but its implementation has been an uphill battle. Reasons include its connection to sex and that it's not required by the state.*

In Pennsylvania, while coverage rates for most other adolescent vaccines are above 90 percent, just 48 percent of girls have completed the three-shot HPV series, and only 26 percent of boys, according to the U.S. Centers for Disease Control and Prevention (CDC). To Dr. Jonathan Pletcher, clinical director of adolescent and young adult medicine at Children's Hospital of Pittsburgh of UPMC, those figures are baffling.

*Public Source, September 13, 2015*

#### **Teenage Boys May Be More Vulnerable To Fast Food Ads**

A survey, released by the Cancer Council and the National Heart Foundation, found that almost one-third of boys are likely to buy fast food if it is linked with movies or sports personalities they like, compared to just 19 percent of girls. It also revealed that 40 percent of boys will patronize a fast food outlet if they are offering a special product or giveaway, compared to 30 percent of girls. This may also explain why teenage boys consume more fast food, salty snacks and sugary drinks than girls and were also more likely to be obese or overweight, Cancer Council's Kathy Chapman told the Australian Associated Press.

*University Herald, September 12, 2015*

#### **Rutgers Researchers Seek Physician's Help to Increase HPV Vaccinations in Newark**

Rutgers researchers are seeking the help of pediatric physicians to develop a plan to improve the frighteningly low rate of Newark-area adolescents getting vaccinated against the sexually transmitted human papillomavirus, a known risk factor for several cancers. "Adolescent patients treated by pediatricians consistently have higher HPV vaccination initiation rates than adolescents treated by other specialists," said Rula Btoush, associate professor at the School of Nursing, who leads a collaborative team that includes researchers from the School of Public Health. The researchers found that older adolescents who visit gynecologists and other non-pediatric physicians have the lowest vaccination rates of all adolescents, approximately 5 percent, while older adolescents who visited pediatricians had a vaccination rate of 40 percent. Their findings were recently published in the American Journal of Public Health and the Journal of Community Health .

*Rutgers Today, September 12, 2015*

## [Young male cyclists are the most likely to die after being involved in a traffic accident](#)

A study by researchers at the University of Granada has demonstrated that mortality among cyclists varies widely depending on the age and sex of the population. Male cyclists, above all those aged between 15 and 24 years, are more likely to die than adults (25-34 years), which could be explained by their greater exposure and risk of having an accident.

*Eureka Alert, September 11, 2015*

## [I Don't Want My Sons to Develop Body Image Issues](#)

*I assumed only little girls struggled with their body image, but I realized boys can too.*

When I caught one of my sons standing in a mirror checking out his belly, I became concerned for his own future health too. I hoped he was just being funny and looking at himself with normal childlike curiosity, but when he said something negative about his body, I freaked out. Where had he heard that? Why would he ever think that? Then I realized he thought that because he'd heard his dad and me having those exact conversations. Body image issues and eating disorders in boys aren't discussed as much as those that affect girls, but boys are also at risk. Boys are often bullied for being too scrawny or too fat. The pressure on guys to be ripped and have a six-pack is intense, and for many young men, it's a biological near-impossibility.

*Cosmopolitan, September 10, 2015*

## [You'll never guess what's killing America's teens](#)

*Prescription painkillers are hooking our kids on heroin, with dire consequences. Who's to blame?*

There was a time not too long ago when heroin addicts weren't high school students-or suburban moms or middle-aged business executives, for that matter. Those days are over. In July a report issued by the Centers for Disease Control and Prevention (CDC) cited a major rise in heroin deaths and overdoses in the U.S. over the past decade. More disturbingly, the increases were seen across the board among men and women in most age groups, including teens, and all income levels. What used to be almost exclusively an inner-city problem is now plaguing small towns and suburbs.

*CNBC, September 10, 2015*

### The Stranger On The Bridge's Jonny Benjamin urges young men to open up as suicides soar

It is the single biggest killer of British men under the age of 50. In 2013 there were 6,233 suicides in the UK. Of those, nearly 5,000 were male. The male suicide rate is at its highest since 2001. These startling figures show the need for a greater awareness of male mental health issues, according to mental health campaigner Jonny Benjamin. Few people are in a better place to understand the issue. In the middle of January 2008 Jonny found himself on London's Waterloo Bridge, contemplating throwing himself into the freezing River Thames below. Despite hearing voices since he was 10, he had only just been diagnosed with schizophrenia and bipolar, and found himself unable to cope with the diagnosis and desperate to end his suffering.

*The Mirror, September 9, 2015*

### Chronic oral squamous cell papillomas, cutaneous warts resolved after HPV vaccination

A recently published case study and literature review found that cases of recurrent oral papillomas and recalcitrant warts showed clinical improvement after the first dose of quadrivalent HPV vaccine, with complete resolution at 6 to 8 months. Researchers studied a healthy immunocompetent man in his 60s who presented with chronic verrucous papules of the lips, tongue and buccal mucosa refractory to multiple excisions. A biopsy performed on a lesion on the left buccal mucosa resulted in a diagnosis of squamous cell papilloma with HPV-32, which was revealed through DNA sequencing. All lesions cleared after 3 months of receiving the quadrivalent HPV vaccine. Marked improvement of papillomas was observed within 4 weeks after receiving the first vaccine dose. The second and third doses were administered at 2 and 6 months, respectively. Complete resolution of all mucocutaneous papillomas was reported at 6 months follow-up. No recurrence of lesions was reported at 18 months.

*JAMA Dermatology, September 10, 2015*

### Low heart rate in teen boys linked to violent crime in adulthood

Boys with a low resting heart rate during their teen years may be at increased risk for committing violent crimes as adults, a Swedish study suggests. A low resting heart doesn't necessarily signal a problem. According to the American Heart Association, lower heart rates are common in people who are very athletic, because their heart muscle is in better condition and doesn't need to work as hard to maintain a steady beat. But previous research has also linked a low resting heart rate to antisocial behavior in children and adolescents, the study authors note in JAMA Psychiatry. A slow heart rate may increase risk-

taking, either because the teens seek stimulating experiences or fail to detect danger as much as their peers with normal heart rates, researchers say.

*Reuters, September 9, 2015*

**With \$4 Million Federal Grant, NYU Researchers Focus on Father/Son Communication to Reduce Teen Pregnancies and Sexually Transmitted Diseases in Disadvantaged Communities**

Their approach is unique in focusing specifically on enhancing father-son communication about sexual health. The further development and formal evaluation of the intervention will be conducted in the Bronx, a county with marked adolescent sexual and reproductive health disparities and among the most economically disadvantaged counties in the United States.

*New York University, September 9, 2015*

**Circumcision advice updated by Canadian Paediatric Society**

*No strong medical evidence either way*

Some parents with no cultural or religious reasons to have their newborn son's foreskin removed will often question if the procedure is necessary or even advisable. That's why the Canadian Paediatric Society (CPS) has updated its position statement on circumcision, to clarify the risks and benefits of both lopping off the foreskin or leaving it intact. In its new policy statement released Tuesday, the CPS says it does "not recommend the routine circumcision of every newborn male."

*CBC News, September 8, 2015*

**Autism Symptoms More Pronounced Among Boys Than Girls**

Autism symptoms among girls and boys diagnosed with the developmental disorder tend to differ significantly, a study has revealed. Based on the study data, researchers have concluded that therapy for autism could be personalized depending on gender. Treatment directed at girls could focus on improving behavioral skills that enhance communication and social interaction, while autistic boys could benefit from motor and sensory-based activities, with a view to reduce their repetitive routines.

*Capital Wired, September 8, 2015*

### Parents (continue to) protest R.I. mandating HPV vaccine for teens

Seventh-graders in Rhode Island started school this year under a new mandate rarely seen in the country: Girls and boys must be vaccinated against HPV - the human papillomavirus - a sexually transmitted disease that can cause cancer. The move sparked protests from parents. Despite the uproar, public health officials in Massachusetts are watching Rhode Island's move. If it succeeds, Massachusetts may want to take the same route to boost the use of the vaccine.

*Boston Globe, September 8, 2015*

### Breast reduction surgery for teenage boys in the US on the rise

The percentage of young men who have had breast reduction surgery in the US has surged over the past year, new figures have shown. Rising faster than any other procedure sought by teenagers, some 6,694 boys and men aged between 13 and 19 underwent the surgery in 2014. Such procedures can cost between \$5,000 to \$15,000, depending on the area of the country.

*Independent, September 6, 2015*

*Editor's Note: Up to 64% of teen males experience gynecomastia as a part of puberty; for 90% of those the condition will resolve itself naturally. See story below.*

### Last Week Tonight with John Oliver: Sex Education (HBO)

Sex education varies widely between school districts, leaving many teens without comprehensive information. We made a video that covers what some schools are too embarrassed to teach.



*HBO, August 9, 2015*

### **Smokeless Tobacco Use among High School Athletes on the Rise**

Current use of any tobacco (combustible or smokeless tobacco) significantly declined from 33.9% in 2001 to 22.4% in 2013; however, current smokeless tobacco use significantly increased from 10.0% to 11.1% among athletes, and did not change (5.9%) among nonathletes.

*MMWR, September 4, 2015*

### **Physiological Gynecomastia Common in Pubertal Boys**

"The point of our research is to try to explain an extremely common phenomenon that is lacking a full physiological explanation. I believe we have come a lot closer to giving these boys an answer to why some of them develop breast tissue and others do not. Hopefully this will help the boys not to worry that much or feel less anxious going through puberty," Dr Mieritz told Medscape Medical News.

*Medscape, August 24, 2015*

### **Polio Virus Therapy Tested in Prostate Cancer Patients**

Duke University researchers are using a modified polio virus in an experimental treatment they hope to boost the survival of patients with incurable metastatic prostate cancer. The Duke researchers gained notoriety last spring when 60 Minutes featured the success of early clinical trials using the polio virus in the fight against a deadly form of brain cancer.

*Newsmax, September 1, 2015*

**Use Of Aspirin And Other NSAIDs May Not Reduce Risk Of ED.**

Research suggests that "use of aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) does not reduce the risk of erectile dysfunction (ED)." The findings were published online in BJU International.

*Renal and Urology News, September 1, 2015*

**Men With Prostate Cancer May Have Higher Risk Of Suicide, Accidental Death Within First Year Of Diagnosis Compared With Their Counterparts Diagnosed With Other Solid Malignancies.**

Research suggests that "men who have prostate cancer (PCa) are at increased risk of suicide and accidental death within the first year of diagnosis compared with their counterparts diagnosed with other solid malignancies." The study also found that "the risk...is increased when definitive treatment was recommended but not received." The findings were published online in BJU International.

*Renal and Urology News, August 28, 2015*

**The male Pill is coming and British men don't care**

New forms of male contraception are estimated to hit the market in a few years. But a new survey has found that just one in 10 men would be happy to take the Pill and see it as a 'woman's responsibility'.

*Telegraph, August 26, 2015*

**Men who feel insecure about their masculinity likelier to resort to violence**

According to a new research men who do not consider themselves masculine and have a perception of others feeling the same about them are likelier to commit violent assaults with weapons and to cause injury.

*Financial Express, August 25, 2015*

**Why Postpartum Depression In Dads Goes Unrecognized -- And Ignored**

"I think maybe it's still hard for people to understand that men can get postpartum depression because they don't understand the underlying risk factors," said Katherine Stone, founder of Postpartum Progress, a blog and non-profit . "It may be hard to understand from the standpoint of, 'Well, if you didn't have the baby, how can you have it?'"

*Huffington Post, August 24, 2015*

#### **Depression common among men with autism, study finds**

Most men with autism have psychiatric disorders such as depression, finds a study of 50 men diagnosed with the disorder roughly 20 years ago. The findings highlight the range of challenges for adults with autism, many of whom lack the help they need.

*Simons Foundation, August 24, 2015*

#### **80% of men feel pressured to improve physique - study**

British men feel under increasing pressure to attain the perfect body, a new survey has found, with over 80 percent feeling more stressed about maintaining their bodies than they did five years ago. The research, compiled for Alpha Man magazine, found that men are under growing pressure to sculpt an impressive physique. Some 82 percent "feel more stressed about not having an impressive physique than they did five years ago, "while 69 percent said they would give up alcohol forever in return for the perfect body.

*RT.com, August 20, 2015*

An advertisement for the 2015 American Society for Men's Health Annual Meeting. The left side of the ad features a photograph of the U.S. Capitol building against a clear blue sky. To the right of the photo, the event details are listed. The text includes the meeting title, date, location, website, and the ASMH logo.

**2015 AMERICAN SOCIETY FOR MEN'S HEALTH ANNUAL MEETING**

**December 4 – 6, 2015**  
Crystal Gateway Marriott | Arlington, VA

**WWW.ASMHNET.ORG**

**AMERICAN SOCIETY FOR  
MEN'S HEALTH**

## [Men's Health - Changing male attitudes to health to improve prognosis and outcomes](#)

The report provides an overview of issues and trends in Men's Health, including an analysis of the current market landscape and key issues driving overall treatment decisions. In addition, the report offers a view of how Men's Health is likely to evolve in the future including treatment practices and new approaches coming through the pipeline.

*PR Newswire, August 20, 2015*

## [UW researchers testing prostate cancer vaccine](#)

Scientists at the UW Carbone Cancer Center are in human trial phase for a vaccine to treat aggressive forms of prostate cancer. The first patient in the trial received the medicine this week. Each year about 240,000 men are diagnosed with prostate cancer in the US, and the disease re-occurs in about one-third of them. Scientists say this vaccine, combined with another drug, will help the body target prostate cancer cells.

*WKOW, August 19, 2015*

## [Study Debunks Notion That Condoms Always Hamper Erections](#)

Advocates for safe sex often run up against the notion that men's ability to maintain an erection will be compromised when condoms enter the scene. But a new study of nearly 500 young American men found that while some did complain of loss of erection, many of these men also experienced erectile difficulties generally -- whether condoms were used or not.

*Health Day, August 18, 2015*

## [Childhood adversity increases risk for depression, anxiety symptoms in young men](#)

Males who experienced adversity early in life had higher levels of depression and anxiety symptoms and altered brain structure as young men, according to study findings in JAMA Pediatrics. "Adversity early in life is associated with both altered brain structure and increased risk of developing internalizing symptoms (ie, depression, anxiety). Previous studies have shown that childhood adversity, including stressful life events, maltreatment, abuse and domestic violence, are associated with structural variation in gray matter in the brain. The effect of early adversity on the brain has long been suggested to relate to neurobiological sequelae associated with excessive stress," Sarah K. G. Jensen, MSc, of King's College, London, and colleagues wrote.

*Health Day, August 18, 2015*

### Why Black Gay Men Need to Talk About PrEP

Today's gay black men, according to one estimate, have a 60% chance of contracting HIV by the time they reach the age of 40. Overall, the rate of United States HIV infections has decreased by two thirds, but this group remains disproportionately affected. As of 2010, they account for the highest number of new HIV infections among all gay and bisexual men. Unless black gay men push for advance awareness about HIV prevention and treatment, revision of public policy on funding, and better access to reliable health care, they will continue to exceed statistics-and not in a positive way.

*Fusion, August 18, 2015*

### Study: More men involved in fatal bike-related accidents

But the study says between 1975 through 2012, the rate of bike-related deaths among cyclists aged 35 to 54 nearly tripled. Men made up more than 80 percent of those deaths, while death rates for children during this time decreased.

*NBC, August 14, 2015*

### Depression a risk for men with low testosterone: screening important

A solid 56 percent of testosterone-deficient participants in the study, from the division of endocrinology at George Washington University in Washington, D.C., had significant symptoms or a diagnosis of depression and/or were taking an antidepressant. The study involved men with testosterone levels of between 200 and 350 nanograms per deciliter. A level below 300 ng/dL is considered low. The study's authors urge doctors to include screenings for depression in their care of men with borderline and low testosterone.

*Penn Live, August 13, 2015*

### Heart Failure Risk in Men Lowers With Exercise. Study Finds

Moderation seems to be the key to reducing men's risk of heart failure in the future, according to a study published on Aug. 12 in the Journal of the American College of Cardiology: Heart Failure. Rahman, from the Karolinska Institute in Stockholm, Sweden and one of the researchers in the study said: "We found both high and low extreme levels of total physical activity to be associated with an increased risk of heart failure."

*Latinos Health, August 13, 2015*

### Men Who Eat More Bacon May Be Less Fertile, New Study Says

Researchers gathered data from 141 couples over the course of seven years, studying both male diet and the couples' rates of conception. The study found that the men who ate processed meats regularly were 34 percent less likely to conceive a child. Furthermore, the men who ate the most chicken in the study were shown to have a 20 percent higher fertility rate than poultry-phobes.

*The Daily Meal, August 11, 2015*

#### **Prostate Cancer on the Web-Expedient Tool for Patients' Decision-Making?**

Many patients diagnosed with cancer search for health information on the Web. We aimed to assess the quality and reliability of online health information on prostate cancer.

*Uro Today, August 12, 2015*

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#### **Cannabis use may influence cortical maturation in adolescent males**

Male teens who experiment with cannabis before age 16, and have a high genetic risk for schizophrenia, show a different brain development trajectory than low risk peers who use cannabis. The discovery, made from a combined analysis of over 1,500 youth, contributes to a growing body of evidence implicating cannabis use in adolescence and schizophrenia later in life.

*Medical Express, August 26, 2015*

#### **Few gay teenage boys get tested for HIV**

*Teens fear being recognized and don't know where to get tested*

Young men who have sex with men have the highest risk for HIV infection, but only one in five has ever been tested for HIV, a much lower rate than testing for non-adolescents, reports a new national Northwestern Medicine study conducted in partnership with the Center for Innovative Public Health Research. The greatest barriers to these teenage males getting tested are not knowing where to go to get an HIV test, worries about being recognized at a testing site and -- to a lesser degree -- thinking they are invincible and won't get infected.

*AAAS, August 26, 2015*

## Medscape Vaccine Acceptance Report: Where Do We Stand?

*Medscape, August 26, 2015*

### The surprising role sex plays in adolescent friendships

A new study suggests these double standards start early, and they affect the friendships we make. According to the research, adolescent girls lose friends when they first have sex, but when boys go all the way, they become more popular.

*Today, August 25, 2015*

### Developing a new tool to detect a frequently missed sex chromosome disorder in boys

Klinefelter syndrome is the most common disorder of the male sex chromosomes, yet is rarely diagnosed in children. A new assessment tool is being developed by researchers at Columbia University Medical Center (CUMC) to help pediatricians detect the physical traits of the syndrome. The tool could pave the way for early interventions that prevent and treat a range of physical, psychological, social, and cognitive impairments. The study was published in *The Journal of Pediatrics*.

*AAAS, August 25, 2015*

### Physiological Gynecomastia Common in Pubertal Boys

"The point of our research is to try to explain an extremely common phenomenon that is lacking a full physiological explanation. I believe we have come a lot closer to giving these boys an answer to why some of them develop breast tissue and others do not. Hopefully this will help the boys not to worry that much or feel less anxious going through puberty," Dr Mieritz told Medscape Medical News.

*Medscape, August 24, 2015*

### The rise of the 'solosexual': How millennials are rewriting the rules of sexuality

According to a recent survey from YouGov, 50 percent of British millennials don't label themselves as completely heterosexual. Forty-three percent of 18-to-24-year-olds identify somewhere in the middle of the Kinsey scale—which lists

sexual orientation on a spectrum of one to six. "With each generation, people see their sexuality as less fixed in stone," YouGov reports. It's not just that young people are eschewing labels but evolving notions of sexuality offer an increasing array of options outside the traditional boxes of gay and straight. No one has to put a label on it, but for those who do, a new generation is rewriting the rules.

*Salon, August 21, 2015*

**The HPV Vaccine Is Supposed To Save Lives, So How Come Almost Half Of Teens Aren't Getting It?**

*40% of girls and 60% of boys aren't vaccinated.*

The HPV vaccine has been touted as a way to provide immunity for the most common sexually transmitted disease out there, one that can cause cancer or possibly death. But years after experts recommended that middle schooler's get it even before they become sexually active (preferably at age 11 or 12), there are a lot of teens out there who aren't getting it.

*MTV News, August 21, 2015*

**Illinois Becomes Fifth Jurisdiction to Protect LGBTQ Kids from Conversion Therapy**

Today, Illinois Gov. Bruce Rauner signed House Bill 217 into law, making Illinois the fifth jurisdiction-behind California, New Jersey, the District of Columbia, and Oregon-to protect LGBTQ youth from the dangers of conversion therapy. House Bill 217, which protects LGBTQ youth from mental health providers attempting to change their sexual orientation or gender identity through these practices, which are linked to substance abuse, extreme depression, and suicide, was overwhelmingly approved by the Illinois House of Representatives and General Assembly. The law will go into effect January 1, 2016.

*Human Rights Campaign, August 20, 2015*

**Politicians Need A Vaccine That Prevents 'Foot-In-Mouth Disease'**

Fiorina's muddle is reminiscent of similar recent statements by others aspiring to the nomination, including New Jersey Gov. Chris Christie and Sen. Rand Paul (R-Ky), who came out in favor of letting parents decide whether their kids should receive vaccines to prevent life-threatening infections. All three later issued "clarifying" statements. The mystery is why politicians don't learn from their predecessors' mistakes.

*Forbes, August 20, 2015*

### **HPV vaccination rates worst in white adolescents**

White, non-Hispanic adolescents had, on average, the lowest rate of human papillomavirus vaccination among measured ethnicities in 2014, according to a report from the Centers for Disease Control and Prevention. Just over 36% of white adolescent males aged 13-17 years had received at least one HPV vaccine dose; 6% less than black, non-Hispanic males. Asian non-Hispanics had the lowest rate of vaccination among female adolescents at 55%, though the vaccination rate for white female adolescents was only slightly higher at 56%.

*Family Practice News, August 20, 2015*

### **ADD AGES AND SEXES TO LOCATE HEALTH RISKS**

"Most previous studies of risk, such as toxin exposure or social maltreatment, have thrown males and females or young and old people together in ways that fail to recognize age-, sex- and trait-specific vulnerabilities," says David Geary. "If we don't measure the right trait or measure it at the wrong time or in the wrong sex, we'll miss many negative consequences of risk exposure."

*Futurity, August 19, 2015*

### **CHANGES IN BRAIN STRUCTURE AMONG BOYS LINKED TO POTENTIAL DEPRESSION**

Researchers discovered changes in brain structure among adolescent boys who experienced traumatic events in early childhood. These adverse experiences may include family instability, the loss of a loved one, domestic violence and parental abuse. The study points out changes in brain structure are linked to potential depression and anxiety later in boys' lives. This particular area of the brain is involved in regulating blood pressure and heart rate. Moreover, it affects decision-making, empathy, emotion and impulse control.

*Mid Day Daily, August 19, 2015*

### **Health officials say they won't change HPV vaccine mandate opposed by parents, some lawmakers**

Rhode Island state health officials say there are no plans to change a new requirement that middle school students in Rhode Island get the HPV vaccine even though some parents, and now some lawmakers, have expressed concerns.

*Star Tribune, August 18, 2015*

**Clinicians See Increase in Vaccine Acceptance. Medscape Survey Says**

New survey data from Medscape suggest fewer parents may be refusing to vaccinate their children, especially in western states, which have had some of the highest refusal rates in America. Forty-two percent of clinicians said they believed more parents are accepting vaccines, and 38% said parents are more accepting of measles vaccination in particular, according to the Medscape Vaccine Acceptance Report, an online survey of 1577 pediatricians, family physicians, public health physicians, nurse practitioners, and physician assistants that was conducted last month.

*Medscape, August 17, 2015*

**First U.S. Study of Transgender Youth Funded by NIH Four Sites With Dedicated Transgender Youth Clinics to Examine Long-Term Treatment Effects**

The National Institutes of Health has awarded \$5.7 million for a five-year, multicenter study, which will be the first in the U.S. to evaluate the long-term outcomes of medical treatment for transgender youth. This study will provide essential, evidence-based information on the physiological and psychosocial impact, as well as safety, of hormone blockers and cross-sex hormones use in this population.

*UCSF News Center, August 17, 2015*

**GOP Presidential Candidate Takes Aim at California's Vaccination**

*Criticizing the state's new mandatory vaccination law, Carly Fiorina is quoted, saying, "California is wrong on most everything, honestly."*

Fiorina cited the need to protect religious liberty adding, "When in doubt, it's always the parent's choice," according to the Washington Post.

*San Clemente Patch, August 14, 2015*

**Carly Fiorina Is Against Vaccine Mandates But She's For Them But Also Against Them**

Nobody is going around vaccinating children at gunpoint. So that would actually mean that Fiorina is for strengthening vaccine laws, but is cleverly making it

seem as if she is against doing so. But then Fiorina apparently went a step further, saying that while some vaccines, like those for measles or mumps, should be mandated, those for other diseases should not. She seems to be speaking specifically about vaccines from the human papilloma virus, or HPV. Those vaccines are Merck 's Gardasil and GlaxoSmithKline 's Cervarix.

*Forbes, August 14, 2015*

#### [Alabama boys dramatically fall behind national average for receiving HPV vaccine](#)

"There's a tendency for parents to deny that they're kids are ever going to be put at risk or do things they would not approve of," explained Robey. "You see this with birth control, because their child 'won't get pregnant', the same thing happens with HPV because they think 'my child will never need that'."

*WHNT, August 13, 2015*

#### [How Workout Supplements Might Mask Male Eating and Body Image Disorders](#)

"These products have become an almost ubiquitous fixture in the pantries of young men across the country and can seemingly be purchased anywhere and everywhere - from grocery stores to college book stores," researcher Richard Achiro is quoted as saying in a statement . "The marketing efforts, which are tailored to addressing underlying insecurities associated with masculinity, position these products perfectly as a 'solution' by which to fill a void felt by so many men in our culture."

*Care 2, August 11, 2015*

#### [Kids, teens win when mental health providers team with pediatricians, family doctors](#)

Now, a team of UCLA researchers has studied a wide range of published research on the approach and found that children and adolescents who receive integrated mental health and medical treatment are 66 percent more likely to have a good outcome than those who receive more traditional primary care.

*Medical Express, August 10, 2015*

#### [What It's Like To Live With Anorexia Nervosa As A Male](#)

When a diagnosis does occur, it often takes place much later for males than females. ANAD reported "a study of 135 males hospitalized with an eating disorder," in which males with bulimia shared a sense of shame over the eating

disorder. The study's authors concluded that shame "might explain their delay in seeking treatment." Another study found, "Anorexic males entered treatment an average of 2.1 years after onset, which is a shorter treatment delay than has been reported for women." Separating healthy weight loss in adolescent men participating in sports from true anorexia can also be difficult, as early symptoms may often appear similar.

*Elite Daily, August 10, 2015*

### **Partnership, Partners Release New Clinical Tools for Adolescent Male Health Visits**

The Partnership for Male Youth has announced the release of a set of tools that health care providers can use to guide their visits by adolescent males ages 14-18. The tools were developed by a collaboration of the Partnership, [American Sexual Health Association](#), [Healthy Teen Network](#) and the [School Based Health Alliance](#). They are available online for download [here](#).

### **Editorial: New Jersey not responding to urgency for HPV awareness**

Contrary to misconceptions, vaccinating your preteen against the HPV virus will not drive her or him toward a Kardashian level of promiscuity.

Study after study shows that getting protection against the humanpapilloma virus does not lead to altered perceptions or riskier behavior. So the news last week from the Centers for Disease Control and Prevention that New Jersey has the fourth-lowest HPV vaccination rate in the nation for girls is not only galling, it is an invitation for avoidable tragedy.

*New Jersey Star Ledger, August 8, 2015*

### **Suicide on Campus**

*Responses to an Education Life article about pressure on students and the rising rate of suicide on college campuses.*

To the Editor: Re "Fear of Failing" (Education Life section, Aug. 2):

The vast majority of students who commit suicide are male. And yet every single one of your "case studies" was female. Not once did you indicate that males are more prone to succeed in committing suicide than females or that 80 percent of all suicides between the ages of 14 and 28 are males. Why the focus on women to the exclusion of men in such an article?

*New York Times, August 8, 2015*

### [gHPV vaccine reduces risk, costs among older HIV-positive MSM treated for HGAIN](#)

Quadrivalent HPV vaccination in older HIV-positive men who have sex with men after treatment for high-grade anal intraepithelial neoplasia could reduce treatment costs and the lifetime risk of anal cancer, according to recent data.

*Helio, August 7, 2015*

### [Philly leads nation on HPV vaccination](#)

Last year, Philadelphia used federal grant money to train 500 doctors, nurses and other health care providers across the city. They learned new ways to talk about the vaccine with families and to focus on the fact that it is a cancer prevention vaccine.

*Newsworks, August 7, 2015*

### [HPV Vaccines: Who, What, and When?](#)

Hello, I'm Dr Sandra Fryhofer. Welcome to Medicine Matters. The topic: HPV vaccination, the transition to HPV9, and gender differences in additional cancer protection.

*Medscape, August 7, 2015*

### [Why Straight Men Have Sex With Each Other](#)

In *Not Gay: Sex Between Straight White Men*, out last month from NYU Press, Jane Ward, an associate professor of women's studies at the University of California, Riverside, makes the case that this is a flawed understanding. In doing so, she shows that homosexual contact has been a regular feature of heterosexual life ever since the concepts of homo- and heterosexuality were first created - not just in prisons and frat houses and the military, but in biker gangs and even conservative suburban neighborhoods.

*New York Magazine, August 5, 2015*

### [States Vary Enormously On HPV Vaccination Rates](#)

Only 40 percent of girls and 22 percent of boys ages 13-17 had finished their course of three shots for HPV by 2014. For comparison, 88 percent of boys and girls in the same age group received their Tdap (tetanus, diphtheria and pertussis) shot. 1 The United States has set a goal of vaccinating 80 percent of girls against HPV as one of its Healthy People 2020 objectives, and, according to Shannon Stokley, an epidemiologist in the Immunization Services Division of the CDC, "We have a long way to go to get to 80 percent; it's hard to

tell if we're going to reach it by 2020." However, Stokley told me she believes the success of the Tdap vaccine shows that these rates are achievable, if states and doctors keep educating parents about how vaccinations can protect their children from cancer. Although many people who get HPV do not develop cancer, the virus is the cause of almost all cervical cancers and 91 percent of anal cancers.

*fivethirtyeight, August 5, 2015*

#### Majority of Indiana teens not getting HPV vaccinations

New data from the Centers for Disease Control and Prevention show the HPV vaccination rates for boys and girls ages 13 to 17 in Indiana remain below the national averages, but a medical expert attributes the state's lag to increasing rates across the U.S. More than 44 percent of the state's teenage girls have received the full dose of the HPV vaccine, compared to 60 percent nationwide. Indiana is among the top 10 least-vaccinated states for teenage boys, with nearly 13 percent of them fully vaccinated, compared to 40 percent nationwide.

*Sun Herald, August 4, 2015*

#### Chronic Marijuana Use Among Teen Males May Not Lead To Later Health Issues After All

A comprehensive analysis of more than 400 men over a 20-year period casts new doubt on the idea of marijuana use, even when long-term, being associated with physical and mental health problems later on in life. The authors of the study, published in Psychology of Addictive Behaviors, looked at data taken from the Pittsburgh Youth Study (PYS), a longitudinal study that attempted to track the development of antisocial and delinquent behavior among a selected group of first, third, and seventh grade boys attending public school in Pittsburgh from 1987 to 1988 (For the purposes of this current study, only data on the seventh grade boys, totaling 506 kids, was used).

*Medical Daily, August 4, 2015*

#### More teen boys getting vaccinated against cancer causing disease | Washington State Department of Health

The Department of Health is launching a statewide campaign in August aimed at improving HPV vaccine rates. The campaign encourages parents of teens to get the [facts about HPV](#) and talk to their child's health care provider about the vaccine. The campaign will reach parents through digital and radio advertising, as well as through partnerships with community organizations.

*BL Courier, August 3, 2015*

**Kansas tied for lowest rate of teen HPV vaccination Vaccine coalition focusing on HPV, meningitis**

Teenagers are less likely to be vaccinated against human papillomavirus in Kansas than they are in almost any other state - a fact that needs to change to prevent future health problems, according to a group advocating for public health.

*Topeka Capital Journal, August 2, 2015*

**OPINION: Young men lagging women in health stats**

It is important to tailor a nutrition program specifically for young men to better cater to their needs and overcome participation barriers, and this is exactly what our research team at the University of Newcastle plans to do.

*Newcastle Herald, August 2, 2015*

**More teenagers in Chicago were vaccinated against human papillomavirus last year than ever before, according to a news release from Mayor Rahm Emanuel's office Friday.**

As of 2014, the release said, more than 78 percent of the city's girls and almost 65 percent of its boys have received at least the first dose of a three-round HPV vaccination. Both those numbers exceed the national average and represent about a 20-point jump from 2013, the release said.

*DNA Info, August 2, 2015*

**NORMAL TESTOSTERONE LEVEL COULD IMPROVE CARDIOVASCULAR HEALTH: STUDY**

Normal Testosterone levels among older men have been linked to better cardiovascular health in a long term study conducted on veterans. After analyzing a large group of male veterans, the research team found that men who underwent testosterone therapy had significantly lower risk of stroke, heart attack or other heart related health issues. The current study is important as previous studies have raised questions about the effectiveness of testosterone therapy. FDA has also issued guidelines to medical experts against over-prescribing of testosterone drugs as some reports found higher risk of stroke and heart attack. The current study has presented a contradicting view.

*NY City Today, August 11, 2015*

### **Mixed Results on Value of Testosterone Supplements for Men's Health**

Testosterone therapy may not be as bad for men's heart health as previously thought, but it doesn't seem to turn back time on their sex lives either, a new trial shows. "That was the surprising thing," said senior study author Dr. Shalender Bhasin, director of the Boston Claude D. Pepper Older Americans Independence Center at Brigham and Women's Hospital in Boston. "Many middle-aged and older men take testosterone because they feel it will improve their sex life, but the study showed that men who had low-normal or slightly low levels did not show any improvement."

*Health Day, August 11, 2015*

### **Men slow to realize their loss after relationships breakdown**

As men have evolved to compete for the romantic attention of women, the loss of a high-quality mate may not "hurt" as much at first. But he will likely feel it deeply and for long as it "sinks in" that he must start competing all over again to replace what he has lost or that the loss is irreplaceable.

*Financial Review, August 11, 2015*

### **Robin Williams death 1st anniversary: Male suicide and mental illness is a 'silent epidemic'**

Suicide is a predominantly male problem. It is the biggest killer of men aged between 20 and 49 and of the 5,981 suicides that occurred in Britain in 2012, 4,590 were men. In February, the proportion of men taking their own lives in the UK reached its highest level for more than a decade - with 19 deaths by suicide for every 100,000 men in 2013. Yet despite these figures, male suicide has been described as a "silent epidemic" because of its substantial contribution to male mortality and due to the reluctance of men to seek help for mental health problems. Women are more likely to suffer from depression but men are far less likely to talk about it.

*International Business Times, August 11, 2015*

### **Poster campaign tells suicidal men #dontflushyourlifeaway**

A NEW posted campaign encouraging men who are feeling low in mood or even suicidal to seek help has been launched in Cornwall. The campaign has been developed by a team of partners, including Cornwall Council, Cornwall Partnership NHS Foundation Trust, St Austell Brewery and the Samaritans. Posters will be displayed in the pub toilets and information cards available in

leaflet racks. Between 60 and 70 people in Cornwall take their lives each year, with men - especially those of working age - being three times more likely to die by suicide.

*Cornish Guardian, August 10, 2015*

### **Prostate cancer dog sniffer trials approved by NHS**

Dogs have long been considered man's best friend, but new research has revealed they may just be his best chance of diagnosing cancer too. Canines capable of sniffing out cancer have been approved for use in a trial by the NHS. Approval has been given for further trials to be carried out after an initial study found that dogs can detect prostate cancer in urine in 93 per cent of cases.

*Independent, August 10, 2015*

### **MISCARRIAGES AFFECT MEN AS MUCH AS WOMEN**

But previous studies have revealed that men are affected by miscarriages as much as women. The only difference is that they sometimes process the loss differently. It turns out that the old stereotype of men drinking their emotional trauma away applies to a lot of grieving men.

*Apex Tribune, August 9, 2015*

### **A Master's Degree in ... Masculinity?**

You've heard of women's studies, right? Well, this is men's studies: the academic pursuit of what it means to be male in today's world. Dr. Kimmel is the founder and director of the Center for the Study of Men and Masculinities at Stony Brook University, part of the State University of New York system, which will soon start the first master's degree program in "masculinities studies."

*New York Times, August 8, 2015*



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**Exercise may help reduce the effects of prostate cancer treatment on men's sexuality**

With sexual dysfunction being a common concern among men with prostate cancer, it is important to understand ways in which to reduce the effects of ADT on men's physical and mental well-being. Recent research has identified physical exercise as a possible factor to reduce such effects but little is known about why this may be.

*Andrology Australia, August 7, 2015*

**Experts: Men's overuse of supplements classifies as eating disorder**

Men aiming for a lean, muscular body often opt for supplements as a one-stop shop. But overuse of and dependence on these legal products may be a sign of deeper problems, to the point where it may qualify as an emerging eating disorder, research presented Thursday at the American Psychological Association's annual convention suggests.

*Fox, August 6, 2015*

**Erectile dysfunction could be an indicator of heart disease and other health problems: here are the best ways to get a boost**

Most men would never make the connection between their penis and heart - but it exists. Men should think of their penis as a thermometer for the heart. When the arteries in one part of your body are clogged, you can expect arteries to be filling up with sticky plaque in other parts of the body as well. One of these parts is, you guessed it, the penis.

*New York Daily News, August 6, 2015*

**Kidney Function Decline in Men Linked to Lower Alcohol Intake**

Men who drink small amounts of alcohol or frequently exercise may be at increased risk of renal function decline, regardless of body weight, according to a Japanese study.

*Renal and Urology News, August 6, 2015*

**Want to improve your sperm quality? Try having casual sex**

*Men produce better sperm and orgasm faster during an encounter with unfamiliar sexual partners, according to a new study that could change the way infertility is diagnosed*

Scientists who carried out the study at The College of Wooster in Ohio, USA, also concluded that more promiscuous men reach orgasm faster. They hope the findings can be used to aid the treatment of infertility.

*Telegraph, August 5, 2015*

**New study finds 50% of gay men who experience depression have thought about suicide**

The gay men's health charity GMFA and FS magazine have released the results of a survey into the mental health of gay men. In the latest issue of FS, Gay men and the battle to be happy, their investigation found that 50% of gay men who have experienced depression have contemplated suicide.

*Topix, August 5, 2015*

**Interaction between prostate cancer, comorbidities increases VTE risk**

High levels of comorbidities considerably increased venous thromboembolism risk among patients with prostate cancer, according to results of a national cohort study. The clinical interaction between prostate cancer and those comorbidities accounted for nearly one-third of VTEs among that patient population, results showed. Consequently, the ability to reduce VTEs associated with comorbidities may help improve the prognosis of patients with prostate cancer, researchers wrote.

*Helio, August 4, 2015*

**UK researchers reveal black men are at double risk of prostate cancer than white men**

Researchers from Prostate Cancer UK, Cancer Research UK Cambridge Institute, and Addenbrooke's Hospital have revealed that black men are at double risks of developing prostate cancer than white men, while Asians have half chance of having the disease or dying from one.

*Standard Daily, August 1, 2015*

**Government of Canada Invests in Men's Health to Help Prevent Chronic Disease**

Partnership with the Canadian Men's Health Foundation and the Urology Foundation, with funding from Google Grants, will promote healthy habits for men.

*CNW, July 31, 2015*

### **Prostate cancer: Five types 'found'**

Scientists have identified five types of prostate cancer, each with a distinct genetic signature.

And by comparing 250 samples removed in surgery with the patients' subsequent progress, they have identified some types that are more likely to recur. Until now, there has been no reliable way to know which patients have the more aggressive cancers requiring the most urgent and intensive therapy. But much larger trials are still needed to be certain of these early results.

*BBC, July 30, 2015*

### **Study says testosterone therapy safe to treat 'male menopause'**

Hot flushes and night sweats are not the preserve of women undergoing menopause but aging men too, says a controversial study from researchers at the Centre for Men's Health in London. About 20 per cent of men over 50 have testosterone deficiency and experience hot flushes, night sweats, joint pain, low libido, depression and an increase in body fat, among other symptoms, says the study.

*IBD Times, July 30, 2015*

### **Link between anticholinergics and falls in older men**

Serious falls are more than twice as likely in older men who take medicines with anticholinergic properties, according to UK researchers. Such medication is commonly prescribed for older people with bladder problems, depression, psychosis, insomnia and respiratory problems, among other things.

*Nursing Times, July 30, 2015*

### **Is the 'manopause' more widespread than we thought?**

*New research suggests that testosterone deficiency in older men is much more prevalent than current screening methods suggest, and that more men would benefit from hormone treatment*

'Manopause' is a colloquial term. The male menopause is scientifically referred to as the andropause; 'andro' deriving from the Greek for 'man' or 'male'. And despite many years of research into the symptoms, causes and overall existence of the andropause, it is often dismissed as a made-up condition, like "man-flu".

*Telegraph, July 30, 2015*

**Is college for men a great form of birth control?**

Seventy percent of dads ages 22 to 44 who have less than a high school diploma fathered their first child before age 25, according to a new Pew Research Center analysis of National Center for Health Statistics data. By comparison, 45 percent of dads with some college experience had a child by 25, and just 14 percent of dads with a bachelor's degree had their first child by 25.

*Gazette Extra, July 23, 2015*

**Genomic fingerprint may predict aggressive prostate cancer in African-Americans**

African American men are more likely to develop prostate cancer than European American men, and are also more than twice as likely to die from it. Although there are many reasons that contribute to this health disparity, new research shows that African American men may have a distinctly different type of prostate cancer than European American men, according to new genomic fingerprinting results.

*Medical Express, July 20, 2015*

**OPINION: Young men lagging women in health stats**

Being born a male means you will have a five-year shorter life expectancy than a female. Why is this, and what's being done to change this? Sadly not much if you're a young man aged 18-25.

*Newcastle Herald, August 3, 2015*

**Utah boys lag far behind girls in HPV vaccines**

A lot more Utah boys are getting the human papillomavirus (HPV) vaccine than in the past, but their vaccination rate continues to lag far behind that of girls. Neither boys nor girls are being vaccinated at the national average, which is a shame, public health professionals and

doctors say. "It's sad that physicians, in particular, are not really seeing it as a priority, so there are a lot of young people in Utah who are not being vaccinated," said David Cope, a family-practice physician in Bountiful.

*Salt Lake Tribune, August 2, 2015*

#### **Many adolescents still not getting HPV vaccine**

*Large vaccination increases in some states offer clues to effective interventions*

"The large increases in these diverse parts of the country show us it is possible to do much better at protecting our nation's youth from cancers caused by HPV infections," said Dr. Anne Schuchat, assistant surgeon general and director of CDC's National Center for Immunization and Respiratory Diseases. "We are missing crucial opportunities to protect the next generation from cancers caused by HPV."

Some of the promising strategies that have been effective in combination at increasing receipt of HPV vaccine include:

- Establishing links between cancer organizations and immunization organizations to emphasize HPV vaccination is cancer prevention;
- Health care provider education initiatives, including reminding doctors and nurses to take every opportunity to strongly recommend HPV vaccine, especially when they recommend the two other vaccines recommended at age 11 to 12 years (the quadrivalent meningococcal conjugate and Tdap vaccines) and the annual flu vaccine;
- Practice-based quality improvement efforts by state and local health departments, such as assessment of a clinic's HPV vaccination coverage levels and providing feedback on how to improve coverage;
- Public communication campaigns; and,
- Reminder-recall interventions, such as using immunization information systems to send reminders to parents about vaccinations for which their child is due.

*Health Canal, August 1, 2015*

#### **American Academy of Pediatrics asks payers to cover HPV9 vaccine**

(requires subscription)

*AAP News, August 1, 2015*

#### **UK: Exclusive: Three quarters of GPs back HPV jabs for boys**

Three out of four GPs believe the HPV vaccination programme should be extended to boys, a GPonline survey has found. The findings come just weeks

after the Joint Committee on Vaccination and Immunisation (JCVI) said that widening the HPV programme would not be considered until 2017 at the earliest.

*GP Online, July 31, 2015*

### **Wow. Americans Really Aren't Fans Of The Life-Saving HPV Vaccine**

"The vaccine got off on the wrong foot with the public, but with physicians too because a fair number thought they would have to talk about sexual contact and they were reluctant to," said Dr. Carol Baker, executive director of the Center for Vaccine Awareness and Research at Texas Children's Hospital.

*Huffington Post, July 30, 2015*

### **Physicians Blamed for Low HPV Vaccination Rates**

(requires sign-in)

Physicians must take responsibility for improving the rate of human papillomavirus (HPV) vaccinations among teenagers, according to Anne Schuchat, MD, assistant surgeon general and director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention.

*Medscape,, July 30, 2015*

### **N.J. lags on HPV vaccine: shots called vital for pre-teens but many parents are reluctant**

More than half of all adolescent girls in New Jersey have not received the vaccine to prevent cervical cancer, among the lowest rates nationally, and even fewer boys are getting the shots that could prevent cancer-causing HPV infections, according to federal health data released Thursday. Despite proof that the vaccine works "extremely well" and is covered by most health insurance plans, many parents are hesitant to expose their children to it, squeamish about talking to sixth-graders about sexually transmitted diseases.

*North Jersey, July 30, 2015*

### **Low-Income Teens Have Best Shot At Getting HPV Vaccine**

When it comes to getting the HPV vaccine to protect against cervical cancer, teens below the poverty line are doing better than the rest. Among teenage girls ages 13 to 17 whose total family income was less than the federal poverty level for their family size, 67.2 percent have

received the first dose of the human papillomavirus vaccine, compared to 57.7 percent for those at or above the poverty line. For teen boys, it's 51.6 percent compared to 39.5 percent.

*NPR, July 30, 2015*

#### **Many Teens Are Still Not Getting The HPV Vaccine**

New federal data shows that despite public health efforts, the number of teen boys and girls receiving the human papillomavirus (HPV) vaccine only increased slightly in 2014. The new numbers from the U.S. Centers for Disease Control and Prevention (CDC) released on Thursday show that four out of 10 adolescent girls and six out of 10 adolescent boys have not started the HPV vaccination series. Without vaccination, young people are at a greater risk of developing HPV-related cancers down the line. Overall, 60% of girls in the age group and 42% of boys have received one or more doses of the vaccine which the CDC reports is 3% higher for girls and 8% higher for boys compared to data from 2013.

*Time, July 30, 2015*

#### **Rhode Island Mandates Student HPV Vaccine**

Seventh-graders in all public and private schools in Rhode Island are now required to get the HPV vaccine. The Providence Journal reports that starting this fall, seventh-graders who do not get the vaccine will not be allowed to attend school unless their parents seek an exemption for medical or religious reasons. The state Public Health Department made the vaccine mandatory.

*NECN, July 29, 2014*

#### **Parents sound off on HPV vaccine requirement**

Clashing opinions surrounding a new vaccine requirement for Rhode Island middle schoolers. Starting this fall, all seventh graders must be vaccinated against the Human Papillomavirus (HPV), a virus that can be passed through sex. "These children are very young," explained concerned parent Yari Auger of Providence. "Extremely young to assume anything about being sexually active." Many parents are concerned the state is taking away their rights. "It's the state coming between the patient and the medical provider and saying, 'We know better for you than you know for yourself,'" Auger said. Doctors like Robert Eden of Children's Medical Group in Providence have been recommending the vaccine for years. "We haven't seen an adverse reaction to the vaccine in the thousands of vaccines we've administered," he explained. A [Facebook](#)

[page](#) against this regulation has garnered the support of nearly 600 people. Parents have also started an [online petition](#).

*ABC, July 29, 2015*

### **Text line a breakthrough in male suicide prevention**

A leading mental health organisation believes a major breakthrough has been made in suicide prevention among young Irish men. The development of a text helpline for people considering taking their life by Console has resulted in a massive increase in the number of people seeking help. The charity says it recorded a 49pc increase in texts in the first six months of the year with young men, in particular, accessing crisis help through their mobile devices for the first time. "Males are four times more likely to take their own lives, but up to this point, no one has been able to reach them in numbers," Console CEO Paul Kelly said.

*Independent, July 29, 2015*

### **Transgender Youth Don't Have Hormone Abnormalities**

Sex hormone levels in transgender youth are consistent with the gender they were assigned at birth, a new study finds. "We've now put to rest the residual belief that transgender experience is a result of a hormone imbalance. It's not," Dr. Johanna Olson, who practices adolescent medicine at Children's Hospital Los Angeles, said in a hospital news release.

*Health Day, July 27, 2015*

### **Gardasil: Yup. Still Safe**

Through an article in Forbes I saw that a new study has been published about the safety of Gardasil, a vaccine for prevention of certain strains of human papillomavirus, or HPV.

HPV is a virus that can lead to genital warts, many types of cancer, and cervical cancer in women, which kills 4,000 women every year in the U.S. alone.

The Gardasil vaccine, on the other hand, caused some people to faint after getting it, and others got mild skin infections-both of which occur somewhat rarely with other vaccines too, as you might expect.

Which sounds worse to you?

*Slate, July 27, 2015*

**The Reemergence of STIs Among Gay Men: Why Does It Matter and What Can Be Done?**

Rates of many sexually transmitted infections (STIs) are either high or on the rise among gay men and other men who have sex with men (MSM). These infections can pose health risks and also facilitate HIV transmission. This article explores the history of STIs among MSM, current challenges to improving the diagnosis and prevention of these infections, and potential solutions.

*The Body, July 27, 2015*

**Shirtless Marines March in "Silkies" to Raise Suicide Awareness**

*Each day, 22 former servicemembers commit suicide*

A group of Marines is marching 22 kilometers, or about 13.5 miles, wearing nothing but short shorts-called "silkkies"-and hauling 22 kilograms, or about 50 pounds, of gear to honor the 22 service members who commit suicide every day.

*Time, July 26 2015*

**Study says boys are born with stronger spines**

Compared to girls, boys are born with stronger vertebrae, the series of small bones that make up the spine, new research has found. The researchers found that vertebral cross-sectional dimensions, a key structural determinant of the vertebra's strength, were 10.6 percent smaller on average in newborn females than in males.

*The Health Site, July 25, 2015*

**The anti-vaccination movement is not the only cause of falling vaccination rates**

Research shows that in 1966, 73% of the population trusted the leaders of the medical profession; by 2012 this has fallen to 34%, and less than one-quarter (23%) of the population has confidence in the US health care system as a whole. This lack of trust puts the US near the bottom among industrialized nations - in terms of trust in doctors, the US ranks 24 out of 29 countries surveyed.

*Raw Story, July 24, 2015*

### **CDC: Teens waiting longer to have sex, many use morning after pill**

Far fewer American teenagers are having sex than teens a generation ago, according to a new report from the U.S. Centers for Disease Control and Prevention. From 2011 to 2013, only 44 percent of girls and 47 percent of boys between the ages of 15 and 19 had sexual intercourse at least once, the researchers found. That's a decline of 14 among girls and 22 for boys over the past 25 years.

*CBS, July 22, 2015*

### **Self-Testing Helps Combat HIV in Adolescents**

Today only half of people living with HIV are aware of their status. This testing gap, coupled with the importance of early treatment for HIV, is driving interest in of the role of self-testing for HIV. Concerns about confidentiality and privacy are one of the key barriers to HIV testing services for adolescents (aged 10-19); however, recent studies on the use of HIV self-tests suggest that the availability of a simple and discreet way to know their status themselves may be one of the keys to dramatically increasing the number of adolescents who take a test and go on to access support and further HIV testing, prevention, treatment and care.

*Infection Control Today, July 22, 2015*

### **Equality workshops teach boys to be empowered, not ashamed**

"It's important that teenage boys are taught about the pressures of inequality - but that doesn't amount to indoctrinating them in feminist ideology," writes David Brockway. The young men we speak to often find it difficult to express emotion, to show emotional vulnerability, or to admit weakness.

*The Telegraph, July 22, 2015*

### **Getting the message out on HPV vaccinations**

The Jewish Healthcare Foundation has worked to increase the region's vaccination rates for human papillomavirus or HPV - one of the most common sexually transmitted diseases in the country - for the past 1½ years, but rates are still woefully low. Last Wednesday evening, those efforts hurtled into the social media age, complete with catchy Twitter hashtags, to improve the message.

*Post Gazette, July 21, 2015*

**What does it mean to be a man? The Healthy Men and Boys Network of Western Massachusetts seeks answers, plans course for change**

From a young age, says Engel, males are taught to be "islands unto themselves," without a need for social connection. Telling a boy who has just fallen off his bike not to cry and just keep going teaches him that he shouldn't need anyone's help if he's going to properly "man up," he says. This disconnection leads to poor relationships.

*Gazette Net, July 20, 2015*

**UK: Health workers urged to increase help for anabolic steroid users**

Public Health England advises councils and health practitioners to engage more effectively with young men abusing image-enhancing drugs. Government health advisers have urged local councils and organisations to increase the help available to anabolic steroid users, after warnings that the country faces an epidemic of abuse of the drug, especially among image-conscious young men.

*The Guardian, July 19, 2015*

**The fear of failure drives middle-aged men to depression, and it's often the economy's fault**

The National Confidential Enquiry into Suicide and Homicide has published its findings for the period between 2003 and 2013, and it shows a marked increase in the rates of suicide among middle-aged men. We can speculate about the causes, but rising rates of unemployment and debt during the studied period have undoubtedly contributed to this increase.

*City AM, July 24, 2015*

**Scientists discover why some prostate tumours are resistant to radiotherapy**

Scientists at the University of York believe they have identified how some tiny regulatory molecules in cells can make prostate cancers resistant to radiotherapy.

It is hoped that this new development could pave the way for more effective treatments - allowing a lower dose of radiotherapy to be used while prolonging the lives of thousands of men.

*Medical Xpress, July 24, 2015*

## [Gender Roles Drive Men's Definition Of Masculinity: The Truth Behind Why Men Lie About Their Height](#)

Tell a man he's weak and he'll tell you he's taller than he really is - at least, that's what a new study found among college students. Researchers from the University of Washington looked out for specific male patterns to understand why they lie about their height. The findings, published in the journal Social Psychology, outline the psyche of men who believe they fall short of society's definition of masculinity.

*Medical Daily, July 23, 2015*

## [UK: Men are 4 times more likely than women to be diagnosed with 'cannabis psychosis', according to study](#)

We conducted research to look at whether men and women are equally affected by cannabis use and its associated mental health problems. We found that men are four times more likely than women to be diagnosed and admitted to hospital with cannabis psychosis. These elevated rates were consistent over the eleven years of the study period, so not simply a one year blip.

*The Independent, July 23, 2015*

## [Op-ed: Trans Men Experience Far More Violence Than Most People Assume](#)

However, what is far less discussed by the media or within the trans/LGB community is that other types of violence - the kinds of violence that affect thousands more trans people than do hate crimes resulting in murder - actually happen at least as often to transmasculine individuals as transfeminine individuals.

*The Advocate, July 23, 2015*

## [Study Suggests 90% of Advanced Prostate Cancers May Have Anomaly that May Influence Treatment](#)

It may soon be easier to treat metastatic castration-resistant prostate cancer (mCRPC) based on genetic anomalies. A new international study suggested it may be possible to link specific aberrations to response or resistance to specific treatments in 90% of cases.

*Cancer Therapy Advisor, July 23, 2015*

## [Simple device offers men circumcision with no surgery, anesthetic](#)

The device, described in the New York Times a few years ago as simpler to assemble than a McDonald's Happy Meal toy, is being promoted to 6,000

HIV/AIDS experts from 125 countries in Vancouver this week attending the International AIDS Society conference.

*Vancouver Sun, July 22, 2015*

**UK: Suicide rate among middle-aged mentally ill men soars 73% - report**

Debt, unemployment and alcohol could be the key drivers of a 73-percent rise in suicides among middle-aged men with mental health problems since 2006, startling new research reveals. The shocking statistics surfaced in an authoritative report published on Thursday by the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH).

*RT.com, July 22, 2015*

**Dad Bod research suggests becoming a father means gaining 3 to 5 pounds**

*Doctors pay attention to the weight gain of mothers - both before and after pregnancy. But the waistline of dads? That's not on most GP's radar.*

Many men gain a new sense of responsibility and purpose when they become fathers. A new study suggests they also gain 3 to 5 pounds. The research wasn't designed to prove fatherhood causes weight gain and raises more questions than it answers. But one outside expert, while noting its limitations, said the research is provocative and should spark further study.

*The Star, July 21, 2015*

**Mediterranean diet can help prostate cancer sufferers, study finds**

Researchers at the university's Cancer Society Research Centre have found a "Mediterranean-style diet" may benefit men with prostate cancer - the most diagnosed cancer in New Zealand men. The study found that men with prostate cancer responded favourably to a change in diet that included more "olive oil, fruit and vegetables, legumes (pulses), whole-grains and poultry with some fish and seafood". Foods to be avoided among the small-scale pilot group of 20 men included red meat, processed meat, and dairy.

*Stuff New Zealand, July 21, 2015*

**Study Sees No Link Between Testosterone Therapy and Blood Clots**

*Finding was based on data from more than 30,000 American men, 40 and older*

Baillargeon and his colleagues looked at data from more than 30,000 American men, aged 40 and older. The researchers found that having a prescription for testosterone therapy was not associated with an increased risk of VTE.

*Medline Plus, July 20, 2015*

## **Fertility study finds man's age does matter**

"We know men father pregnancies in their 50s, 60s and 70s which doesn't happen with women," Dr. William Schoolcraft said. "But as a man ages, the sperm can have spontaneous chromosomal mutations that can lead to issues with the children."

*9 News, July 19, 2015*

## **5 "Women's" Diseases That Men Can End Up Getting**

Men may not be screened regularly, as women are, for some of the following diseases, so they can be easy to miss. Some conditions, such as thyroid problems and bladder infections, are more common in females because of biological and hormonal differences. Now let's look at some of the major diseases and afflictions you may not have known males can contract too. Although these may be fairly uncommon in men, it's important to watch for the signs of the following conditions and seek treatment when necessary.

*Cheat Sheet, July 18, 2015*

## **Obese men have just a '1 in 210' chance of attaining a healthy body weight**

Obese men have only a one in 210 chance of attaining a healthy body weight, according to new research that suggests diet and exercise strategies are not effective in combating the obesity epidemic.

*Independent, July 17, 2015*

## **A quantitative analysis of the prevalence of clinical depression and anxiety in patients with prostate cancer undergoing active surveillance - Abstract**

Patients with PCa managed with AS experienced substantially higher rates of anxiety and depression than that expected in the general population. Strategies to address this are needed to improve the management of this population and their quality of life.

*Uro Today, July 16, 2015*

## **Increased radiation offers no survival benefit for patients with low-risk prostate cancer**

Increased radiation dose is associated with higher survival rates in men with medium- and high-risk prostate cancer, but not men with low-risk prostate cancer, according to a new study from Penn Medicine published this week in JAMA Oncology. Already-high survival rates for men with low-risk prostate cancer were unaffected by higher radiation dosages compared to lower radiation dosages.

*Medical Express, July 16, 2015*

## Ejaculating Decreases Prostate Cancer Risk?

At the American Urological Association 2015 Annual Meeting, researchers have studied the effects of masturbation, and a new study has shown that masturbation can actually decrease your risk of prostate cancer if you are frequently ejaculating. Dr. Rider did say that this was a study based on observational data, which means caution should be used when it comes to interpreting the results and data. A lot of other medical professionals, including Dr. Sammon, a urologist at the Henry Ford Hospital, found the results to be great, with Dr. Sammon adding this was "incredibly high quality data."

*Gazette Review, July 16, 2015*

## Male Contraceptive Pill Could Soon Be A Reality Thanks To Crowdfunding Campaign (And About Time Too)

The scientists behind the new male contraceptive pill campaign have heralded their research as a "breakthrough" for men. The drug works by targeting and blocking a protein that is "virtually unique to the testes". Dr Gary Flynn and his team of researchers from Stanford University believe this protein is critical to the proper production of sperm. "The game-changing potential of his early-stage drug is that it is non-hormonal in nature and specific to the protein," reads the campaign site. "In addition, the fact that this protein is only found in the testes suggests a low risk of side effects."

*Huffington Post UK, July 16, 2015*

## Age, coverage erase racial, ethnic differences in men's use of depression, anxiety treatment

Black and Hispanic men suffering from depression or anxiety are less likely to get help than white men, but the racial and ethnic differences narrow and even reverse with age and insurance coverage, according to a CDC report on men's use of mental health treatment.

*Managed Care, July 15, 2015*

## Substance Abuse Affects Men's And Women's Brains Differently, May Fuel Gender-Specific Rehab Programs

Researchers "specifically wanted to determine" how stimulant drug abuse - a dependency on cocaine, amphetamines, and/or methamphetamine for nearly 16 years - affected men's and women's brains. With MRI scans, researchers could observe any structural brain differences and compare them to healthy men and women. Both groups of men and women were similar in age and gender.

*Medical Daily, July 14, 2015*

## Exercise may reverse age-related bone loss in middle-aged men

Now, University of Missouri researchers have found that certain types of weight-lifting and jumping exercises, when completed for at least six months, improve bone density in active, healthy, middle-aged men with low bone mass. These exercises may help prevent osteoporosis by facilitating bone growth, according to the study published in *Bone*.

*Medical Press, July 14, 2015*

### **Study sheds light on why men don't live as long as women**

Researchers found that significant differences in life expectancies between the sexes first emerged as recently as the turn of the 20th century. As medical advances and positive health behaviors were adopted during the 1800s and early 1900s, death rates fell, but women were reaping longevity benefits at a much faster rate. The study examined the life spans of people born between 1800 and 1935 in 13 developed nations. A review of global data points to heart disease as the culprit behind most of the excess deaths documented in adult men, said researchers.

*Med City News, July 12, 2015*

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### **International Society for Sexual Medicine offers guidelines for treating testosterone deficiency**

The International Society for Sexual Medicine has developed comprehensive guidelines to assist clinicians in better management and recognition of testosterone deficiency in men, according to research in *The Journal of Sexual Medicine*. The International Society for Sexual Medicine (ISSM) convened a panel of 18 experts and developed the "Process of Care" to provide evidence-based recommendations for clinicians without expertise in endocrinology, the authors wrote, including physicians in family medicine and general urology practice. The guidelines outline who should be tested for testosterone deficiency, what drug interventions or lifestyle modifications are appropriate, and how the current controversy surrounding testosterone replacement therapy, prostate cancer and cardiovascular disease should be weighed.

*Helio, July 12, 2015*

### **Testosterone Treatments Won't Help Men With Ejaculatory Issues**

Testosterone supplements won't help men with low testosterone ease any problems they have with ejaculatory function, a new study suggests.

*Health Day, July 10, 2015*

#### More accurate prostate cancer diagnoses offered by sensor chip

Prostate cancer is one of the most deadly cancers for men, but current diagnosis methods using antibodies are not completely reliable. A new sensor chip could be the solution to the problem, however, making prostate cancer diagnosis more efficient and reliable according to the results of a recent study. The study was conducted by researchers from the University of Birmingham in the UK and is published in Chemical Science. Its findings demonstrate that the new technology could reduce the number of false readings that occur with traditional diagnosis methods.

*Medical News Today, July 9, 2015*

#### Testosterone Replacement Therapy and Prostate Cancer Risk

A review of research on the use of testosterone replacement therapy in men with a history of prostate cancer and in men with elevated prostate cancer risk found no evidence of statistically significant associations between such treatment and cancer progression.

*HCP Live, July 8, 2015*

#### Women live longer than men because of lifestyle, not biology

Women live longer than men because they are less prone to heart disease and smoking-related illnesses due to modern lifestyles, rather than any biological difference, a new study has found. Researchers found that heart disease was responsible for as much as 40% of the ratio increase in male to female mortality, while smoking contributed about 30% of the increase.

*Newsweek, July 7, 2015*

#### Hidden Pain: What You Need to Know About Men and Depression

Depression has been seen as a health issue only faced by women, but the illness does not discriminate. Women, men, and even children can become crushed under the crippling weight of depression.

Dr. Margaret Rutherford

, a clinical psychologist who recently completed a study on men and depression, says more women than men typically seek therapy, which explains the myth of depression as a "woman's disease."

*Cheat Sheet, July 6, 2015*

#### Boys more likely than girls to receive anti-psychotic drugs

Antipsychotic drugs have become popular options for treatment of children and young people -- a new study shows that nearly 3 percent of children and adolescents, notably many more boys than girls, receive a prescription for them.  
*UPI, July 6, 2015*

### **CPhA Calls for HPV Strategy for Young Men to Save Lives**

The Canadian Pharmacists Association (CPhA) urges the federal government to enhance its national immunization strategy to ensure that all Canadians have the opportunity to protect themselves against the common strains of HPV (human papillomavirus) through immunization. The lack of access to HPV vaccination programs for young men in

Canada is needlessly putting the health of Canadians at risk.

*Canadian Newswire, July 6, 2015*

### **Men with 'low testosterone' have higher rates of depression**

Researchers at the George Washington University (GW), led by Michael S. Irwig, M.D., found that men referred for tertiary care for borderline testosterone levels had much higher rates of depression and depressive symptoms than those of the general population.

*Medical Express, June 30, 2015*

### **Study: Cannabis can lead to weight gain in men**

The researchers found that greater cannabis use led to greater weight gain specifically, in male non-cigarette smokers. And significantly, in male cigarette smokers, the effect was almost the opposite, the study said.

*The Health Site, June 30, 2015*

### **How newspapers represent men's eating disorders**

Public health researchers at the University of Glasgow have carried out the first detailed studies of how newspaper articles represent eating disorders in men. Academic research estimates that around a quarter of eating disorder sufferers are men, but men only account for about one-in-ten of those with an eating disorder diagnosis. This means many men with eating disorder symptoms are not diagnosed or treated. This is important, since eating disorders can prove fatal if not treated early.

*Medical Express, June 29, 2015*

### **Top Takeaways from ASCO: Prostate Cancer**

The efficacy of systemic docetaxel for the treatment of prostate cancer is "perhaps the most exciting data for prostate cancer" to come out over the last year, according to Jorge Garcia, MD, who leads the advanced prostate cancer research program at the Taussig Cancer Institute at the Cleveland Clinic. Here, Garcia discusses the Top Takeaways from two docetaxel studies presented at the [ASCO 2015 Annual Meeting](#).

*Helio, June 24, 2015*

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### **[Professor Harald zur Hausen: Nobel scientist calls for HPV vaccination for boys](#)**

The UK should vaccinate all boys against the cancer-causing human papilloma virus (HPV), the Nobel Prize-winning scientist who discovered the link between HPV and cancer has said. Professor Harald zur Hausen, the German virologist whose theory that HPV could be a cause of cervical cancers led to global efforts to vaccinate girls against the virus, said that boys should also be protected.

*The Independent, July 12, 2015*

### **[Western Australia's high HPV vaccination rate](#)**

New figures from the National HPV Vaccination Program Register show that 76 per cent of WA girls who turned 15 last year received three doses of the vaccine. This compared with the national uptake of 73 per cent of girls. But experts say teenage boys need to catch up, with 61 per cent of 15-year-olds in WA receiving the three-dose course, just ahead of the national average of 60 per cent.

*AU News, July 10, 2015*

### **[There's a gender gap when it comes to children's health care costs, too](#)**

*Premature births, more frequent ER visits drove higher costs for baby boys.*

The cost of children's health care is growing quickly - especially for baby boys. In 2013, per capita spending on health care for babies, infants and toddlers between the ages of 0 and 3 was \$4,813, according to a study of health insurance claims released this month. That's a bigger number than average spending for many working-age adults, the report stated, and it's up about 19 percent from per capita spending for babies just three year's earlier. But what's even more intriguing to some physicians and health

researchers is a large gender gap behind the numbers. Per capita spending for boys in the age group was \$5,307, according to the study, whereas average spending for girls was \$4,294. A difference of more than \$1,000 is "beyond what I expected," said Dr. David Griffin, a medical director and pediatrician with Bloomington-based Health Partners.

*Star Tribune, July 10, 2015*

**Gardasil HPV4 vaccine determined safe despite parental concerns**

The researchers analyzed data from numerous passive and active surveillance studies conducted after the FDA licensed Gardasil quadrivalent HPV vaccine (Merck) for routine use in 2006. Serious adverse events commonly associated with vaccine risk - such as autoimmune conditions, multiple sclerosis, stroke, anaphylaxis, adverse pregnancy outcomes and venous thromboembolism - were analyzed. The researchers reported no increased incidence for such events compared with background rates.

*Helio, July 9, 2015*

**HPV vaccine now free for 'at-risk' boys and men under 26**

The government of B.C. announced this week the HPV vaccine for human papillomavirus virus will now be available free of charge to boys and men under age 26 who classify as 'at-risk'. Beginning in September, the free HPV vaccine program currently only available to young women will become available to men who have sex with males or who are "street-involved". "Providing the vaccine for all girls protects heterosexual boys as well, but leaves at-risk boys and young men unprotected. This change will address that gap," said the province in a media release.

*Van City Buzz, July 9, 2015*

**HPV vaccine program expanded to 'vulnerable' boys, men under 26 in B.C.**

The B.C. government announced boys and men up to age 26 who are "at higher risk of contracting human papillomavirus" can soon receive the HPV vaccine for free.

**HPV vaccine: The growing campaign for including boys**

"The human papillomavirus is the most common sexually transmitted infection," Heath Minister Terry Lake said in a statement. "It can lead to serious health problems and could develop into an HPV-related cancer."

The government defines "vulnerable" at-risk boys and young men as "those who have sex with males or who are street-involved."  
*CBC News, July 7, 2015*

### **Children's National Opens Clinic for LGBTQ Youth**

The Youth Pride Clinic, which is a part of the Adolescent Health Center at the Sheikh Zayed Campus for Advanced Pediatric Medicine, will "provide seamless primary and specialty care" for youth between the ages of 12 and 22 years-old who identify as lesbian, gay, bisexual, transgender, and questioning. In a statement, Dr. Lawrence D. D'Angelo, the director of the Youth Pride Clinic and the Division Chief of Adolescent and Youth Adult Medicine, says that the clinic was created to address the "tremendous backlog of unmet need for the care" of LGBTQ youth. "We know that there are anywhere between three to 15 percent of youth in the District who self-identify as LGBTQ," D'Angelo said.

*Children's Hospital, July 2, 2015*

### **Pacific men, boys urged to participate more in reproductive health**

Engaging boys and young men in sexual and reproductive health in the Pacific was the theme of an open hearing taking place in the New Zealand Parliament yesterday.

*Pacific Scoop, July 2, 2015*

### **Boys more likely to have antipsychotics prescribed, regardless of age**

*NIH-funded study is the first look at antipsychotic prescriptions patterns in the U.S.*

Boys are more likely than girls to receive a prescription for antipsychotic medication regardless of age, researchers have found. Approximately 1.5 percent of boys ages 10-18 received an antipsychotic prescription in 2010, although the percentage falls by nearly half after age 19. Among antipsychotic users with mental disorder diagnoses, attention deficit hyperactivity disorder (ADHD) was the most common among youth ages 1-18, while depression was the most common diagnosis among young adults ages 19-24 receiving antipsychotics.

*National Institutes of Health, July 1, 2015*

### **Coming Out to Dad: Young Gay and Bisexual Men's Experiences Disclosing Same-Sex Attraction to Their Fathers**

**ABSTRACT:** Few studies have examined the relationship between young gay and bisexual men (YGBM) and their fathers. Based on a phenomenological framework, this study investigated the role of fathers in YGBM's coming-out experience, focusing on how fathers responded to disclosure of same-sex attraction, how fathers' responses compared with sons' expectations, and what sons perceived as having influenced their fathers' responses.

*American Journal of Men's Health, July 1, 2015*

**California Governor Signs Strict Vaccination Law Eliminating Exemptions for Personal Beliefs**

Gov. Jerry Brown wasted no time Tuesday in signing a contentious California bill to impose one of the strictest school vaccination laws in the country following an outbreak of measles at Disneyland late last year. Brown, a Democrat, issued a signing statement just one day after lawmakers sent him the bill to strike California's personal belief exemption for immunizations, a move that requires nearly all public schoolchildren to be vaccinated. The bill takes effect next year.

*The Blaze, June 30, 2015*

**Over a third of 16 and 17 year olds too anxious to sleep at night**

A new campaign dubbed Seriously Awkward launched by The Children's Society has found that more than a third of older teenagers are so anxious and stressed that they have suffered sleepless nights in the last year.

*Techie News, June 29, 2015*

**SCREEN TIME LINKED TO WEAKER BONES IN TEEN BOYS**

Teenaged boys who spend too many hours in front of the computer or television without participating in enough weight bearing exercise could develop weaker bones as they age, a small Norwegian study suggests.

*EWN, June 27, 2015*

**Tackling the trauma: Male survivors of sexual abuse hope for more understanding**

Elizabeth Saewyc, director of the Stigma and Resilience Among Vulnerable Youth Centre at UBC, a research centre that examines youth

health issues, says men who experience sexual violence as children or adolescents may go on to experience mental and physical health issues. However, young men who receive support from family and other adults are more likely to recover from the trauma.

*Ubc, June 26. 2015*

### **Campaign asks Ontario to fund HPV vaccine for young men**

HPV is commonly associated, at least in the public eye, with cervical cancers. The province currently funds the vaccine for young women. But HPV does not differentiate between genders, nor does it cause only cervical cancer. According to Dr Irving Salit, a professor of medicine at the University of Toronto who studies HPV transmission among men and who spoke to Daily Xtra in May 2015, the number of HPV-related cancers in men and women are very similar. For men, those cancers include penile, throat and anal cancers.

*DailynXtra, June 26, 2015*

### **Detecting STIs: Teens believe a color-changing condom is the answer**

Sexually transmitted infection-- it's a sensitive topic that many people find difficult to discuss, but a group of teenage boys think they may have found an eye-catching solution. The so-called "S.T.EYE" condom is a conceptual design that changes color when it comes into contact with an STI such as chlamydia or syphilis. The idea is the brainchild of Muaz Nawaz, 13, Daanyaal Ali, 14, and Chirag Shah, 14, who attend the Isaac Newton Academy in east London.

*CNN, June 26, 2015*

### **'Psychologists should lead the way on male mental health issues'**

A group of Britain's most senior psychologists are so concerned about the unique - and increasingly fatal - problems facing modern men, they are urgently calling for a dedicated Male Psychology Section of the British Psychological Society.

*The Telegraph, June 26, 2015*

### **Innovative male circumcision device for HIV prevention receives WHO prequalification**

"This is a major milestone toward improving access to voluntary medical male circumcision, which will help to prevent HIV acquisition in

low-resource settings and contribute to the international efforts to achieve an AIDS-free generation," said Mr. Shang Jianzhong, inventor and board chairman of Wuhu Snnda Medical Treatment Appliance Technology Co., Ltd.

*Medical Xpress, June 24, 2015*

**Men more likely to talk about suicidal thoughts with loved ones than doctor. Black Dog Institute study finds**

A national study has found men are more likely to discuss suicidal thinking with trusted acquaintances like family, friends or partners than health clinicians.

*ABC, June 25, 2015*

**The 10 Leading Causes of Death in American Men**

The top causes of death for American males saw some changes over the ten-year period between 2001 and 2011. As far as the top two killers go, cancer's position stayed fairly steady, but heart disease showed a significant dip for men, dropping more than four percentage points. It's also worth noting that stroke and respiratory disease flipped spots. Alzheimer's wasn't present at all on the [top 10 list for 2001](#), but the disease was the eighth most common cause in 2011, accounting for 2% of deaths in males.

*Cheat Sheet, June 27, 2015*

**Research team refutes link between Viagra and Melanoma**

*Scientists from New York University are now re-evaluating last year's research claim that correlates melanoma and Viagra, the little blue magic pill for men with erectile dysfunction.*

*Daily Times Gazette, June 24, 2015*

**Five reasons why the male pill isn't coming any time soon**

Here are the five (perhaps surprising) stumbling blocks to the arrival of the male pill: the greatest thing we've never had.

*The Telegraph, June 23, 2015*

**Breaking down the best fitness apps for men for iPhone, Android**

Using technology to get a leg up on getting fit is a growing trend, but it can be hard for men to sift through all of the options to find what works best. Here's a list of a few solid options based on the reviews.

*ABC, June 23, 2015*

### [Ex smokers at greater risk of prostate cancer according to new studies](#)

Ex-smokers were also at greater risk of recurring cancer, but not those who quit the habit 10 years or more before having their prostate glands removed. The findings, published in the journal European Urology, make it seem more likely that there is a link between smoking and prostate cancer.

*The Mirror, June 22, 2015*

### [38 percent Of New Fathers Concerned About Personal Mental Health. Says Survey](#)

A new survey from the National Childbirth Trust (NCT), a charity for parents, has found that more than 1 in 3 new fathers, or about 38 percent, are worried about their mental health highlighting that it is not just the mothers who experience postnatal depression and other mental health issues associated with the birth of a baby.

*Tech Times, June 19, 2015*

### [PrEP is not linked to greater risk for depression](#)

A new paper out of the iPrEx study-a randomized, placebo-controlled trial of daily oral HIV pre-exposure prophylaxis (PrEP) in men and transgender women who have sex with men-reported no link between taking Truvada for oral PrEP and experiencing depression.

*Medical Express, June 19, 2015*

### [ABSTRACT: prostate cancer volume estimation by combining magnetic resonance imaging and targeted biopsy-proven cancer core-length: Correlation with cancer volume](#)

CONCLUSION: Combining MRI-estimated cancer volume with MR/US-fusion biopsy-proven cancer core-length improved cancer volume predictability.

*Uro Today, June 19, 2015*

### [Transfat Weakens Memory in Young Men](#)

"Trans fats were most strongly linked to worse memory in men during their high productivity years," said lead author Beatrice Golomb, professor of medicine at University of California San Diego School of Medicine in the US.

*NDTV, June 18, 2015*

### **Greatest Study Ever Reveals Coffee May be Good for Your Penis**

Preliminary research from Portugal, U.S. and Brazil says that mice who were given caffeine in their regular drinking water have performed better when dealing with stress and have been doing better in memory tests than mice who drank regular water. Furthermore, mice on regular water apparently exhibited other stress-induced changes in their behavior, as Business Insider informs us.

*BGR, June 18, 2015*

### **Men don't think they 'have a right' to talk about birth control. Seriously.**

It transpires that men are loath to discuss contraceptive issues. In my quest to secure a male testimony about contraception, I was met with straight 'No's', and several blokes backing out of interviews after getting cold feet. I was consistently shocked by how mortified men seemed to be by the prospect of registering an opinion about birth control. Some said they didn't think it was their right and some seemed embarrassed. But either way, it's crystal clear that men need to be encouraged to join this vital discussion that affects them as well as us.

*The Telegraph, June 18, 2015*

### **ABSTRACT: Current trends and new frontiers in focal therapy for localized prostate cancer**

Multiparametric magnetic resonance imaging (mpMRI) allows us to define, locate, and monitor cancers in a way never before possible. These capabilities combined with promising results from current prospective studies have changed the face of FT. This review presents the latest developments, current trends, and next steps in FT.

*Uro Today, June 17, 2015*

### **Males inherit more genetic flaws from their mothers than females, research shows. Certain types of mutations only have negative consequences when passed from women to their sons, according to studies**

Scientists said there is increasingly compelling evidence to show that men are the weaker sex, because DNA passed on from their mothers can cause damage to male health.

A series of studies show that certain types of mutations only have negative consequences when passed from women to their sons. Genetics experts dubbed the phenomenon "mother's curse" - and said the theory could explain why men have an overall shorter life expectancy than women.

*The Telegraph, June 16, 2015*

### **UBC team launches support website for men with depression**

A new website spearheaded by two professors at the University of British Columbia aims to provide guidance and direction to men who live with depression, and was launched during Men's Health Week (June 15-21).[HeadsUpGuys.ca](http://HeadsUpGuys.ca) is a product of a UBC research initiative funded by Movember Canada, called the Men's Depression and Suicide Network.

*VanCity Buzz, June 16, 2015*

### **Blue Monday kicks off Men's Health Week**

Blue Monday was started by the Michigan Institute of Urology's Men's Health Foundation as a way to promote and kick off Men's Health Week. Michael Lutz, MD, ASMH Board member, is the brains and energy behind this new annual event. More information about Blue Monday can be found on the [MIU Men's Health Foundation website](http://MIU Men's Health Foundation website).

*WXYZ, June 15, 2015*

### **New Discovery Could Explain How Prostate Cancer Becomes Lethal**

New research published in the Proceedings of the National Academy of Sciences has provided a major boost for the prostate cancer field by uncovering an unprecedented mechanism for developing cancer.

*Newswise, June 15,, 2015*

### **Help for young men during Men's Health Week**

AUSTRALIA: Young men are being urged to take advantage of a free, online info session run by headspace during Men's Health Week where they can anonymously ask for support or advice about their health and wellbeing. "Young men are three times more likely to complete suicide than women and twice as likely to have drug and alcohol problems as compared to women; however they are less likely to seek help," he said.

"Young men can find it difficult to get help for a range of reasons such as not knowing where to start, feeling embarrassed to ask for help or not being comfortable with face-to-face support. "headspace provides a safe environment where all young people can ask a professional for support or advice about something that's on their mind in a totally anonymous environment."

*Relationships Australia, June 15, 2015*

### **AAFP Conference Offers Platform to Share Immunization Successes**

Community engagement was just one tool supporting the project's primary goal: to empower family physicians and their staff to act to increase immunization rates, specifically among adolescents. Supported by a three-year educational grant from the CDC, the project awarded individual grants to 20 practices. During the AAFP Adolescent Immunization Office Champions Project Conference, participants discussed successes and challenges they've encountered while trying to improve adolescent immunization rates during the three-year initiative. Projects have been running at each practice since April 2013 and are scheduled to conclude Aug. 31. And overall, each practice showed marked improvement in adolescent immunization rates, especially with the HPV vaccine.

*AAFP News, June 23, 2015*

#### **Alarming number of young athletes becoming heroin addicts**

They were full of promise, ability and drive. But because pain led them to OxyContin prescriptions, and those prescriptions led them to addiction, young athletes across the U.S. have increasingly turned to heroin with disastrous results, according to a special investigative report by Sports Illustrated. A researcher at the University of Michigan published a national study in 2013 that showed that by the time high school athletes were in their senior year, 11 percent will have used a narcotic pain reliever such as OxyContin or Vicodin-for non-medical purposes.

*Lancaster Online, June 22, 2015*

#### **HPV Shot and Precancerous Cervical Lesions**

A new study offers more evidence that the advent of vaccines to fight human papillomavirus (HPV) could reduce cervical cancer in American women. While it's still too early to say that vaccines such as Gardasil and Cervarix are lowering cases of cervical cancer, the new study finds a recent decline in the number of young American women with cervical tissue changes that can lead to cancer.

*Web MD, June 22, 2015*

#### **Increased screen time linked to poorer bone health in teenage boys**

Adolescent boys who reported spending more sedentary time in front of a TV or computer screen had a lower bone mineral density than boys who were more physically active, according to research in BMJ Open. In a cross-sectional, population-based study of Norwegian boys and girls, researchers also found that the screen-time behavior of adolescent girls had no effect on their BMD.

*Helio, June 17, 2015*

**Bivalent HPV vaccine efficacy may be independent of dose**

Fewer than three doses of the bivalent human papillomavirus (HPV) vaccine may be sufficient to offer adequate protection against cervical HPV-16 and -18 infection, research published in *The Lancet Oncology* indicates. "Our findings question the number of HPV vaccine doses truly needed to protect the majority of women against cervical cancer, and suggest that a one-dose schedule should be further evaluated", said the study's joint lead author Aimee Kreimer (National Cancer Institute, Bethesda, Maryland, USA) in a press release.

*Medical Net, June 17, 2015*

**Pharmacy Practice: Immunizations Update in the Pediatric Population**

Along with questions about HPV, pharmacists must prepare to respond to parents' concerns regarding egg allergies and if vaccines cause autism. Correctly and empathetically answering may help parents embrace vaccinations as the most important method of protecting their children from preventable illnesses. Because of the recent outbreak of meningococcal disease serogroup B, pharmacists must be aware of recent FDA-approved vaccines. This article covers the updates and trends affecting pediatric immunizations and vaccinations, provides a cursory overview of Merck's December 2014 approval of Gardasil 9, addresses egg allergy and autism concerns regarding vaccines, and discusses various meningococcal vaccines.

*Pharmacy Times, June 16, 2015*

**Poor Fluid Intake Levels Higher among Boys than Girls**

As per the study researchers, less than 50% of all American youngsters are having the recommended daily fluid intake as said by national health authorities. The researchers said that the inadequate water intake was 76% higher in boys than girls. Also, black children and teenagers were 24% more likely to have less water than white youngsters.

*Uncover Michigan, June 15, 2015*

**Gender Divide for Health Risks of Babies of Smoking Mothers**

"In male foetuses there is a big pulse of testosterone made by the testes between 10 and 14 weeks of gestation. And a lot of organs have a particular receptor for testosterone and will respond to that testosterone

in a way that will make them more male. "We found that the changes in the male foetuses are linked with liver cirrhosis while those in the female are linked with disorders of glucose metabolism," he said. "The implications are that the foetal livers are already being programmed towards metabolic syndrome, i.e. obesity, cardiovascular disease and liver disease. It is likely that these changes might make these individuals more susceptible to these diseases in adulthood."

*Herald Scotland, June 13, 2015*

**NIH Funds \$146,684 Study on Whether HPV Vaccine Prevents HIV in Gay Indian Men**

The National Institutes of Health has awarded \$146,684 to the University of California San Francisco to study whether the human papillomavirus (HPV) vaccine prevents HIV infection in "Indian men who have sex with men." "Several recent publications indicate that human papillomavirus (HPV) and/or HPV-related disease may play a role in acquisition of HIV infection, similar to other sexually transmitted infections (STIs)," the grant stated.

*CNS News, June 12, 2015*

**Online comments show support for HPV vaccine but misperceptions too**

There may be more support for HPV vaccination than you might expect, given the controversies that dogged the vaccine programs in their early days, a new study suggests. But it also found misinformation about the vaccines abounds. And it gives public health officials clues as to how to reframe the debate about vaccines that protect against cancer-causing human papillomaviruses. The research was done by scientists at Public Health Ontario who analyzed comments posted online in response to Canadian newspaper articles on HPV vaccine. It was published in the online journal PLoS One.

*Alaska Highway News, June 10, 2015*

**Why more boys have autism-like symptoms**

Autism spectrum disorder (ASD) is characterised by social impairments, communication difficulties and restricted, repetitive and stereotyped patterns of behaviour. "The results imply that there may be an over representation of boys with autism, based on sex differences that affect all children," said principal investigator of the study Daniel Messinger, professor of psychology at University of Miami in the US.

*Zee News, June 9, 2015*

### HIV risk among young gay, bi men tied to societal issues

The Centers for Disease Control and Prevention (CDC) estimates that some 1.1 million people in the U.S. are living with human immunodeficiency virus, the virus that causes AIDS. About one case in six is undiagnosed.

While only about 4 percent of U.S. males have sex with other men, they represent about two-thirds of the country's new infections, according to the CDC.

*Reuters, June 5, 2015*

### Pesticides Linked to ADHD, Study Says

*Research found greater exposure tied to more hyperactivity and impulsivity in boys*

There's evidence -- but not proof -- of a link between a commonly used household pesticide and attention deficit hyperactivity disorder (ADHD) in children and young teens, according to a new study. Specifically, researchers found an association between exposure to pyrethroid pesticides and ADHD, as well as ADHD symptoms such as hyperactivity and impulsivity. The link between the pesticides and ADHD was stronger in boys than in girls, according to the findings published online in the journal Environmental Health.

*Medline Plus, June 3, 2015*

### STUDY: Suicide among college and university students in the United States

Since there are no national databases or registries, and no single study compiling and analyzing suicide deaths, attempts, and/or thoughts among college and university students, the data presented here are from sources that have been selected as the most comprehensive and up to date. In all three studies, US college and university students had about half the rate of suicide per 100,000 people compared to a matched sample in the general population. Male students accounted for the majority of the 2 suicides and had about half the rate of suicide compared to males in the general population. The rates for female students did not differ much from those of same-age females in the general population.

*Suicide Prevention Resource Center, 2014*

### Workout Supplements Linked to Testicular Cancer

A [new study](#) has found an alarming link between the use of muscle-building supplements and testicular cancer risk. Men who reported using these pills or powders regularly had a far greater risk of testicular cancer than those who didn't take these supplements. Although it's rarely deadly, testicular cancer is the most common cancer among men ages 15 to 35. Rates have been rising for decades, and doctors have not been able to pinpoint why. Genetics, family history, age, and undescended or abnormal testicles are the primary risk factors, none of which can account for the increasing prevalence. This mystery has prompted researchers to explore other, modifiable lifestyle factors to try to find culprits.

*Men's Journal May 12, 2015*

#### **[Many U.S. Men With Depression, Anxiety Don't Get Treated, CDC Finds](#)**

The nationwide poll of more than 21,000 men also found that among younger males, blacks and Hispanics are less likely than whites to report mental health symptoms. And when they do acknowledge psychiatric troubles, they are less likely to seek professional help than whites, according to the U.S. Centers for Disease Control and Prevention report.

*Health Day, June 11, 2015*

#### **[After USPSTF Recommendation, Prostate Cancer Screening Decline in Men Aged 50, Older](#)**

Screening for prostate cancer has declined significantly among men older than 50 years of age after the USPSTF guideline that discouraged PSA-based screening issued in 2012, according to a recent study published online ahead of print in the *Journal of Clinical Oncology*.

*Cancer Therapy Advisor, June 9, 2015*

#### **[Men's Oral Health is Critical to Maintaining Overall Health](#)**

*From heart disease to erectile dysfunction, the impacts of poor dental care among men can have health impacts far more serious than a toothache.* For Men's Health Month this June, Delta Dental of Washington wants men across the state to know more about the connection between oral health and a variety of health concerns they may not typically associate with dental care.

*PR Newswire, June 9, 2015*

## Why Are the Oldest People Alive Usually Women?

Most supercentenarians (people who live to at least 110 years old) have one thing in common: They're women. According to researchers at Stanford University, 95 percent of the world's oldest people are female.

*Yahoo Health, June 8, 2015*

## More Men Able To Remember The First Car They Bought Than The Last Time They Visited The Doctor

...a significant chunk of the health gap can be chalked up to a simple male stubbornness to visit the doctor. It's a stubbornness most recently highlighted by a survey of nearly 1,000 men commissioned by Orlando Health, a private, not-for-profit healthcare network in Orlando, Florida. It found nearly half of those polled couldn't remember the last time they had received a medical check-up, though more than two-thirds were able to remember the make and model of their first car.

*Medical Daily, June 8, 2015*

## Men are 50 per cent more likely to get oesophageal cancer than 30 years ago

Oesophageal cancer rates in men have increased by 50 per cent since the early 1980s, with new cases reaching almost 6,000, according to new statistics from Cancer Research UK. The latest figures show the number of men diagnosed with oesophageal cancer has rapidly risen from around 2,700 cases three decades ago to 5,740 cases in 2012. Given the changes in population size this equates to a 50 per cent increase from 15 to 23 cases per 100,000 people.

*Cancer Research UK, June 6, 2015*

## High Suicide Rates Found Among Emergency Workers: Figures Reveal Almost All Of Them Are Men

According to a new survey, one police officer, paramedic personnel or firefighter is losing interest in life and resorting to suicide. Experts believe many frontline emergency workers are reportedly deprived of adequate medical attention. The figures are revealed through the Intentional Self-Harm Fact Sheet, which was prepared keeping the coronial cases around Australia in mind.

*International Business Times, June 4, 2015*

## Western Diet Increases Mortality in PCa Patients

Men with non-metastatic prostate cancer whose diet is high in red meats, high-fat dairy, and refined grains are significantly more likely to die early than patients who follow a "prudent" diet of vegetables, fruits, fish, legumes, and whole grains, according to a new study published in Cancer Prevention Research.

*Renal and Urology News, June 2, 2015*

## Depression strongly associated with risky sex in UK gay men

HIV-negative gay men who have several symptoms of depression are more likely to report sex without a condom, according to a study presented to the British Association for Sexual Health and HIV (BASHH) conference in Glasgow yesterday.

*AIDS map, June 2, 2015*

#### **New suicide prevention website targets middle-aged men**

The new website, called [MassMen.org](#), has three buttons: a mental health screening, a directory of local suicide prevention organizations, and [ManTherapy](#), a tongue-in-cheek take on virtual counseling. Launched in March, the site is part of a statewide initiative to curb the increasing number of suicides by middle-aged men in Massachusetts in recent years.

*Boston Globe, May 29, 2015*

#### **Men are more prone to obesity than women**

Obesity may be tougher on male immune systems than females, suggests a study led by an Indian-American researcher. Kanakadurga Singer, assistant professor in pediatrics at the University of Michigan, found that high-fat diets reprogram blood stem cells in male mice, promoting metabolic disease.

*The Health Site, May 27, 2015*

#### **Link Found Between Breast-Cancer Genes. Prostate Cancer Study finds BRCA1 or BRCA2 mutations in prostate-cancer patients**

Mutations in two genes well known for increasing the risk of breast and ovarian cancer may also play an important role in advanced prostate cancer, researchers said, an unexpected discovery that could lead to new treatments for some men with the disease.

*Wall Street Journal, May 21, 2015*

#### **Coffee May Improve Erectile Dysfunction In Men Who Are Overweight, Obese, Or Hypertensive**

"With over 85 percent of Americans drinking coffee each day, the new study investigated the relationship between ED and caffeine consumption among men who are overweight, obese, hypertensive, or diabetic. They found that all but those who were diabetic reduced their risk of ED by drinking two to three cups of coffee a day, the equivalent of about 170 to 375 milligrams of caffeine."

"Diabetes is one of the strongest risk factors for ED, so this was not surprising," said Dr. David Lopez, lead author of the study and an assistant professor at the University of Texas Health and Science Center's School of Public Health.

*Medical Daily, May 20, 2015*

**'Let's create a society where it's acceptable for men to express how they feel'**

A campaign to get men talking about their anxieties and sharing their concerns via 'worry boards' is spreading around the world

*The Telegraph, May 19, 2015*

**Understanding Male Suicide: How Social and Biological Factors Created a Deadly Gender Gap**

Each year suicide claims [around 800,000 lives](#). This cause of death knows no geographic boundaries and makes no distinction between race, age, or social class. There is, however, one salient similarity among global suicide trends that researchers can't help but notice: Men commit suicide more than women. The reason why is unclear, although there seem to be several social and possibly even biological factors at play.

*Medical Daily, May 18, 2015*

**Best Evidence Yet!: Ejaculation Reduces Prostate Cancer Risk**

(may require login)

The frothy advice is not new but is now backed up by the "strongest evidence to date" on the subject, according to lead author Jennifer Rider, ScD, MPH, an epidemiologist at the Harvard T.H. Chan School of Public Health in Boston.

*Medscape, May 17, 2015*

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**AUSTRALIA: Gardasil vaccine fears baseless, says audit** (article may require login)

[The report, published on the Therapeutic Goods Administration's website](#), says: "No safety concern in females or males was identified. The types and reporting rates of (adverse events) for males and females were consistent with information on these adverse events in the Gardasil Product Information and reported in clinical trials."

"Overall, the results from the first year of enhanced surveillance of acute adverse events following HPV vaccination in schools affirm the positive benefit-risk profile of HPV vaccination."

*The Australian, June 8, 2015*

**CDC Releases Sexually Transmitted Diseases Treatment Guidelines, 2015**

*Centers for Disease Control and Prevention, June 5, 2015*

**HIV risk among young gay, bi men tied to societal issues**

*For young gay and bisexual men, the risk of HIV infection is linked with societal issues, a new study says.*

"What we're starting to say here, if you're black and Hispanic you're more likely to become HIV positive, but really this is driven by you're low income, you live in a poor neighborhood or you live in a neighborhood with higher HIV prevalence," said lead author Perry Halkitis of New York University.

*Reuters Health, June 5, 2013*

**AAP updates HPV vaccine recommendations after licensure of HPV9**

All 11- and 12-year-old children should receive HPV vaccine as part of the adolescent immunization platform.

*AAP News, 2015*

**Anti-Vaccine Parents Cluster in Rich, White Areas**

*California research also shows high rates of medical exemptions in the same schools*

Parents who cite "personal beliefs" to get their children exempted from routine vaccinations are typically white and well-to-do -- at least in California, a new study finds. The results, published June 1 in Pediatrics, confirm what other studies have suggested: Anti-vaccine sentiment in the United States appears strongest among wealthier white families.

*HealthDay, June 3, 2015*

**Training Doctors To Talk About Vaccines Fails To Sway Parents**

As more and more parents choose to skip vaccinations for their children, public health professionals and researchers have been looking at new ways to ease the concerns of parents who are hesitant. But that turns out to be tough to do. Studies have found that

simply educating parents about the safety and efficacy of vaccines doesn't increase the likelihood that they will get children vaccinated. Since numerous studies show that doctors are the most trusted communicators of information about vaccines, the Group Health Research Institute in Seattle wanted to see if it would help to train doctors and other providers on how they communicate with mothers hesitant about vaccines.

*NPR, June 1, 2015*

#### **Study links exposure to common pesticide with ADHD in boys**

A new study links a commonly used household pesticide with attention deficit hyperactivity disorder (ADHD) in children and young teens. The study found an association between pyrethroid pesticide exposure and ADHD, particularly in terms of hyperactivity and impulsivity, rather than inattentiveness. The association was stronger in boys than in girls.

*Medical Express, June 1, 2015*

#### **The case for starting sex education in kindergarten**

By law, all primary school students in the Netherlands must receive some form of sexuality education. The system allows for flexibility in how it's taught. But it must address certain core principles - among them, sexual diversity and sexual assertiveness. That means encouraging respect for all sexual preferences and helping students develop skills to protect against sexual coercion, intimidation and abuse. The underlying principle is straightforward: Sexual development is a normal process that all young people experience, and they have the right to frank, trustworthy information on the subject.

*NPR, May 27, 2015*

#### **Obese teenage boys could have higher risk of bowel cancer, study says**

Researchers find men who were overweight or obese when they were 16-20 are more likely to develop disease in their 50s.

*The Guardian, May 25, 2015*

#### **Suicide Rates Doubled Among African-American Children Ages 5 To 11 Since 1993**

Researchers have found that rates of suicide among African-American children, specifically boys, have doubled since 1993, surpassing for the first time the rates among white children which dropped over the same period. The study published in the

journal JAMA Pediatrics Tuesday, was based on data obtained from the Centers for Disease Control and Prevention which gives a breakdown of causes of death in 657 cases of suicide among children ages five to 11 between 1993 and 2012, 84 percent of whom were boys.

*inquisitr.com, May 23, 2015*

### **E-Reminders May Boost HPV Vaccination Rates**

*Study found young female patients were more likely to get all three shots of cervical cancer vaccine*

Using electronic health records to issue reminders about human papillomavirus (HPV) vaccination for young females significantly increased the number of patients who got the vaccine, which protects against cervical cancer.

*Consumer Health Day, May 19 2015*

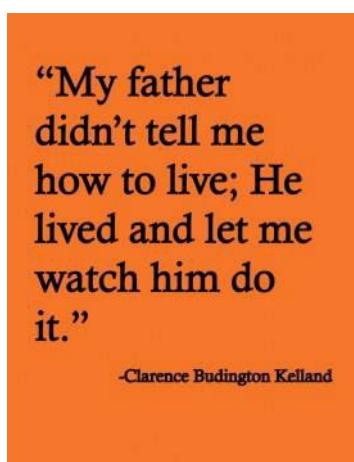
### **Poor Sexual Health Knowledge Common in Young Minority Men**

Lack of knowledge related to sexual and reproductive health issues and high-risk sexual behaviors are common among young minority males, according to findings presented at the 2015 American Urological Association annual meeting.

*Renal and Urology News, May 17, 2015*

### **Partnership Launches Male Realtalk Campaign**

In Celebration of Men's Health Week this year, the Partnership is participating in **Blue Monday**, June 15, to urge fathers, uncles and important men in young men's lives to talk to them about the importance of their health and steps they can take to insure a healthy future.



In addition to participating in Blue Monday, our "Time for Male Realtalk" campaign will provide information and resources for fathers and other male role models to help them start a conversation about health with the young males in their lives. A real conversation about health is open minded and goes far beyond a chat about sex and sexuality. It's about exploring the importance of healthy relationships, responsible substance use, the warning signs of depression and other mental health issues, healthy eating and exercise. It's also about discussing normal physical changes and healthy masculinity. Our campaign will help men start that conversation with the important young males in their lives.

**Lack of Sexual Health Knowledge Among Young Males: National survey evaluates high-risk sexual behaviors in young males**

Young males, regardless of ethnicity, lack sexual and genital health knowledge and engage in high-risk sexual behaviors, according to a new survey presented during the 110th Annual Scientific Meeting of the American Urological Association (AUA).

*PR Newswire, May 16 2015*

**Mental Health Awareness Week: Male Celebs Open Up In Powerful Video To Show Emotions Don't Emasculate**

Suicide is the cause of death for a quarter of males aged 20-34. This shocking statistic, combined with the tragic death of Lil Chris in March, has once again brought the subject of men's mental health to the forefront of conversation. SET has created a video starring celebrities Stephen Fry, Clarke Carlisle, Professor Green, YouTube star Charlie McDonnell, TV presenter Ortis Deley, Deaf Havana front man James Veck-Gilodi, and comedian Ian Royce, who reveal their daily battles with mental health.

Huffington Post, May 15, 2015

### Teenage Boys Are More Susceptible to the Lure of Fast Food Than Girls

A new survey, however, finds that fast food and junk food marketing is more likely to hit you just right if you're a "dude"-namely, a teenage boy-than if you're a young lady. The most recent findings of the Australian national survey of the dietary and behavioral habits of its high schoolers says so, anyway.

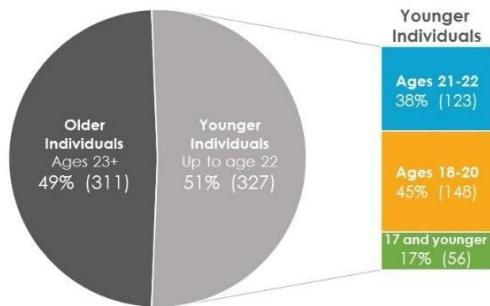
Munchies Vice, May 14 2015

### Atlanta Summit Addresses Sex Trafficking Of Adolescent Boys

At the Carter Center in Atlanta this week, the first World Summit to End Human Trafficking took place. Coinciding with the event, Atlanta-based organization youthSpark is releasing a new study about the sex trade involving young males.

It's the first ever regarding adolescent boys.

Age Distribution of 638 Males Sold for Sex Online



This graphic charts the age distribution of males sold for sex online.

Credit: [youthspark.org](http://youthspark.org)

The study is called "Adolescent Males in Metro Atlanta's Sex Trade and Their Buyers."

WABE, May 12 2015

### School bullying survivor James Fry aims to help other bullying victims with new book That Fry Boy

Now 32 and married with two children, he has recently released his debut memoir, That FryBoy, which he hopes will encourage other bullying victims to speak up. "I think one of the messages for young people being bullied or anyone who is being bullied is there's help

available," he said. "It might not be from the first person you ask but don't give up, the help will be there."

*Daily Telegraph, May 11 2015*

### **Why LGBT Adolescents Are Still More Likely To Face Bullying, Including Social Exclusion And Physical Harm**

Lesbian, gay and bisexual (LGB) adolescents are more likely to be bullied and victimized throughout elementary and high school than heterosexual students, according to new research. "Bullying in general - as has been reported by others - decreases as kids go through school, but the disparity does not," said Dr. Mark Schuster, the lead author of a research letter published in *The New England Journal of Medicine*.

*Huffington Post, May 7 2015*

### **Scientists identify key factors in parents' decision-making about HPV vaccination of daughters**

Parents who had their daughters vaccinated (88%) differed from those who did not do so in perceived susceptibility to the disease, benefits and barriers of the vaccine, and cues to action. "Parents who accepted were more trusting of the public health program, more likely to have their physician's recommendation, and wanted to protect their daughters' health. Parents who declined were more likely to be concerned about side effects and safety of the vaccine," says senior author Zeev Rosberger, Director of the Louise Granofsky-Psychosocial Oncology Program and Senior Investigator at the Lady Davis Institute of the Jewish General Hospital. While most studies on HPV vaccine decision-making focus on parents' intentions, this was a post-recommendation, population-based survey of actual uptake, which revealed additional information. "Parents who had refused reported fear of side effects and low risk of infection to their young daughters. Parents who accepted as well as refused both reported having unanswered questions, doubts and inaccurate information."

*Medical Net, May 10, 2015*

### **"He never spoke of suicide": Brother says boys need to talk about mental health**

It is now thought that our understanding of depression is weighted toward women, with men often showing different symptoms: externalising their feelings in numbing behaviours such as alcohol and drug misuse, avoidance, irritability and emotional withdrawal. Men are less likely to seek professional help, and may not be diagnosed correctly when they do.

*News.com, May 8, 2015*

**More than one third of transgender youth have attempted suicide in last year: study**

*Survey of trans teens and young adults find many struggle with mental health issues, feel they can't have open discussions with family doctors.*

Nearly two-thirds of transgender youth in Canada say they've harmed themselves in the last year, and more than one in three have attempted suicide, according to a new national study.

*Our Windsor, May 7, 2015*

**Why LGBT Adolescents Are Still More Likely To Face Bullying, Including Social Exclusion And Physical Harm**

Lesbian, gay and bisexual (LGB) adolescents are more likely to be bullied and victimized throughout elementary and high school than heterosexual students, according to new research. "Bullying in general - as has been reported by others - decreases as kids go through school, but the disparity does not," said Dr. Mark Schuster, the lead author of a research letter published in The New England Journal of Medicine.

*Huffington Post, May 6, 2015*

**The problem with boys: How one psychologist says we're failing young men**

To mark mental health week in Ottawa, the Canadian Mental Health Association invited clinical psychologist Jacques Legault to give a lecture on men's mental health. In a wide-ranging interview, Legault spoke to the Citizen about the problems he sees with the way young boys are raised and how childhood problems can carry over into adulthood.

*Ottawa Citizen, May 6, 2015*

**College Sophomores Are Abandoning Condoms**

A startling new study from Jonathan Bearak, a senior research scientist at the Guttmacher Institute and a Ph.D. at NYU, found that students who have casual sex in college are less likely to use condoms after their sophomore year.

*Attn.: May 4, 2015*

### **Genetic effects on irritability increase with age among males, not females**

The genetic effects on irritability increase as adolescent males age, but they decrease with age among adolescent females, according to study findings in the American Journal of Psychiatry.

*Healio, May 4, 2015*

### **Vaccines: Facts vs. myths**

More parents have been skipping or delaying vaccinations for their children, a trend that has contributed to recent outbreaks of nearly forgotten diseases such as measles, mumps and whooping cough. Much of the anxiety about vaccines is based on myths or misinformation, infectious disease specialists say. Leading experts talked to USA TODAY's Liz Szabo to address some of the reasons parents hesitate to vaccinate their kids.

*USA Today, April 21, 2015*

### **Preventive intervention improves knowledge, attitudes about sexual risk among adolescent boys more than among girls**

Boys aged between 12-14 years old showed improved knowledge and attitudes about sexual risk after a preventive intervention, compared to girls of the same age, according to a study presented yesterday at the Pediatric Academic Societies Annual Meeting. However, the positive effects waned after twelve months.

*Medical Net, April 28, 2015*

### **Man Boobs: Gynecomastia in Teens and Young Men -- An Embarrassing Condition**

It affects 30 percent - 60 percent of all males reaching puberty, and subsides by age 18 in 80 percent of the cases. Medically, usually a benign temporary condition, psychologically, a whole different story! Teenagers and young men with gynecomastia often endure significant teasing and embarrassment. Due to the emasculating nature of this condition, many of those afflicted find it difficult to discuss. Unrelenting criticism and taunting by peers may cause development of serious body-image issues such as avoidance of exposing the body (especially at the beach or locker room), withdrawal from peers and depression. A complete understanding of the condition will assist in dealing with the issue.

*Huffington Post, April 28, 2015*

### **New Zealand: Another call for free anal cancer vaccine**

A leading health researcher has joined the call for free HPV immunisation for boys which would lessen the likelihood of them developing cancers of the mouth, throat, penis and anus in men, with a particularly high incidence in men who have sex with men.

*Gay NZ, April 27, 2015*

### **Gender nonconforming children: Coming to terms with sexual identity**

If the boys in that room come alive when they wear dresses, that's not a product of socialisation. It's something essential that burns inside, even when all of society steers them toward the truck aisle. There's this constellation of stuff that we think of as feminine, and that we associate with girls - such as Disney princesses and ballerinas and ballgowns. But certain boys are drawn to this stuff just as fiercely.

*The Independent, April 27, 2015*

### **Supportive family ties decrease risk for violence among adolescent males**

Alison Culyba, MD, MPH, of the Children's Hospital of Philadelphia, and colleagues interviewed 283 males aged 10 to 24 years about their relationships with adults and peers, involvement with violence, academic performance and substance use. "These findings were consistent with other research that shows supportive adult connections are protective in so many ways, including improving school performance, decreasing substance use, delaying first sexual encounter and contributing to mental health," Culyba said in a press release. "This is an exciting study because it clearly places violence on this list. Next steps include thinking about how society can best prepare adults for this critical role so we can work together to safeguard youth.

*Healthline, April 27, 2015*

### **HPV vaccine may offer protection in those who already have the virus: study**

Researchers from the National Cancer Institute said that the human papillomavirus vaccine protected young women without HPV against cervical, anal and oral infections. But the vaccine also helped prevent future infections in some women already diagnosed.

*Daily News, April 22, 2015*

### **When Vaccinations And Faith Collide**

An article titled "What the World's religions teach, applied to vaccines and immune globulins," written for the journal Vaccine in 2012 by John Grabenstein, a researcher at the vaccine-producing company Merck Vaccines, the Jewish value of pikuach nefesh means that believers must place the safeguarding of their own health as well as community-wide disease prevention above their individual desires.

*The Jewish Week, April 22, 2015*

### **By 2020, The Most Common HPV-Related Cancer Will Affect Men**

While currently recommended for both boys and girls, the HPV vaccine was initially marketed -- and is still thought of -- as a way to protect young women and girls from cervical, vaginal and vulvar cancer. Boys, it's been commonly thought, should be vaccinated primarily to benefit herd immunity and any future female partners. But a new analysis from researchers at the Princess Margaret Cancer Center in Toronto, Canada, points out that boys who get the vaccine receive important protection as well, not only against genital warts, but against HPV strains that cause oropharyngeal (mouth and throat) cancer.

*Huffington Post, April 20, 2015*

### **1 in 3 Teen Boys Sexually Assaulted Tries Suicide, Study Finds**

*Teen boys who have been a victim of sexual assault are likelier to attempt suicide, a new study says.*

University at Buffalo researchers analyzed data from more than 31,000 American teens, aged 14 to 18, who took part in surveys in 2009 and 2011. Among healthy-weight boys, 3.5 percent of those with no history of sexual assault attempted suicide within the past year, compared with more than 33 percent of those who had been sexually assaulted, the investigators found.

*Health Day, April 17, 2015*

### **Large Study of Thyroid Cancer Patients Uncovers Wide Disparities in Survival among Adolescent and Young Adult African Americans and Hispanics, CPIC Researchers Say**

*Barriers to quality treatment and follow-up care may contribute to poorer outcomes for young thyroid cancer patients of low socioeconomic status*

Over the past forty years, thyroid cancer has ranked consistently among the top three cancers affecting adolescents and young adults. Prognosis is generally excellent, but some young thyroid cancer patients are at higher risk of mortality due to place of residence, racial/ethnic background, insurance status, and factors such as age and gender, according to researchers at the Cancer Prevention Institute of California (CPIC).

*PR Web, April 15, 2015*

### **Boys should be targeted in body image programs too**

Research presented to the APS College of Health Psychologists Conference over the weekend showed pre-adolescent boys and girls have differing body image issues, meaning body image programs should be gender specific.

*Stuff, New Zealand, April 15, 2015*

### **Should Boys be Vaccinated Against HPV?**

*A study suggests between \$8 million and \$28 million might have been saved by vaccinating 12-year-old boys*

A new study suggests giving boys the HPV vaccine could cut health-care costs over the long run. The researchers used mathematical modelling to estimate the effect of giving HPV vaccine to 12-year-old boys to prevent cancers of the mouth and throat. The work suggests if all the 12-year-old boys in Canada had been vaccinated in 2012, between \$8 million and \$28 million might have been saved because of oropharyngeal cancers averted in that group.

*The Canadian Press, April 13, 2015*

### **IRELAND: Mary McAleese: Young gay men are "most at risk" of suicide**

Former president Mary McAleese has said there is "a great debt" owed to young gay people who have "been forced into the shadows" and "into self-doubt" by society's attitudes towards homosexuality - with young gay men "most at risk" of suicide.

*Newstalk, April 13, 2015*

### **Solicitation of Written Comments on the Human Papillomavirus Working Group's Draft Report and Draft Recommendations for**

**Improving Vaccination Rates in Adolescents for Consideration by the National Vaccine Advisory Committee**

*Federal Register, April 6, 2015*

**Moffitt To Screen HPV Documentary**

Kristen Forbes died in 2008, just a year after she was diagnosed with cervical cancer caused by a virus. Her story is one of five being shared by filmmakers Tuesday during a screening of "Someone you Love: The HPV Epidemic" at the [Moffitt Cancer Center](#).

*Health WUSF, April 13,, 2015*

**Giving HPV Vaccine To Boys Can Fight Throat Cancer And Save Health Care Systems Money, Study Says**

The team found the Canadian health care system saves \$6 million to \$22 million (\$8 million to \$28 million in Canadian dollars) for every 192,000 boys who are inoculated. The HPV vaccine is currently only covered for girls in Canadian health plans, the Toronto Star reported. [Their study](#) was published Monday in Cancer, the journal of the American Cancer Society. Those cost savings are likely even greater in the U.S. where the average patient with throat cancer with private insurance will run up \$79,151 in treatment costs in the first year after diagnosis. A comparable course of treatment in the Canadian health care system costs about \$20,000.

*International Business Times, April 13, 2015*

**Nova Scotia to include boys in HPV vaccination schedule**

Boys in Nova Scotia will begin receiving free vaccinations against the human papillomavirus next fall, a move that makes the Maritime province only the third in Canada to extend public funding of the cancer-thwarting shot to all children, regardless of gender.

*The Globe and Mail, April 10, 2015*

**HPV vaccinations encouraged for men who have sex with men**

About 60 percent of queer men and other men who have sex with men (MSM) have been infected by HPV. (In other words, that's about six out of every 10 guys that you could choose as a sex partner.) More than 80 percent of those who are HIV-positive have also been

infected by HPV. In an attempt to reach a vulnerable population, the Vancouver-based Health Initiative for Men has launched a campaign called [#GetGarded](#) to raise awareness about the high rates of HPV infection and anal cancer and to encourage men to get immunized.

*Straight.com, April 10, 2015*

### **Exercise During Pregnancy Is More Beneficial For Baby Boys**

Findings revealed that both male and female offspring in the exercise groups were healthier and that the males seemed to receive significantly more benefits than the females.

*Science World, April 9, 2015*

### **Have Your Say: How can we raise confident and compassionate boys?**

There is a welcome movement afoot to counter the darker side of masculinity that crams boys and men into an aggressive, proud, emotionally empty box. It's not easy to break down the deep-seated social law requiring boys and men to maintain a tough-guy façade regardless of what's going on inside. Progress is happening with groups like the [ManKind Community](#), the [Good Men Project](#) and [Men's Sheds](#); and the recently released documentary [The Mask You Live In](#) that targets the way we fail our boys through unhealthy expectations of manliness. Yet the daily headlines are disturbingly packed with not-so-isolated stories of hazing, rape culture, misogynist online activity and violent acts perpetrated by young men.

*The Globe and Mail, April 2, 2015*

### **Gays are Given the Cold Shoulders with Devastating Effects by Teenage Boys, according to Study**

A study commissioned by beyondblue (an Australian independent non-profit organization working to address issues associated with depression, anxiety disorders and related mental disorders) showed high incidence of homophobia among male teenagers and that in effect are harming the mental health of young gay people and putting them at risk of suicide.

*Empire State Tribune, April 4, 2015*

### **Op-ed: Double standard minimizes the sexual abuse of males**

According to the 2010 CDC's National Intimate Partner and Sexual Violence

Survey, there are estimated to be more than 25 million male victims of sexual violence of all forms in the United States. Millions of those men never come forward to disclose the abuse they experienced. One of the major contributing factors to the silence around male victimization is the repeated use in our culture of language that minimizes and dismisses boys and men who are raped and sexually assaulted.

*Salt Lake Tribune, April 4, 2015*

**Violent Video Games Don't Influence Kids' Behavior: Study**

*It's the amount of time spent gaming that has a greater impact, researchers contend*

A small study offers a mixed view on whether video games may make kids more aggressive. Those children who spend more time playing games might be slightly likelier to be hyperactive and to get into fights. But violent video games seem to have no effect on behavior, according to British researchers.

*Medline Plus, April 3, 2015*

**New York Boy Scouts Hire Gay Eagle Scout Despite National Policy**

The Boy Scouts' New York chapter said Thursday that it has hired the nation's first openly gay Eagle Scout as a summer camp leader, a direct and public challenge to the national scouting organization's ban on openly gay adult members.

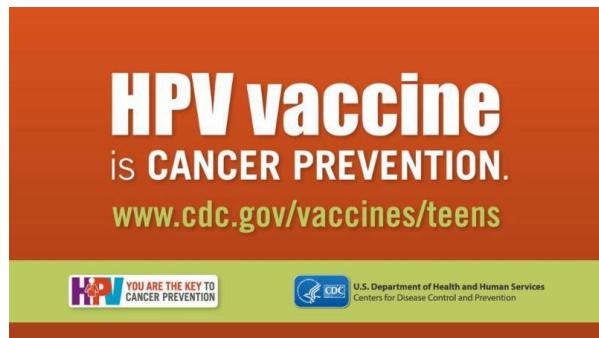
*NBC New York, April 2, 2015*

**One in three teenage boys experiencing sexual assault tries to take his own life, study finds**

A psychologist studying the symbiotic role that sexual assault and obesity play in attempted suicide among teens has found that while there is no connection between the two, one of three male teens who experienced sexual assault had attempted suicide in the previous year.

*Buffalo.edu, April 2, 2015*

**CDC Launches HPV/Cancer Campaign**



### [UAE experts insist mental health is also a male issue"](#)

Experts are calling for a greater focus on men's mental health, with disorders such as depression or anxiety often mistakenly believed to be female issues.

*The National, April 2, 2015*

### [Merck announces availability of GARDASIL 9 HPV vaccine in Canada](#)

"The human papillomavirus (HPV) is the most common sexually transmitted infection in Canada and worldwide. It is estimated that 75% of sexually active Canadian men and women will have at least one anogenital HPV infection in their lifetime," explained Dr. Vivien Brown, Family Doctor and Board Member of Immunize Canada. "Vaccination remains the best method to prevent HPV infection and to protect yourself from the risk of HPV-related diseases."

*Medical.net, April 1. 2015*

### [Female prison officers commit 90pc of sex assaults on male teens in US juvenile detention centres](#)

A 2013 report by the US Department of Justice on the sexual victimization of youths in juvenile facilities revealed that 89.1% of young prisoners claiming victimization were males reporting sexual activity with female staff. Only 3% were males reporting sexual activity with both male and female staff, the report added.

*Ibtimes.co.uk, April 1, 2015*

**Homophobia among teenage boys harming mental health of young gay people, beyondblue study finds**

High levels of homophobia among teenage boys are harming the mental health of young gay people and putting them at risk of suicide, according to a study commissioned by beyondblue.

*ABC.net.au, March 30, 2015*

**Are More Baby Boys Born Than Girls?**

Scientists have found some unexpected clues that could help explain why 51 percent of the babies born in the United States are male. When you put this all together, it turns out more males are born because more female fetuses are lost during pregnancy. "That's completely opposite to what had been believed for a long time," Orzack says.

*NPR, March 30, 2015*

**Use of 9-Valent Human Papillomavirus (HPV) Vaccine: Updated HPV Vaccination Recommendations of the Advisory Committee on Immunization Practices**

*Centers for Disease Control and Prevention, March 27, 2015*

**EU Recommends Approval of Gardasil 9 Vaccine**

The European Medicines Agency (EMA) has recommended approval for the new Gardasil 9 vaccine, which offers protection against diseases caused by nine types of human papillomavirus (HPV).

*Medscape, March 27, 2015 (may require sign-in)*

**Beyond male role models in social care: What works when working with young men?**

*A project exploring gender in relationships between young men and adults providing services raises important questions about social care recruitment*

'Beyond Male Role Models: gender identities and work with young men' is an Open University research project supported by a grant from the Economic and Social Research Council. It ran from May 2013 to April 2015,

to explore the role of gender in relationships between young men using a range of services and the adults who work with them. It developed in close consultation with Action for Children who provided access to a range of their services across the UK.

*Community Care, March 26, 2015*

### **HPV 9: The Latest ACIP Guidance**

So how should we incorporate this new expanded coverage yet more expensive HPV 9 vaccine into current vaccination strategies? Can HPV vaccine products be used interchangeably?

*Medscape, March 23, 2015 (may require sign-in)*

### **U.K. Anti-Doping Chief Warns Over Steroid Use in Young Men, Boys**

The use of anabolic steroids by boys and young men may become widespread unless society targets the drug abuse, the new head of U.K. Anti-Doping said.

*Bloomberg, March 18, 2015*

### **Encouraging male HPV vaccination may extend protection against HPV infection**

Mathematical analyses suggest that public health officials may be able to protect a broader range of the population against HPV infection and related cancers by allocating funds to encourage male HPV vaccination. *Helio, March 17, 2015*

### **HPV Vaccine For Boys Could Protect More People**

*Finding willing parents of boys may be easier at this point*

Public health programs that devote a portion of their funding to encourage more boys to be vaccinated against HPV -- rather than merely attempting to raise coverage among girls -- may ultimately protect more people for the same price, the study suggests. The findings appear online in the journal *Epidemics*.

*Health Canal, March 16, 2015*

### **Music TV influences sexual behavior of boys and girls differently**

While the debate on when music TV exactly began continues, there is no doubt that teenage boys and girls are influenced by music TV. In a new study from the Catholic University of Leuven in Belgium, researchers found that after sexually active youth of both genders

watch music TV, they think that their peers are also sexually active. Even more, when girls and boys identify males in music TV to be sexually active, it makes boys want to watch more, and girls less.  
*Red Orbit, March 22, 2015*

### **UK postpones HPV vaccine for males**

LONDON - A plan to start a vaccination program to prevent gay and bi men from getting anal cancer has been delayed by UK health officials, Gay Star News reports. Cost was cited as the reason.  
*Washington Blade, March 20, 2015*

### **Concussion Bill Would Keep Kids out of Class Until They Could Get Doctor's Permission**

High-school football players and their parents know that adolescent athletes who sustain a concussion need professional attention and time to recover before returning to the field. Now, a new bill being considered by the Assembly would require any student who suffers a concussion to be evaluated by a doctor or other healthcare provider and get written clearance before they can go back to school.

*NJ Spotlight, March 20, 2015*

### **Can Fish Oil Help Boys With ADHD Pay Attention?**

Boys with attention-deficit/hyperactivity disorder may benefit from the omega-3 fatty acids found in fish and some vegetable oils, a small European study suggests. Those who regularly ate an omega-3-loaded margarine experienced an improvement in their ability to pay attention, compared with boys who did not, researchers report in the March 19 issue of *Neuropsychopharmacology*.

*USA Today, March 19, 2015*

### **Boy power! Watch these tweens reject the 'be a man' stereotype**

There's been plenty of talk lately about how dangerous stereotypes can be when it comes to the empowerment of our girls and young women. Less discussed, though, is the reality that our boys face damaging stereotypes too. That was the motivation behind a recent workshop held by SheKnows Media, a leading women's lifestyle media company. A group of New York City tween boys ranging in age from 8 to 10 got together as part of the company's Hatch program, which focuses on teaching digital literacy and citizenship to the next generation.

*CNN, March 19, 2015*

### **Senators target religious exemption for vaccines**

RALEIGH, N.C. - A bill filed Thursday by three senators would repeal the state's religious exemption for vaccines. Under current state law, a parent or guardian of a child can exempt that child from school immunization requirements simply by submitting "a written statement of the bona fide religious beliefs and opposition to the immunization requirements." Adults can also exempt themselves from required immunizations for colleges and universities. Under the legislation, no religious exemption would be allowed, although medical exemptions would still be permitted with a doctor's signature.

*WRAL, March 19, 2015*

**Can Boys Help Girls Who Have Body Image Issues?**

What's the best way to encourage positive body image in girls? [Have older boys tell them what the perfect woman looks like](#), according to a UK child health expert.

*Education Week, March 18, 2015*

**Professional Help: Anger management is a skill best learned young**

There have been plenty of reports written recently on the phenomenon of young male suicide. After motor vehicle accidents, suicide is the second leading cause of death for all people ages 15 to 24. Young males in this age group are three times more likely than females to kill themselves. According to the Harvard School of Public Health, impulsivity plays a part. Impulsivity is the hallmark of adolescence because the pre-frontal cortex, what we often call the seat of executive functioning, is not yet fully formed, and is further delayed in adolescent males.

*Vancouver Sun, March 16, 2015*

**HPV vaccination rates lower among the wealthy**

Parents in higher socio-economic areas are less likely to allow their children to be vaccinated against human papillomavirus (HPV), new research from Massey University indicates.

*Medical Express, March 16, 2015*

**First Penis Transplant Fully Functional**

The patient was the recipient of a nine-hour operation done to attach the penis of a donor. This procedure was attempted once before in China, and was unsuccessful. The surgical team was led by Andre Van der Merwe MD. Dr. Van der Werwe was pleased with the outcome.

*The Examiner, March 14, 2015*

**Why the meanest students in class are likely to be boys**

Hollywood teen movies' depiction of girls as the meanest sex is often considered a reflection of reality. But a new study has found the opposite to be true: boys, it turns out, can be the worst offenders when it comes to relational aggression.

*TES Connect, March 14, 2015*

**Doctors hope more parents have children get HPV vaccine**

The less-than-large vaccination rates may stem from parental worries about an increase in unsafe sex among young people. In a study published in February in the Journal of the American Medical Association, lead author Dr. Anupam Jena, a physician at Massachusetts General Hospital, said there may be hesitancy about the vaccine from parents and health care providers.

*UT San Diego, March 12, 2015*

**UK: HPV vaccine: should boys get it too?** The human papilloma virus (HPV) vaccine, which protects against genital warts and certain cancers, is currently only given to girls. Now the Government is being lobbied to provide it for boys too.

*The Telegraph, March 11, 2015*

**Urging HPV vaccine for boys could protect more people at same price**

A Duke University study proposes a strategy to better use limited public health care dollars for protecting more people from a sexually transmitted infection called human papillomavirus (HPV) and the cancers it can cause.

*Medical Xpress, March 11, 2015*

**UK: Boys are just as confused about sexual consent as girls**

The government's proposals to educate children about sexual consent are long overdue, says Martin Daubney, but boys need help just as much as girls

As a frequent commentator on the frontline of the fast-moving and often overwhelming world of online porn, a frank and open dialogue

with youngsters about this unsavoury topic is needed now more than ever.

*The Telegraph, March 10, 2015*

**Physical labor, hypertension and multiple meds may reduce male fertility**

NIH-funded study analyzes data from more than 450 men attempting to conceive

Working in a physically demanding job, having high blood pressure, and taking multiple medications are among health risks that may undermine a man's fertility, according to a study by researchers at the National Institutes of Health and Stanford University, Stanford, California. The study is the first to examine the relationships between workplace exertion, health, and semen quality as men are trying to conceive. The results were published online in Fertility and Sterility.

*NIH, March 9, 2015*

**CDC advisory panel recommends HPV vaccine**

The Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC) added GARDASIL 9 to its list of recommended HPV vaccines, the nine-valent HPV vaccine's maker Merck said on Thursday. The recommendations call for females between the ages of 9 and 26 and males between the ages of 9 and 21 receive the vaccine. The CDC committee especially recommends the vaccine for people who have not yet received any HPV vaccine or finished the 3 doses.

*Vaccine News Daily, March 6, 2015*

**CDC Finds Troubling Rise in Teen Suicide Method**

More teens who are killing themselves are choosing suffocation and strangling, government researchers reported Thursday. And more young women are committing suicide. It's a troubling trend and it's not clear what's driving it, the team at the Centers for Disease Control and Prevention reported.

*NBC, March 6, 2015*

**Why girls do better at school than boys**

[A new study](#) by the OECD, a club of mostly rich countries, examined how 15-year-old boys and girls performed at reading, mathematics and science. Boys still score somewhat better at maths, and in science the genders are roughly equal. But when it comes to the students who really struggle, the difference is stark: boys are 50%

more likely than girls to fall short of basic standards in all three areas.

*The Economist, March 5, 2015*

**Just How Big Is a Normal Penis?**

*Researchers size up thousands to arrive at averages*

Many males worry about their penis size, even when there's no cause for concern. But until now, there has been no formal review of research into penis size and no attempt to develop a system to show the range of sizes of flaccid or erect penises, the researchers said. The British investigators reviewed 17 published studies that included more than 15,500 men whose penises were measured by health professionals using a standard procedure. The average length of a flaccid penis was 3.6 inches, the average length of a flaccid stretched penis was 5.3 inches, and the average length of an erect penis was 5.2 inches. Looking at things another way, the average circumference of a flaccid penis was 3.7 inches, and the average circumference of an erect penis was 4.6 inches. The study was published online March 3 in the journal BJU International.

*Medline Plus, March 3, 2015*

**Most Doctors Give In to Requests by Parents to Alter Vaccine Schedules**

A wide majority of pediatricians and family physicians acquiesce to parents who wish to delay vaccinating their children, even though the doctors feel these decisions put children at risk for measles, whooping cough and other ailments, [a new survey](#) has found.

*New York Times, March 2, 2015*

**UK: Boys' quest for 'perfect body' fuels rise in eating disorders**

A significant rise in the number of boys and young men suffering from eating disorders has contributed to a worrying 30pc jump in reports of the illness in Ireland, new figures obtained by the Sunday Independent reveal.

*The Independent, February 22, 2015*

**Suicide among young Americans on the rise since 2007: Study**

A report published by the Centers for Disease Control and Prevention on Thursday indicated that the suicide rate for young women and teenage girls continues to increase, at a pace much faster than the suicide rate among teenage boys and young men. According to the study, the rate of suicide for young women in 2013 was alarmingly 3.4

per 100,000. The rate was 2.2 per 100,000 people in 2007. The suicide rate for boys and young men also spiked from 10.7 to 11.9 for per 100,000 since 2007. It still remains almost three times higher than suicide rate among females, for ages 10 through 24, the study found out.

*Press TV, March 6, 2015*

**Taking Pill Before, After Sex Cuts HIV Infection for Gay Men: Study**  
*Research suggests that Truvada doesn't need to be taken daily, but more study still needed*

There's new evidence that gay men not infected with HIV can stay that way if they take a pill called Truvada in the days before and after a sexual encounter with an infected partner.

*Medline Plus, February 25, 2015*

**Aggressive Boys Tend to Develop Into Physically Stronger Teens**

Boys who show aggressive tendencies develop greater physical strength as teenagers than boys who are not aggressive, according to new research published in Psychological Science, a journal of the Association for Psychological Science.

*Health Canal, February 27, 2015*

**Young men with lower IQ likelier to drink more**

Washington: A new study has examined that young adult men with lower IQ are likelier to drink more. The study also suggested that although their poor performance on the IQ-test may also be linked to other disadvantages.

*Zee News, February 22, 2015*

**SWEDEN: Young men with lower IQ likelier to drink more**

Sjolund said that they found that lower results on IQ tests in Swedish adolescent men were associated with a higher consumption of alcohol, measured in both terms of total intake and binge drinking and it may be that a higher IQ results in healthier lifestyle choices.

*Zee News, February 22, 2015*

**IRELAND: Boys' quest for 'perfect body' fuels rise in eating disorders**

A significant rise in the number of boys and young men suffering from eating disorders has contributed to a worrying 30pc jump in reports of

the illness in Ireland, new figures obtained by the Sunday Independent reveal.

*The Independent, February 22, 2015*

**Violence in the Everyday Lives of Our Boys**

My 9-year-old had been begging us for a pocketknife for years. This seemed like a dangerous idea to his dad and me, even though his main interests had previously been carving his name in trees and cutting rope. But this time he seemed very concerned. I stopped what I was doing and sat down across from him.

*The Good Men Project, February 21, 2015*

**New Survey Data from Planned Parenthood Shows Parents Need More Information About the HPV Vaccine**

Planned Parenthood has released new data on parents' understanding of HPV and the HPV vaccine, showing that parents need more information about the vaccine and why it is important to vaccinate their children for HPV.

*ENewsPF, February 20, 2015*

**Clinician Support Critical to HPV Vaccination**

*Participants in a national conference cite lack of encouragement.*

"The most important problem is that many healthcare providers are not making a strong recommendation for the vaccine in the same way that they recommend other recommended vaccines," said Melinda Wharton, MD, of the Centers for Disease Control and Prevention (CDC) in Atlanta.

*MedPage Today, February 20, 2015*

**Researchers Measure Scope of Muscular Dystrophies That Strike Boys**

A team led by researchers from the University of Iowa found that about one in 5,000 boys between the ages of 5 and 9 have either Duchenne muscular dystrophy or Becker muscular dystrophy. The researchers also found that Hispanic boys were struck by the disorders more often than whites or blacks.

*US News, February 20, 2015*

**Lower IQ has been linked to greater and riskier drinking among young adult men**

A new study of the association between IQ-test results and drinking, measured as both total intake and pattern of use, has found that a lower IQ is clearly associated with greater and riskier drinking among young adult men, although their poor performance on the IQ-test may also be linked to other disadvantages.

*Medical Express, February 20, 2015*

**UK: Three Quarters Of Male Students 'Struggle To Believe Their Friends Have Mental Health Problems'**

In a nationwide study of UK students' attitudes towards mental health, The Priory Group found 86% agreed there is a stigma attached to mental health issues at university.

*Huffington Post UK, February 20, 2015*

**Stop Paying Attention to Anti-Vaxxers Already!**

*A Yale researcher shows why the best way to defeat the anti-vaccination movement is to stop debating the subject.*

Dan Kahan, a Yale University professor who studies public perceptions of science policy, sees the unfolding partisan divide as a potential health catastrophe. A political attack on an imagined vaccine crisis would be "like going to war with Iraq over 9/11," he says. "It's like WMDs. The threat of the anti-vaccination movement doesn't exist, and going to war with it will cause orders of magnitude more destruction than whatever Jenny McCarthy is doing."

*Daily Beast, February 19, 2015*

**Fifty Shades of Grey and the Sexual (Mis)Education of Boys**

But my primary concern for now has to do not with girls, but with boys like my son and other young men, who are trying to navigate the rocky shores of heterosexual desire themselves, in a culture that routinely offers them up sexually subordinate, compliant and sometimes self-loathing women at the click of a mouse or the price of a movie ticket. What do parents of sons say to them about the draw this story has for women?

*Huffington Post, February 19, 2015*

**CANADA: HPV vaccine report may stop some from getting shot: health official**

The Toronto Star has apologized for a story highlighting teenagers who had serious side effects after getting vaccinated for the human papilloma virus. A public health nurse at the North Bay-Parry Sound health unit said it could still affect vaccination rates that have been on the rise. "It does have potential to deter people from immunizing their children, immunizing themselves, and it's difficult to undo that damage once it's been done," Jaymie-Lynn Blanchard said.

*CBC News, February 18, 2015*

### **HPV: A Vaccine That Prevents Cancer Is Also Greatly Misunderstood**

Just-released clinical trial results reveal that the new HPV vaccine provides even more protection against cancer than before. But, according to a new survey from Planned Parenthood, parents still have not warmed up to it.

*Yahoo News, February 18, 2015*

### **AMERICAN HPV VACCINE RATES ARE "EMBARRASSINGLY LOW"**

*So why don't more Americans get themselves and their children vaccinated? Stoner offers some ideas:*

- Mistrust of the vaccine itself and concern that it may cause autism or other harmful conditions.
- Mistrust of the medical profession and/or government recommendations about vaccination (the belief that kids are getting too many shots, for no good reason).
- Religious objections to the vaccine among some religious groups.

Belief that getting the HPV vaccine will cause kids to become more sexually active.

*Futurity.org, February 17, 2015*

### **6 Lessons About Sex That Teen Boys Need but Don't Get**

*Porn and parents aren't teaching young men enough about building healthy relationships.*

Sex ed teacher Colin Adamo has a better solution for this particular problem. He's launched a [website that uses blunt talk and a sense of humor](#) to really talk to teen boys about sex and love. Now he's taking that work a step further by creating a graphic novel that deals directly with issues of sex and love.

*Take Part, February 17, 2015*

**Teenage boys' babies are '30% more likely to develop autism, schizophrenia and spina bifida'**

- Male reproductive system may not work properly until after puberty
- They found high levels of DNA mutations in sperm cells of teenage boys
- Findings create 30 per cent higher risk of children being born with defects
- Could result in conditions such as autism, schizophrenia and spina bifida
- Research also revealed men have healthiest sperm in their 20s and 30s
- But the number of mutations rises again as they approach the age of 40

*Daily Mail, February 17, 2015*

**Coming out in school could reduce depression and abuse**

Lesbian, gay, bisexual and transgender people have better self esteem and less depression as young adults if they were open about their sexual orientations as adolescents, a new study suggests. Attempts to hide sexual orientation are generally unsuccessful, and the result is more abuse and more depression, the authors say in the American Journal of Orthopsychiatry.

*Daily Life, February 16, 2015*

**How a major newspaper bungled a vaccine story, then smeared its critics**

The entire affair unfolded over slightly more than a week, but its negative impact on the health of Canadians could persist for years. The Star's credulous treatment of unverified stories claiming serious side effects from Gardasil resembles that of Katie Couric, who provided self-described Gardasil victims with an even larger platform on her daytime TV show in 2013. Couric soon issued a mea culpa.

*Los Angeles Times, February 13, 2015*

**HPV vaccine highly effective against multiple cancer-causing strains**

"The study confirms that targeting young adolescent girls before sexual debut for prophylactic HPV vaccination has a substantial impact on the incidence of high grade cervical abnormalities," said corresponding author,

Dan Apter, Director, The Sexual Health Clinic, Family Federation of Finland, Helsinki.

*Medical Express, February 13, 2015*

**Backup System In Brain Helps Compensate for Developmental Issues in Girls, but not so much in Boys**

Researchers from Georgetown University Medical Center propose that individuals diagnosed with autism spectrum disorder, obsessive-compulsive disorder, Tourette syndrome, dyslexia, and specific language impairment (SLI) use declarative memory to help them overcome behavioral issues.

*Psych Central, February 13, 2015*

**HPV Vaccine Not Linked to Increase in Sexually Transmitted Infections**

Contrary to concerns that the human papillomavirus (HPV) vaccine will increase risky sexual behavior among adolescent girls, a new study finds that these vaccinations are not associated with increases in sexually transmitted infections (STIs).

*University Herald, February 12, 2015*

**The Partnership for Drug-Free Kids Launches Interactive Tool to Illustrate How Pain Medicine Abuse Can Lead to Heroin Addiction**

The Partnership for Drug-Free Kids today released a new web resource to help drive awareness and action around the dangerous risks of prescription (Rx) medicine abuse among teens. The tool is an interactive infographic that illustrates the path leading some teens and young adults from prescription painkiller abuse into heroin addiction. The new infographic is the latest resource from The Medicine Abuse Project, a 5-year national action campaign that aims to prevent half a million teens from abusing medicine.

*PR Newswire, February 12, 2015*

**"We failed" in presentation of HPV vaccine story. Star publisher says**

Last week's Toronto Star article about the Gardasil anti-human papillomavirus (HPV) vaccine has stirred up controversy and spawned angry responses from all over the Internet since its publication. On Wednesday the Star's publisher John Cruickshank said the paper failed the public in the way it presented its story.

*Global News, February 11, 2015*

**Increase in HPV vaccination requires addressing physician, parent concerns**

Better communication with physicians, parents and adolescents about the benefits of HPV vaccination during early puberty is critical to removing barriers that have prevented wider use of the vaccine, says a public health expert at Emory University's Rollins School of Public Health. The commentary by Robert A. Bednarczyk, PhD, was published this week in the journal JAMA Internal Medicine.

*Health Canal, February 11, 2015*

**Science shows HPV vaccine has no dark side**

*To attribute rare devastating occurrences to a vaccine requires evidence of causation, which the Star didn't have in its article on Gardasil.*

Given the power of HPV vaccine to prevent disease and death, a long Toronto Star article that appears to suggest that the HPV vaccine causes harm is troubling and disappointing. Although the article states in the fifth paragraph that "there is no conclusive evidence showing the vaccine caused a death or illness," its litany of horror stories and its innuendo give the incorrect impression that the vaccine caused the harm.

*The Star, February 11, 2015*

**Research has shown that HPV vaccination does not affect sexual behaviours**

The study said: 'This suggests that the girls' sexual behaviors were not altered in the least by the vaccine.' Any behaviors resulting in infections that did occur were independent of the vaccine.

'Researchers said if the HPV vaccine had caused an increase in risky sexual behaviour they would have found a higher rate of STIs among vaccinated girls after they received the vaccine, since it only protects against HPV and not any other diseases.'

*National Column, February 10, 2015*

**The anti-Pick Up Artist's Guide: A new graphic novel teaches teen boys how to form healthy hook-ups**

Colin Adamo, creator of the website Hooking Up & Staying Hooked(HUSH), wants to change how heterosexual teenage boys learn about sex.

Namely, the 26-year-old, who helped organize Sex Week at Yale while a student there, offers the opposite of a pickup artist guide. One the website, he provides practical dating and, of course, hookup advice, such as, "Whenever you get resistance move your hand away from where it's landed. Only touch where she wants you to and soon enough she'll urge your hands to travel further. Try prematurely for a handful and she'll have you put to the curb."

*Salon, February 7, 2015*

### **To Get Parents To Vaccinate Their Kids. Don't Ask. Just Tell**

The study's surprising results: When doctors assumed parents would be OK with vaccines, they were. More than 70 percent had their child vaccinated.

On the other hand, when physicians were more flexible and allowed for discussion, most of the parents - 83 percent - decided against vaccination.

"It was quite a difference," Opel says, "just based on how the doctor began the conversation."

*NPR, February 7, 2015*

### **Examining the Anti-Vaccine Movement and Religious Laws**

One reason that members of some Christian denominations do oppose vaccination is over the use of cells from aborted embryos in the production of the rubella vaccine, and some other viral vaccines, back in the 1960s.

Churches that believe in faith healing, or in the general reliance on God and divine providence rather than on science, may also oppose vaccines. In addition, some conservative Christian groups have opposed the HPV vaccine because they see it as giving permission to young women to engage in premarital sexual relations.

*Algemeiner, February 8, 2015*

### **Why is autism more common in boys?**

*Israeli scientists may have it figured out*

*Research indicates that the gene crucial to brain development differs in its impact on the brains of each gender.*

The research indicates that the reason autism is more common among boys, and Alzheimer's more common among women, may be because the gene, known as ADNP, which is crucial to brain development, differs in its impact on the brains of each gender. The

researchers stress that these differences will have to be taken into account when developing potential remedies for these and other problems.

*Haaretz, February 9, 2015*

**Doctors: HPV vaccines can ward off other serious diseases**

Ever since the small measles outbreak started popping up in parts of the country, doctors have been more insistent on parents vaccinating their kids. However, it's not just small kids physicians seem to be worried about. Doctors say parents also need to get the HPV vaccine for their teens.

*CBS, February 8, 2015*

**Parents are more willing to lie in front of boys than girls**

A new paper released this week by the National Bureau of Economic Research seeks to understand the origin of dishonesty, gendered or otherwise -- and how we can learn to curb it.

The dark side of human impulse, researchers found, may start with parenting decisions: Moms and dads monitored in a recent Chicago field experiment were significantly more likely to cheat in front of boys than girls.

*Washington Post, February 3, 2015*

**Vaccinations are the new political wedge issue**

Vaccinations have become a political wedge issue and may have opened up a new front in the GOP culture wars. The science of vaccinations is straightforward: Public health officials point to extensive research showing vaccines protect the common good. But the politics are far less clear, as comments from likely 2016 GOP hopefups like New Jersey Gov. Chris Christie and Kentucky Sen. Rand Paul and other Republicans have laid bare.

*MSNBC, February 3, 2015*

**Doctors Say Politicians Who Question Vaccines "Fail At The First Duty Of A Politician"**

*The unfolding controversy threatens to turn vaccinations into an election issue.*

The Huffington Post

quickly rounded up the rest of the potential GOP contenders' positions on vaccines. And the New York Times reported that the debate is posing a challenge for Republican candidates, "who find themselves in the familiar

but uncomfortable position of reconciling modern science with the skepticism of their core conservative voters," similarly to issues related to climate change

*Think Progress, February 3, 2015*

### **Vaccines and what we owe to our neighbors**

Whether hipsters or home-schoolers, parents who don't vaccinate are free riders. Their children benefit from herd immunity without assuming the very small risk of adverse reaction to vaccination. It is a game that works - until too many play it.

*Washington Post, February 2, 2015*

### **UK: Should ALL boys be circumcised? Some experts say yes - but are they ignoring worrying risks?**

- Medical experts are increasingly divided over male circumcision
- It has been practised for centuries by they wonder if it should continue
- U.S. Centers for Disease Control and Prevention recommend it for all boys
- But research shows no link between circumcision and the risk of STDs

Circumcision has been practised for centuries, with the earliest evidence dating from the time of the pharaohs. Yet it's become a highly controversial procedure, and one that stirs strong passions - the actor Russell Crowe famously caused a Twitter storm in 2011 when he described the procedure as 'barbaric and stupid'. He later apologised.

*Daily Mail, February 2, 2015*

### **Groundbreaking Grants Awarded for Partnership Related Projects**

The Partnership is pleased to announce that it has collaborated with three Partner organizations to secure funding for a number of complementary projects related to adolescent and young adult male health, including efforts to promote immunizations. Nearly \$300,000 in grants has been awarded by Merck & Co. to the [Healthy Teen Network](#), the [American Sexual Health Association](#) and the [School Based Health Alliance](#) for independent educational projects. The

Partnership will play a role in coordinating the three organizations to promote synergy of effort as well as optimal use of resources.

"This represents a unique funding model that we hope to replicate with other Partners and funders," said Dennis Barbour, executive director of the Partnership. "We're very grateful for Merck's support. We plan to be working with other Partners as well as these three to build on this initiative and secure Partner funding for similarly innovative projects."

**Susan Wysocki, WHNP, FAANP Named to Partnership Steering Committee**



The Steering Committee of The Partnership for Male Youth has approved the nomination of Susan Wysocki to serve on the Committee. She is a nationally recognized expert in the field of women's health and was the President and CEO of the National Association of Nurse Practitioners in Women's Health (NPWH) 25 years. She is also a women's health nurse practitioner.

Among other awards, in 1999, Ms. Wysocki was selected by the Nurse Practitioner Journal for a Lifetime Achievement Award. In 2000, she was chosen as a charter Fellow of the American Academy of Nurse Practitioners. She has served as the chair of the National Alliance of Nurse Practitioners and was the founding President of the American College of Nurse Practitioners (ACNP). In 2003, she was presented ACNP's Sharp Cutting Edge Award for her leadership and an award from the Nurse Practitioner Journal for political activism. In 2005, she was awarded the Alan Guttmacher Lectureship by the Association of Reproductive Health Professionals.

Ms. Wysocki currently serves on the board of the American Sexual Health Association (ASHA) and was the board chair of Catholics for Choice from 2008-2014.

"We're delighted that Susan is joining us," said Dennis Barbour, executive director of the Partnership. "As a nurse and a women's health expert she brings a unique perspective to our work on behalf of male youth"

### **Rand Paul doubles down on vaccine stance**

Sen. Rand Paul doubled down Monday on his earlier comments that vaccines should be "voluntary," telling CNBC, "I don't understand the point of why that would be controversial." He also alleged he was the victim of media bias.

*Politico, February 2, 2015*

### **CANADA: Healthy Sexuality Is for Boys, Too Unique program teaches boys that they can be part of the solution**

Five years ago the Calgary Sexual Health Centre noticed a strange phenomenon in its statistics. Teen pregnancies had dropped, but sexually transmitted diseases were on the rise. Also increasing were domestic and sexual violence rates, bullying, and the spread of disturbing cultural messages about masculinity in the media and society.

*Epoch Times, January 29, 2015*

### **UAE: Boys should also be offered HPV vaccine, experts say**

The vaccine against HPV - which causes most cases of cervical cancer - is offered to pupils aged from 15 to 17 at government and private schools in Abu Dhabi. Calls have been made to extend the scheme to other emirates.

*The National, January 28, 2015*

### **Serum Institute of India poses challenge to Merck HPV vaccine**

The Serum Institute of India, the world's fifth largest vaccine maker by volume, is eyeing newer vaccines, including one for the human papilloma virus expected to be launched by late 2018 and sell at a third of the price of Merck's (\$MRK) blockbuster Gardasil, Bloomberg reported.

*Fierce Vaccines, January 27, 2015*

### **Seeing selves as overweight may be self-fulfilling prophecy for some teens, especially boys**

Teens who mistakenly perceive themselves as overweight are actually at greater risk of obesity as adults, according to research findings forthcoming

in Psychological Science, a journal of the Association for Psychological Science.

*Medical Express, January 28, 2015*

**Bill Gates condemns anti-vaxx trend**

While in Berlin for a conference of donors of the GAVI alliance (an organization that brings vaccines to the developing world), philanthropist Bill Gates condemned the anti-vaccination trend in rich Western countries. He also warned that we must prepare for "war" against the next pandemic.

*Salon, January 28, 2015*

Binge eating disorder is the most common eating disorder -- and many who have it are men. If that surprises you, you're not alone. People often see eating disorders as a woman's health concern. But guys get them too. About 40% of those with binge eating disorder are men.

*WebMD, January 28, 2015*

**How pornography influences and harms sexual behavior in young males**

A new article co-authored by a Virginia Commonwealth University professor suggests that pornography has become a primary source of sexual education, and has a tangible influence on the sex lives of young adults. The researchers, including Jennifer Johnson, Ph.D., a professor in Department of Sociology of the College of Humanities and Sciences, surveyed 487 college men, ages 18 to 29, to compare their rate of pornography use with sexual preferences and concerns.

*Health Express, January 27, 2015*

**A paradox of approval with the HPV vaccine**

Parents are hesitant to have their own children vaccinated against the Human Papilloma Virus at the appropriate age - 11 to 12 years - despite approving of the age guidelines recommended by the Centers for Disease Control and Prevention, a new study from the Yale School of Public Health finds.

*Yale Daily News, January 27, 2015*

**'Rebranding' views of young black males**

The Campaign for Black Male Achievement looks at black men and boys not as problems to be fixed but as individuals with potential. Beginning in February, the Campaign for Black Male

Achievement, a program based at the Open Society Foundations since 2008, will be spun off from the foundation and operate as a separate organization. The change reflects the growing national interest in programs aimed at helping young black men.  
*Christian Science Monitor, January 26, 2015*

**Lead's effect on brain is worse for boys than girls, study shows**

A new study suggests that the female hormones estrogen and estradiol may protect the brain against the toxic effects of lead. It found that young boys with higher levels of lead in their blood performed worse on cognition tests than those with lower levels, while this was not the case for girls, who appeared hardly affected by the chemical element.

*Medical News Today, January 26, 2015*

**Troubled Boys, Girls Have Sex Earlier, Study Finds**

Children with certain behavior problems are more likely to have sex at an early age, a new study reveals. Boys and girls who are unruly and aggressive from a young age were found to be more likely to start having sex before age 16, researchers reported in the February issue of the journal Pediatrics.

*Health Day, January 26, 2015*

**The Disneyland outbreak is the anti-vax tipping point We've gone from "elimination" of measles to a surge in cases -- can you please vaccinate your kids now?**

It's not one of those, hey, you do what's right for your children and we'll do what's right for ours and we'll all just stick to silently judging each other's choices. That's for Ferberizing and hiring a preschool admissions coach. Nope, this is about not being selfish and putting the person in front of you on the line for Pirates of the Caribbean at risk for a highly contagious respiratory disease.

*Salon, January 26, 2015*

**Pediatricians' Group Opposes Legal Marijuana**

American Academy of Pediatrics says drug has potential to harm children

Marijuana shouldn't be legalized because of the potential harm it can cause children and teens, the American Academy of Pediatrics says. However, the group's updated policy statement does support the compassionate use of marijuana for children with debilitating or terminal illnesses.

*Health Day, January 26, 2015*

**NEW ZEALAND: 'Boys will be boys' disquises wider problem within schools**

With the current limited range of gender messages about ideal masculinity, there's little wonder we see heightened levels of school disengagement in boys. Most research exploring this area of gender and schooling would agree that boys exhibit more overtly disengaged behaviour than girls. However, there's also research that highlights that girls are just as disengaged as boys.

*Otago Daily Times, January 20, 2015*

**Vaccine Opponents Often Cluster in Communities**

Parents who refuse to have their children vaccinated appear to be clustered in certain areas, a new study suggests. Among more than 150,000 children in 13 counties in Northern California, the researchers found five clusters where kids had missed one or more vaccinations by the time they were 3 years old.

*Healthfinder.gov, January 19, 2015*

**Fla. boy's circumcision spurs lengthy legal battle, protests**

An estranged Florida couple's fight over whether to circumcise their son has become a rallying cry for those who denounce the procedure as barbaric.

*Herald Online, January 19, 2015*

**HPV VACCINE NOT AS POPULAR AS IT SHOULD BE: STUDY**

But according to new research from the Moffitt Cancer Center, the HPV vaccine isn't as popular as it should be - especially among boys. "It feels a little bit like we've fallen short," said Susan Vadaparampil, a professor and senior member of the Moffitt Cancer Center.

Vadaparampil said in the U.S., only 38 percent of girls have completed all three doses of the vaccination. For boys, it's only 14 percent. "We would probably do a lot better if everybody was on the same page in terms of vaccine benefits, being comfortable with discussing the vaccine, and seeing how there is potential to prevent cancer," Vadaparampil said.

*ABC7, January 17, 2015*

**Health officials: HPV vaccine is about stopping cancer, not promoting sex**

It's time to try a new sales pitch, said national health leaders gathered at Moffitt Cancer Center on Thursday for a major conference on HPV,

or human papillomavirus. "We need to start talking about it as a cancer vaccine, instead of a vaccine for sexually transmitted disease," said Dr. Otis Brawley, chief medical officer of the American Cancer Society.

*TampaBay.com, January 15, 2015*

#### [Alcohol, Pot Fuel Half of Young Driver Deaths, Report Finds](#)

More than 50 percent of the drivers tested positive for alcohol (36.8 percent), marijuana (5.9 percent) or both substances (7.6 percent). Those older than 21 were 14 percent more likely to test positive for alcohol, and slightly more likely to test positive for both alcohol and marijuana than those under the legal drinking age.

*Healthfinder.gov, January 15, 2015*

#### [School climates, suicide and gay and lesbian students: Research on LGBT and youth education](#)

Research has shown that sexual-minority youth - those who identify as lesbian, gay, bisexual or transgender - are more likely than their heterosexual peers to experience violence in their lives, including bullying, harassment and physical assault. In addition to the safety and physical health consequences, violence and victimization are associated with higher rates of anxiety, depression and suicide, and indeed, sexual minorities have been found to bear a disproportionate burden with respect to these health issues.

*Journalist's Resource, January 15, 2015*

#### [UK: Equalities minister: Playing with dolls will help young boys develop a caring side](#)

Young boys should be encouraged to play with dolls to help develop their "nurturing and caring" instincts, the equalities minister, Jo Swinson, has argued. She condemned the stereotyping at an early age which eventually pushed men and women into different careers as she warned of the "huge shortage" of men working as careers.

*The Independent, January 13, 2015*

#### [STUDY: The Internet's Multiple Roles in Facilitating the Sexual Orientation Identity Development of Gay and Bisexual Male Adolescents](#)

(abstract free; article requires subscription)

One emerging avenue for the exploration of adolescents' sexual orientation identity development is the Internet, since it allows for varying degrees of anonymity and exploration. The purpose of this phenomenological study was to examine the role of the Internet in facilitating the sexual orientation identity development process of gay and bisexual male adolescents.

*American Journal of Men's Health, January 13, 2015*

**Tot Therapy: Psychiatrists Join Up With Pediatricians Families Are More Receptive to Treatment in a Pediatrician's Office Than in a Mental-Health Clinic**

It is little wonder that only about 1 in 5 children with diagnosable mental-health problems gets treatment. Now, more pediatricians are embedding mental-health professionals into their practices, where they can help spot problems early, provide care fast or reassure parents that a child's behavior is normal. Integrated care, as it is called, has other advantages: Pediatricians often see patients annually for a decade or more and follow families closely. If issues arise, instead of giving parents a referral, they can do a "warm handoff," personally introducing them to a therapist down the hall.

*Wall Street Journal, January 12, 2015*

**UK: Like father, like son: Boys today are twice as likely to be close to their dads as in times past**

A new generation of fathers and sons are closer than ever before, according to new research released today, and the improved relationships bode well for future generations, according to experts. Fathers are twice as likely to be "close" to their sons today, with more than one in three (35 per cent) describing their relationship in this way. But only 18 per cent felt the same about how they got on with their own father, according to a national UK survey, by OnePoll, of 1,000 men with sons aged between 12 and 16.

*The Independent, January 11, 2015*

**Oral HPV Infection Lasts Longer in Older Men, Study Finds**

One type of oral HPV (human papillomavirus) infection, HPV16, seems to last a year or longer in men over the age of 45 than it does in younger men, new research indicates. HPV16 is the form of HPV often associated with the onset of head and neck cancers (oropharyngeal), the study team noted.

*Medline Plus, January 9, 2015*

**Study compares mental health of trans, non-trans youth**

Transgender youth have disparately negative mental health outcomes related to depression, anxiety, suicide ideation, suicide attempt, and self-harm without lethal intent compared to their non-transgender youth counterparts. The finding is detailed in a new study entitled Mental health of transgender youth in care at an adolescent urban community health center: A matched retrospective cohort study published today in the Journal of Adolescent Health.

*Windy City Times, January 9, 2015*

### **Let's talk about sex**

It was my first day as a member of the Johns Hopkins University program known as CRASH, or Creating Responsibility for Adolescent Sexual Health, which is dedicated to educating Baltimore adolescents on all matters of sexual and reproductive health, from sexually transmitted infections and pregnancy to relationships and sexuality. At the end of every session, the boys write down five to 10 questions on index cards, so that by the end of six weeks they have each asked 30 to 60 questions. Sixty questions that prior to CRASH had been left unanswered.

*Baltimore Sun, January 8, 2015*

### **Gardasil HPV Vaccine Not Linked To Multiple Sclerosis Or Related Diseases**

The human papillomavirus (HPV) vaccine Gardasil is not linked to an increased risk of multiple sclerosis or any other similar central nervous system conditions, found a study published in JAMA today.

*Forbes, January 6, 2015*

### **Beyond the Stereotypical Image of Young Men of Color**

*Minority youth are often portrayed through a distorted lens. But many live counternarratives every day.*

But young men of color poses a range of complexities-insights, emotions, and aesthetics-that the public neither sees nor accepts because American culture often defines these males negatively and far too narrowly. In simple terms, there is much more to young men of color beyond the stereotypical image.

*The Atlantic, January 5, 2015*

### **Teens with mental health problems often have access to guns, study finds**

A new study finds teens with mental health problems in the United States report having easy access to guns. Just under 41 percent of teens noted in the study reported having easy access to a firearm at home, and the researchers found no change in that percentage for teens who have a history of mental health problems and suicidal tendencies.

*UPI, January 3, 2015*

### **Steering boys away from the allure of violence**

When I see a young male in therapy who is obviously frail, obese or otherwise out of shape and he tells me he possesses the ability to level any opponent or break bones with one swift kick, I do not challenge what he is saying. Instead

the comment is, "I believe it would feel great to fear no one and have few ever challenge you."

*Orange County Register, December 30, 2014*

### **Teens Smoked Less, Drank Less Alcohol And Abused Opioids Less In 2014**

Recent results released by the National Institute on Drug Abuse finds that use of cigarettes, alcohol, and abuse of prescription pain relievers among teens declined from 2013 while marijuana use rates were stable.

*Scientific Blogging, December 31, 2014*

### **Adolescent Boys Roam Farther To Find Mates**

From myths to cartoons, our stories are full of teenage boys going off on roaming, romantic adventures. These stories may have a basis in fact, according to a new study: Men in a South American society travel more than women, but only during adolescence, when they are most actively seeking romantic partners.

*Inside Science, December 30, 2014*

### **Oral cancer on rise in young people**

"Most of the cancers we saw were smoking, alcohol related," Friedlander said. "Right now we've seen an increase in a number of people who have not been exposed to cigarettes and alcohol that have these cancers." And he said that's because of the human papilloma virus, or HPV. It's an orally transmitted virus that he says is easy to get. "These can be transmitted through oral sexual contact or something as innocuous as an open-mouth kiss," Friedlander said.

*Wltv.com, December 30, 2014*

### **Texted Reminders Help Parents Get Kids In For Flu Shots**

Young children are especially susceptible to the seasonal flu, and annual flu immunizations are the best way to protect them. But many children under 9 require two doses of the vaccine to be fully protected, and only about half of those who need two doses get both. That's in addition to the one-third of children in the United States who don't get flu immunizations at all. What'll it take to drive those numbers up? Simply texting parents a few reminders may help.

*NPR, December 29, 2014*

### **HPV vaccination status, adolescent sexual behavior unrelated**

"We found no evidence that publicly funded HPV vaccination had any significant effect on clinical indicators of sexual behavior. Neither HPV vaccination nor program eligibility increased risk of pregnancy and non-HPV-related STIs among females aged 14 to 17 years" Smith and colleagues wrote. "These findings suggest that fears of increased risky sexual behavior following the HPV vaccination are unwarranted and should not be a barrier to vaccinating at a young age."

*Helio.com, December 12, 2014*

**Doctors Want To Remind Americans That The HPV Vaccine Isn't All About Sex**

In general, HPV vaccination rates in the U.S. are still much too low, hovering around 30 percent. Public health professionals are aiming to increase those rates dramatically, to at least 80 percent - closer to the percentage of people who get vaccinated against the virus in other developed countries. To accomplish that, the health professionals who have dedicated their lives to treating HPV-related cancers want to move the conversation away from sexuality altogether. Instead of framing Gardasil as vaccine that protects against an STD - which might give some Americans the impression that they don't need to worry about it - they want to present it as a vaccine that protects against cancer.

*Think Progress, December 11, 2014*

**FDA Approval of Nonavalent HPV Vaccine Adds New Tool to Eradicate Cervical Cancer**

The Food and Drug Administration's approval of a nonavalent vaccine against the human papillomavirus (HPV) represents another important step in the eradication of cervical cancer, according to the Society of Gynecologic Oncology (SGO). It is estimated that the seven "high-risk" HPV types found in the nonavalent vaccine can potentially prevent more than 90 percent of cervical cancers and a similarly high number of other HPV-associated cancers of the vulva, vagina, anus, penis, and some head and neck cancers.

*Infection Control Today, December 10, 2014*

## **FDA Approves Cervical Cancer Vaccine That Covers More HPV Strains**

The U.S. Food and Drug Administration on Wednesday approved a new vaccine with expanded protection against the human papillomavirus (HPV), by far the leading cause of cervical and certain other cancers. The agency said that Gardasil 9 can shield users against nine strains of the virus, compared to the four strains covered by Gardasil, the Merck & Co. vaccine approved in 2006. Merck also makes Gardasil 9.

*Medline Plus, December 10, 2014*

## **WHO guidelines look to simplify, shorten HPV vaccine regimen**

In its effort to control and prevent cervical cancer, the World Health Organization is updating its screening and vaccination guidelines for doctors and patients around the globe. Under the new guidelines, experts with WHO are recommending the HPV vaccine be shortened from a three-shot schedule to a two-shot schedule.

*UPI, December 3, 2014*

## **HPV infections common among gay, bisexual teen males**

Many young men who report having sex with other young men have the human papillomavirus (HPV) that can lead to genital warts and anal cancer, according to a new study from Australia. The results, based on men as young as 16, suggest that vaccination could help lower infection rates in this population. The findings also strengthen the U.S. recommendation that all children ages 11 and 12 years old receive the series of shots to prevent HPV, said one expert.

*Reuters, December 3, 2014*

## **Free HPV vaccination program sees upward trend in those vaccinated**

The launch of a temporary free-of-charge human papillomavirus (HPV) vaccination program in Europe was well accepted and showed an increase in the percentage of those that took action and got the HPV vaccine from 17

percent to a 75 percent. The increase was most notable among descendants and immigrants.

*Vaccine News Daily, December 1, 2014*

**Study finds provider-focused intervention improves HPV vaccination rates**

Changing the way doctors practice medicine is difficult, however a new study has shown that combining traditional education with quality improvement and incentives improves Human Papilloma virus (HPV) vaccination rates in boys and girls. The study, which appears on-line in the journal Vaccine, has the potential to produce sustained improvements in these vaccination rates.

*Medical Express, November 24, 2014*

**Study shows mixing education, medicine and incentives may boost HPV vaccination rate**

Health professionals recently conducted a study in integrating traditional education and incentives to advance vaccination rates for human papillomavirus (HPV) in both boys and girls. The study by researchers from Boston University School of Medicine (BUSM) focused on educating patients, repeatedly contacting the patients, adding incentives and individualizing the time spent between patients and physicians. The data shows that mixing education, interpersonal connections and better incentives significantly improves HPV vaccination rates.

*Vaccine News Daily, November 26, 2014*

**Book Review: Vaccine Nation: America's Changing Relationship with Immunization**

No book on vaccination can ignore the rise of vaccine-safety and anti-vaccination movements. Conis brings out their complexities in the US with great skill. People have refused to have their children vaccinated for disparate reasons. She ties their concerns even-handedly into some of the broader protests and anxieties of the past 40 years.

*Times Higher Education, November 27, 2014*

### **More HPV Legislation May Not Result in Greater HPV Vaccine Uptake**

The presence of legislation that encourages HPV vaccine uptake does not correlate with increased vaccination among young men or women, according to new research to be presented at APHA's 142nd annual meeting.

*Infection Control Today, November 17, 2014*

### **Oral Sex Can Lead To Oral HPV Infection**

To our knowledge, this is the first study to show a high risk of oral HPV infection among men whose female partners had a genital or oral HPV infection, suggesting that transmission may occur through oral or genital routes. We looked at transmission for 36 individual HPV genotypes, which improved our ability to study risk determinants. Risk was also significantly higher among men who had ever smoked, had a high number of lifetime sex partners, or were in non-monogamous relationships. Our results are largely consistent with previous studies that have found male sex practices and smoking to be the most significant risk factors for oral HPV infection.

*Medical Research, November 16, 2014*

### **Study: States With Low HPV Vaccination Rates See Higher Cervical Cancer Rates**

The newest [study](#) shows that cervical cancer rates and HPV vaccination rates tend to move up and down together. Though the authors could not prove causality, their finding suggest that increasing the uptake of the vaccine in a state could have a direct impact on cervical cancer rates and could help even out existing disparities between states.

*RH Reality Check, November 14, 2014*

### **UK: Gay men 'should be given HPV vaccine' that protects against cancers**

The HPV vaccine should be extended to gay men, according to a medical advisory committee. Men who have sex with men should be vaccinated against human papillomavirus

(HPV) because they are at high risk of contracting the virus, the Joint Commission on Vaccination and Immunisation has said.

The HPV jab was made available to schoolgirls in the UK in 2008, but there have been calls for the programme to be extended.

*The Independent, November 13, 2014*

**Federal Goal Is to Vaccinate 80% of Boys and Girls Against HPV by 2020**

*Despite Rising Oral-Cancer Rates in Men, Many Parents Don't See the Risk of Sexually Transmitted Disease to 11-year-olds*

Public-health officials are pushing for higher HPV vaccination rates amid growing evidence that cancers linked to the virus are afflicting more men. (may require subscription)

*Wall Street Journal, November 10, 2014*

**Does enhanced HPV knowledge among teens and parents increase vaccination rates? Penn study says no**

A new study from the University of Pennsylvania questions whether improving knowledge among parents and kids actually works to improve vaccination rates. Maybe it's doctors that need a bit more education and training.

A lot of physicians sometimes recommend the other two, and then when it comes to HPV, they're like, 'We'll let's start a conversation about this,'" Fishman said. "They're sort of like: 'This is something we can talk about and explore, and you don't have to get it now.' And it's not clear to the patient or the parent that this is a recommended vaccine just like the other ones."

One study found that when a doctor is faced with a "vaccine-hesitant" family, sometimes he or she will agree to delay the HPV shots as a "bargaining chip" to get parents to buy-in to the other vaccines first.

*News Works, November 6, 2014*

## **HPV Vaccine May Not Protect Against Recurrent Warts in Men**

The current quadrivalent human papillomavirus (HPV) vaccine does not have a significant impact on the recurrence of genital warts in men exposed to HPV infection, according to [research published](#) in the November issue of the Journal of Sexual Medicine.

*EMPR, November 4, 2014*

## **The HPV Vaccine's Power to Prevent Cancer**

Experts are concerned that less than 50 percent of the target population gets the vaccine.

US News, October 30, 2014

## **Whether HIV Positive or Negative, Many Gay Men Could Benefit From HPV Vaccine**

The human papillomavirus (HPV) can be much more than a pain in the butt: The common virus currently causes 5% of the world's cancers. But a vaccine exists, and it's estimated that if males were vaccinated, the rate of anal cancer would fall by 60%. As reported by the website aidsmap, a study of gay men in Ireland has found that half to two-thirds of gay men, whether HIV positive or negative, would benefit from getting HPV vaccines to protect themselves from the two most common cancer-causing strains of the virus.

*The Body, October 12, 2014*

## **Few physicians routinely recommend HPV vaccine to boys**

Results showed fewer than 15% of respondents reported always recommending the HPV vaccine for male patients. Researchers determined 10.8% of physicians always recommended HPV vaccination for boys aged 11 to 12 years; 12.9% always recommended vaccination for boys aged 13 to 17 years; and 13.2% always recommended vaccinations for those aged 18 to 26 years.

The researchers found that clinicians who self-reported as "early adopters" or innovators were more likely to routinely recommend the vaccine, despite only permissive guidelines

from ACIP. Researchers noted that this may be due to a greater level of knowledge about clinical trial results of the HPV vaccine in males, or more positive attitudes toward change or risk.

Physician specialty also appeared to be a factor in recommendation practices, with more pediatricians than family physicians reporting that they recommended the vaccine to males. Physician race as well as payment method of the patient also were found to be associated with vaccine recommendation to patients aged 11 to 12 years. Patient race also was a factor in vaccine recommendations to those aged 13 to 17 years, as well as those aged 18 to 26 years.

*Helio, October 13, 2014*

**Physicians' Human Papillomavirus Vaccine  
Recommendations in the Context of Permissive Guidelines  
for Male Patients: A National Study**

What Do Pediatricians Really Talk about When Discussing HPV Vaccination with Parents?

During her presentation at IDWeek 2014, titled "An Investigation of the Recommendation Styles and Same-Day Vaccination Rates for Pediatricians Discussing HPV Vaccine with Adolescent Patients & Their Caregivers," Liana R. Clark, MD, MS, with Global Health & Medical Affairs, Merck Vaccines, discussed this state of affairs and noted that there are several factors that come into play when clinicians and parents discuss HPV vaccination for children. She said studies have shown that pediatricians vary their recommendations based on patient age and gender, and report encountering "significant parental barriers to acceptance of their routine HPV vaccine recommendations." However, parents, for their part, report "a very high likelihood of accepting their provider's recommendation for HPV vaccination," said Clark.

*HCP Live, October 10, 2014*

**For Anorexic Men, the Focus Is on Muscle**

*Collected data shows a 'paradox,' with men becoming malnourished as they try to bulk up.*

The Canadian researchers noted that an estimated 10 percent or more of anorexia patients are thought to be male, though the actual number may be significantly higher. There was also a slightly larger proportion of gays with anorexia than is seen in women with the illness, the study found.

*Healthfinder.gov, December 29, 2014*

### **FDA shortens blood donation ban for gay men**

The Food and Drug Administration said Tuesday that it would discontinue a lifetime ban that prevents men who have sex with men from donating blood, shortening the donor deferral period to 12 months.

*Modern Healthcare, December 23, 2014*

### **Especially in boys, infant attachment, early behavioral inhibition may predict adolescent social anxiety**

Researchers found an association between consistently high behavioral inhibition in childhood and adolescent anxiety symptoms mainly among adolescent men who had insecure attachments during infancy, according to study data.

*Helio.com, December 22, 2014*

### **Syphilis on the Rise Among Gay, Bisexual Men: CDC**

*Rates of chlamydia dip for the first time in 30 years*

The number of cases of syphilis in the United States jumped 10 percent from 2012 to 2013, with gay and bisexual men accounting for 75 percent of the increase, U.S. health officials reported Tuesday. Rates of another sexually transmitted disease -- chlamydia -- fell for the first time in 30 years, with more than 1.4 million reported cases in 2013. This represented a 1.5 percent decrease from 2012, according to the U.S. Centers for Disease Control and Prevention.

*Medline Plus, December 16, 2014*

### **How To Talk To Boys About Sex And Consent**

Given recent stories about violence against college women, what should parents say to college-age sons? NPR's Audie Cornish speaks with author Rosalind Wiseman about guiding boys through adolescence.

*NPR, December 15, 2015*

### **More Young Adults Getting Preventive Care After Obamacare. Study Finds**

*More people in early 20s getting blood pressure and routine health checks*

More young adults are using certain types of preventive care since the Affordable Care Act, sometimes called "Obamacare," went into effect in the United States, according to a new study. Significant increases were seen in the numbers of 19- to 25-year-olds getting preventive care, including routine checkups, blood pressure measurement and dental care between 2009 and 2011-12, the study found.

*Health Day, December 11, 2014*

### **Poor Sperm Quality May Signal Health Issues. Study Finds**

Defects in sperm within semen may be linked to a variety of health problems, including high blood pressure, heart disease, and skin and glandular disorders, a new study suggests.

*Medline Plus, December 11, 2014*

### **Male Breast Cancer Is Different**

*Men's tumor types differ; survival is increasing but not as much as for women, study finds*

Men's breast cancer differs in some ways from women's, new research finds.

One important difference is in the rates of survival. The study found that while survival for men with breast cancer has improved, it hasn't kept pace with the strides made in treating breast cancer in women.

*Medline Plus, December 9, 2014*

**Teen clinic finds innovative ways to draw young men in for health care services**

"We believe that offering health services and education about healthy lifestyle practices to men can help increase screening and detection of potential health problems, including sexually transmitted infections and HIV. This will benefit young men, their partners, their families and their communities," said Dr. Peggy Smith, director of the Baylor College of Medicine Teen Health Clinic.

*Baylor College of Medicine News, July, 2014*

**Benefits of male circumcision outweigh risks, CDC says**

The Centers for Disease Control and Prevention said Tuesday that years' of research and mounds of medical evidence suggests the benefits of male circumcision outweigh the risks. The CDC stopped short of fully advocating for circumcision in all circumstances this week, but rather released a draft containing federal recommendations for health care providers concerning the procedure that will now be open for comment during the next month and a half.

*RT.com, December 2, 2014*

**Department Of Education Issues Guidelines To Protect Transgender Students In Single-Sex Classrooms**

The U.S. Department of Education issued guidelines today instructing public schools to treat transgender students consistent with their identity in single-sex classes. In practical terms, the guidelines mean a student who identifies as a transgender boy should be allowed entry to a boys-only

class; vice versa for transgender girls in classes designed to focus on female students.

*Buzzfeed, December 1, 2014*

### **Is HIV Becoming Less Contagious?**

*Study from Africa suggests virus is evolving*

New research in Africa suggests that the AIDS virus is getting smarter about evading the immune system while evolving into a less contagious and less lethal infection overall.

*Health Day, December 1, 2014*

Particularly in the US, HPV vaccination rates for both girls and boys remain stubbornly low. In 2013, the US rates of the full three-dose vaccine regimen were only 13.9% for boys and 37.6% for girls. In contrast, due in large measure to that country's National HPV Vaccination Program, the 2012 full three-dose vaccination rate for Australian girls was 70.9%. Because the program just began including boys in 2013 rates for them are not yet available.

As reported in the New York Times at the time, in 2013 the British Medical Journal published an article finding that in Australia the diagnoses of genital warts among young women ages 12 to 26 plummeted 59 percent in the two years after the program for girls began in 2007. For men in the same age group, genital warts cases dropped 39 percent. During the same period, there was also a striking decline in the rate of high-grade cervical abnormalities in teenage girls, a sign that a decline in cervical cancer cases "may be on the horizon."

One of the objectives of the Partnership's Health Provider Toolkit and associated projects is to increase HPV vaccination rates for US males beginning at age 11, which is the initiation age recommended by the Centers for Disease Control and Prevention.

To spark increased dialogue on this important issue the Partnership will initiate a periodic HPV News Update when developments merit it. This is the first in that series.

CBS News - September 17, 2014

**Urine tests for HPV may be as effective as Pap smears**

*Compared with cervical samples, the HPV urine test correctly identified positive results 87 percent of the time. The urine tests correctly identified negative results 94 percent of the time. When it came to the high-risk strains of the virus -- HPV 16 and 18 -- the urine test correctly identified positive results 73 percent of the time and negative results 98 percent of the time.*

Health Canal.com - September 17, 2014

**Moffitt Cancer Center Study Finds Few Physicians are Recommending HPV Vaccinations for Boys**

*The team discovered that physicians recommended HPV vaccination to less than 15 percent of their male patients aged 9 to 26 years. Pediatric specialists and doctors who support new vaccines were more likely to recommend the vaccine.*

*They also found that physician HPV vaccine recommendations may also depend on insurance coverage. Many insurance companies choose not to cover vaccines when they are considered "optional" or "not required."*

Medscape Multispecialty - September 10, 2014

**HPV Vaccine - It's About Cancer Prevention, Not Sex (Opinion)**

*I believe the primary reason we are not very good about giving this vaccine is that we feel compelled to talk about the nature in which it is transmitted; we feel compelled to have the sex talk at the time we give the first dose of HPV vaccine.*

New York Times - September 10, 2014

**HPV Program In Australia Shows Success**

*The study, published in the September issue of PLOS One, found that the rate of genital warts in young Australian women decreased by 61 percent, while rates in age and sex groups not covered by the program were unchanged.*

CBC News - September 5, 2014 (Canada)

**HPV Vaccine: Why boys are less likely to get it**

New York Times - August 29, 2014

**The Discomfort Over HPV Vaccine (Letters)**

io9.com - August 27, 2014

### **Americans Clearly Don't Understand How Deadly HPV Is**

*HPV is the most common sexually transmitted disease in America. With the exception of HIV, it is also the most fatal. But for almost a decade, we've had a vaccine that prevents HPV infection and, by extension, the deadly cancers it causes. So why aren't American adolescents getting access to this vaccine?*

Washington Post - August 21, 2014

### **The cure for cancer that parents won't use**

*Most people who get HPV have a transient infection that their immune system clears with no lasting damage. But in some people, the virus takes up residence and goes on to cause cancer. I am grateful that, thanks to the HPV vaccine, I will never have to find out if my sons fell into that second, unlucky group.*

### **The New HPV Vaccine Could Be 90% Effective**

TIME Magazine, October 1, 2014

An even more effective vaccine against human papillomavirus (HPV), which can cause cervical cancer, may be on the horizon, according to new research published in *Cancer Epidemiology, Biomarkers & Prevention*. Merck announced that it's investigating a 9-valent HPV vaccine that protects against nine total types of HPV-five more than the current one on the market.

### **Current Perspectives on HPV Vaccination**

Medscape Multispecialty, September 30, 2014

Thirty years ago, human papillomavirus types 16 and 18 were isolated from cervical carcinomas, and it has been almost 10 years since the introduction of the first prophylactic virus-like particle (VLP) vaccine. The VLP vaccines have already impacted the reduction of pre-malignant lesions and genital warts, and it is expected that vaccination efforts will successfully lower the incidence of cervical cancer before the end of the decade. Here we summarize the historical developments leading to the prophylactic HPV vaccines and discuss current advances of next-generation vaccines that aim to overcome certain limitations of the VLP vaccines, including their intrinsic narrow range of protection, stability and production/distribution costs.

### **HPV vaccine rates not linked to knowledge about it**

Medical News Today, September 25, 2014

Knowledge about HPV and the benefits of vaccination does not appear to spur parents - or the kids who need it - to take it up. The new study that came to this conclusion, appearing in a recent issue of the journal *Pediatrics*, found neither more nor less knowledge about the Human Papillomavirus and the vaccine seems to affect the take-up rate, leading researchers to question the value of public knowledge and education campaigns.

### [Are Girls Taught to Be More Emotionally Attuned Than Boys?](#)

Even if women do show more emotional awareness than men, a new study points toward environmental, rather than genetic, influences. According to that research, which was published in the British Journal of Developmental Psychology, mothers may teach girls more about emotions than they teach boys.

*Good Therapy, November 18, 2014*

### [To Survive A Car Crash, Be Young, Male And Drive A BFC](#)

The driver's chance of survival was increased by driving a vehicle with a higher mass, driving a newer vehicle, being younger, being a male, using a seatbelt and having the airbag deployed in the crash.

*Science 2.0, November 18, 2014*

### [Artist Vincent Van Gogh 'Did Not Shoot Himself' but was Killed by a Teenage Boy](#)

The theory was put forward in the 2011 book *Van Gogh: The Life*, when the two authors Steven Naifeh and Gregory White Smith, claim that the artist had been shot, perhaps accidentally by two boys. They believe that Van Gogh then decided to protect them by taking the blame himself.

*IBD Times, November 18, 2014*

### **South Asian boys are more likely to be overweight compared to peers, new study finds**

The report, which was recently published in the Journal of Racial and Ethnic Health Disparities, was one of the first to look at ethnic group differences in overweight children living in Canada. "Our findings are alarming. From a young age, South Asian boys appear to be on a path towards developing serious health conditions," said Ananya Banerjee, PhD, lead researcher of the study.

*Medical Express, November 19, 2014*

### **Boys, too, have to face depression with early maturation**

According to a study published in the journal Development and Psychopathology, early maturation increases the risk of depression, not just in girls but also in boys. However, the disorder will develop differently in both the sexes.

*The Health Site, November 20, 2014*

### **How do teenage boys perceive their weight?**

Almost one third of male adolescents inaccurately perceive their weight. This can influence their eating habits and, consequently, their health, according to a study led by the UAB and conducted with 600 teenage boys from Barcelona and surrounding areas. Up to 25% of the boys reported trying to lose or control their weight in the past year.

*Medical Express, November 20, 2014*

### **Study finds provider-focused intervention improves HPV vaccination rates**

Changing the way doctors practice medicine is difficult, however a new study has shown that combining traditional education with quality improvement and incentives improves Human Papilloma virus (HPV) vaccination rates in boys and girls. The study, which appears on-line in the journal Vaccine, has the potential to produce sustained improvements in these vaccination rates.

*Medical Express, November 24, 2014*

**Study shows mixing education, medicine and incentives may boost HPV vaccination rate**

Health professionals recently conducted a study in integrating traditional education and incentives to advance vaccination rates for human papillomavirus (HPV) in both boys and girls. The study by researchers from Boston University School of Medicine (BUSM) focused on educating patients, repeatedly contacting the patients, adding incentives and individualizing the time spent between patients and physicians. The data shows that mixing education, interpersonal connections and better incentives significantly improves HPV vaccination rates.

*Vaccine News Daily, November 26, 2014*

**Book Review: Vaccine Nation: America's Changing Relationship with Immunization**

No book on vaccination can ignore the rise of vaccine-safety and anti-vaccination movements. Conis brings out their complexities in the US with great skill. People have refused to have their children vaccinated for disparate reasons. She ties their concerns even-handedly into some of the broader protests and anxieties of the past 40 years.

*Times Higher Education, November 27, 2014*

**Country's Largest Men's Health Event Held in Detroit,**

On Saturday, November 15, the [MIU Men's Health Foundation](#) hosted its fourth [Men's Health Event](#) at Ford Field in Detroit, Michigan. The event provides men a better understanding of how to stay healthy, screen them for some of the most treatable diseases, assess their current health, provide health education and increase awareness about advances in health care. Now in its fourth year, the event is the largest in the country, attracting 6,000 men last year. On the day before the health fair, the Foundation launched a

new collaborative effort on men's health the Men's Health Summit, attended by leaders in adolescent, young male and men's health.

*Detroit Free Press*, November 15, 2014

### **More HPV Legislation May Not Result in Greater HPV Vaccine Uptake**

The presence of legislation that encourages HPV vaccine uptake does not correlate with increased vaccination among young men or women, according to new research to be presented at APHA's 142nd annual meeting.

According to the findings, between 2010 and 2012, on average 27 percent of adolescents initiated the HPV vaccine and 37 percent received a recommendation for the vaccine from their primary care provider in states with no history of HPV legislation. Congruently, states with passed legislation or legislation being actively reviewed or voted on saw a similar average initiation and percentage of residents with a recommendation from their primary care provider. Legislation reviewed included that which requires the vaccine, allocates funds or an insurance coverage requirement for the vaccine or educates the public or provides awareness campaigns about the vaccine.

*Infection Control Today*, November 17, 2014

### **28% of Boys View Pornography at Least once a Week**

*Porn industry the main sex educator of kids, says child advocate*

In May, her group published the results of a survey that found 23 per cent of students in Grades 7 to 11 say they have searched out pornography online. Twenty-eight per cent of the boys said they looked for porn at least once a week.

*CBC.ca*, November 13, 2014

### **Semen Boosts HIV's Ability to Infect Cells: Study**

Semen increases HIV's ability to infect cells, which may explain why it's so difficult to develop genital creams or gels to protect against the AIDS-causing virus, a new study says.

"We think this may be one of the factors explaining why so many drugs that efficiently blocked HIV infection in laboratory experiments did not work in a real world setting," Nadia Roan of the University of California, San Francisco and the Gladstone Institutes, told NBC News.

*WebMD*, November 13, 2014

#### **Federal grant to help area organizations launch Young Men Matter, Too!**

Four area organizations, working to educate adolescent males, in Springfield and Holyoke, on issues of sexual health, and to stay focused academically, will benefit from a federal government grant of \$1.3 million, awarded over a three-year time period, to the Massachusetts Alliance on Teen Pregnancy.

*Masslive.com*, November 12, 2014

#### **Campus sexual assault charges carry dangers for boys as well**

No doubt, sexual assault on campus is a serious problem that authorities have too often ignored. Yet the new insistence that women must not be shamed into silence and that consent must be evident threatens to edge too far the other way, turning young men who may have misread a sexual situation into accused rapists.

*Washington Post*, November 11, 2014

#### **Study Shows Men Can Get Oral HPV Infection From Women**

*Virus could put them at raised risk for throat cancers, researchers say.*

WEDNESDAY, Nov. 12, 2014 (HealthDay News) -- Men are at increased risk for oral human papillomavirus (HPV) infection if their female sex partners have oral and/or genital HPV infections, a new study shows.

The findings suggest that HPV transmission occurs through both oral-oral and oral-genital routes, according to the authors of the study.

*HealthDay News*, November 12, 2014

### **Low HPV Vaccine Uptake Rates in All the Wrong States**

Uptake of the human papilloma virus (HPV) vaccine, which aims to prevent the majority of cervical cancers in the developed world, is much lower in those states where rates of cervical cancer incidence and mortality are already among the highest, new research shows.

The study was presented at the American Association for Cancer Research (AACR) conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved.

"I don't think it's a coincidence that states with the lowest rates of HPV vaccination have the highest rates of cervical cancer, because I think there are a lot of systemic factors that influence both of these outcomes," lead author Jennifer Moss, MSPH, a doctoral student at the University of North Carolina Gillings School of Global Public Health, in Chapel Hill, told *Medscape Medical News*.

"But what we find particularly troubling is that current rates of HPV vaccination and their patterns across states give us a clue about how cervical cancer incidence and mortality will change in the coming decades," she said. "Current patterns suggest that in places where cancer mortality is already high, it'll continue on being pretty high, and in places where cervical cancer incidence is low, it'll get even lower," said lead author Jennifer Moss, MSPH, a doctoral student at the University of North Carolina Gillings School of Global Public Health, in Chapel Hill.

*Medscape.com*, November 11, 2014

## Federal Goal Is to Vaccinate 80% of Boys and Girls Against HPV by 2020

*Despite Rising Oral-Cancer Rates in Men, Many Parents Don't See the Risk of Sexually Transmitted Disease to 11-year-olds*

HPV, or human papillomavirus, was considered a women's-only issue, after researchers discovered a link between it and cervical cancer in the 1980s.

Now, as cervical-cancer rates are falling and oral-cancer rates in men steadily rise, "the burden of HPV cancer is shifting to men," said Maura Gillison, a professor in the College of Medicine at Ohio State University Comprehensive Cancer Center.

Vaccination rates remain stifled, despite the availability of two vaccines that experts say provide effective coverage against cancer.

*Wall Street Journal*, November 10, 2014

## Hazing in sports: Sexual violence often part of aggressive athletic rituals

Two boys stood lookout at the door. Inside, someone hit the lights; someone howled like an animal. Then the older boys pounced, pinning the younger boy's feet and arms to the floor as others watched and cheered on. One of the older boys inserted his finger into the younger boy's rectum. That same finger was shoved into the boy's mouth.

What reads like a violent prison gang rape chronicle is actually one of the accounts earlier this month given to NJ Advance Media of alleged extreme hazing in the football program at Sayreville War Memorial High School in Sayreville, N.J. The alleged incidents prompted administrators to cancel the remainder of the 2014 football season and police to bring criminal charges on seven student athletes.

*Pennlive.com*, November 3, 2014

### **As soon as boys hit puberty, there is a risk for testicular cancer**

Koehler was diagnosed with testicular cancer at 30 years old, and says the youngest person he saw at the clinic being treated was 12 years old. He wants to encourage young males to talk about cancer and to do self-examinations at home.

Koehler tells us that most men don't realise this disease is a young man's disease, and the risk for contracting testicular cancer is there as soon as boys hit puberty. Koehler has penned the book, Love Your Nuts, to document his journey with cancer, and raise awareness among younger males. If testicular cancer is detected early, the survival rate is 96%.

*News24.com, November 3, 2014*

### **The HPV Vaccine's Power to Prevent Cancer**

*Experts are concerned that less than 50 percent of the target population gets the vaccine.*

The human papillomavirus vaccine, commonly known by its commercial names, Gardasil and Cervarix, is best known for protecting against cervical cancer in women. Lesser known is that it also protects against anal, penile and oropharyngeal cancers, the latter of which is one of the fastest growing cancers in the U.S. And the incidence in men is twice that of women.

*US News and World Report, October 30, 2014*

### **Early detection key to diagnosing testicular cancer**

Although testicular cancer only accounts for one percent of all cancer in men, it is the most common to affect a certain group of males between the ages of 15-35. This can be a problem considering most adolescent males aren't as in tune with their bodies at a young age.

According to the American Cancer Society, nationally around 9,000 new cases of testicular cancer will be diagnosed every year, Arizona accounts for two percent of that number. If detected early enough, testicular cancer is almost always curable.

*KVOK.com*, November 3, 2014

**Plastic Chemical Linked to Changes in Baby Boys' Genitals**

Boys exposed in the womb to high levels of a chemical found in vinyl products are born with slightly altered genital development, according to research published today. The study of nearly 200 Swedish babies is the first to link the chemical di-isobutyl phthalate (DiNP) to changes in the development of the human male reproductive tract. Previous studies of baby boys in three countries found that a similar plastics chemical, DEHP, was associated with the same type of changes in their genitalia.

*Scientific American*, October 29, 2014

**Lamm: Our boys are now at greater risk than girls**

None of this is to say that men at the top levels of society don't still rule. "The myth of male power" co-exists with the fact that in many corporations, politics and in the STEM fields of science, technology, engineering and math, barriers to females remain. We must constantly strive to break these barriers down as we strive to lift boys up. This is not an either/or dilemma.

*Denver Post*, November 7, 2014

**Does enhanced HPV knowledge among teens and parents increase vaccination rates? Penn study says no**

A new study from the University of Pennsylvania questions whether improving knowledge among parents and kids actually works to improve vaccination rates. Maybe it's doctors that need a bit more education and training. The **study** is reported in the journal *Pediatrics*. Behavior scientist Jessica Fishman studies why people

make healthy choices. She says in public health the thinking goes like this: If people have the right information, they'll take the right steps.

"There's been a lot of emphasis on: 'If only they knew, if only they knew,'" Fishman said. The researchers wondered: Does having better HPV information mean you're more likely to get the shots?

"It didn't really make a difference if you had the knowledge or not," Fishman said.

That finding is a break from what many people in public health have believed for years. Fishman says colleagues warned her: "Don't do the study. Don't waste your time."

"There's sometimes a surprising amount of politics in science, so there are people who have argued for a long time that knowledge must be the key," Fishman said. "We find something that doesn't support that argument, and it can be troubling, or upsetting or surprising to people."

Newsworks, November 6, 2014

### **HPV Vaccine May Not Protect Against Recurrent Warts in Men**

The current quadrivalent human papillomavirus (HPV) vaccine does not have a significant impact on the recurrence of genital warts in men exposed to HPV infection, according to [research published](#) in the November issue of the Journal of Sexual Medicine.

Enis Rauf Coskuner, MD, of the Acibadem University School of Medicine in Istanbul, and colleagues treated 171 men with genital warts between June 2009 and October 2013. Following the initial intervention, patients (mean age, 34 ♀ 7.6 years) were randomly assigned to three doses of HPV vaccine (91 patients) or no vaccination (80 patients; control group).

The researchers found that, in univariate analysis, the only significant factor in the recurrence of genital warts was marital status; other factors, including age, smoking status, and vaccination status, were not significant. In multivariable analysis, the only significant factor associated with wart recurrence was marital status (hazard ratio, 2.0; P=0.002).

Empr.com, November 4, 2014

## Urban Districts Pledge Progress for Boys of Color

Leaders in some of the nation's big-city school districts say they have new momentum-created by attention from President Barack Obama-to tackle one of the most vexing problems in urban schools: improving academic outcomes for African-American and Latino boys.

But despite the president's high-profile call for action to improve the lives of boys of color in his "My Brother's Keeper" initiative, doing so remains a monumental task for educators. There are no new federal funds to bring to bear, nor is there certainty that the current national focus on the well-being of minority boys will outlast the Obama administration.

Education Week, November 3, 2014

## Five Reasons HIV Positive Guys May Live As Long As Negative Guys

Not so long ago, it was pure fantasy to imagine that someone with HIV could live to a ripe old age. But today that's exactly what researchers are beginning to suggest. At least one credible [study](#) makes the case that people with the virus can live as long - and in some cases longer - than their HIV negative counterparts.

The study took a look at nearly 23,000 people with HIV who were taking the medication, in the U.S. and Canada, spanning 2000 to 2007. It found that, among certain subgroups, estimated life span was equal or greater than the general population.

The devil is in the details, of course. The same social and economic barriers that affect most every other aspect of life also affects the longevity of people with HIV.

But we're taking this as a very, very good sign, so let's keep up the good work boys, and let's keep looking for ways we can get similar results for all poz folks rather than just the most fortunate among us.

Queerty.com, November 2, 2014

## Is the 'be a man' stereotype hurting boys?

Why did he do it?

That's what so many of us are asking after Jaylen Fryberg, a popular freshman, opened fire on classmates during lunch at Marysville-Pilchuck High School north of Seattle on Friday.

The shootings left two girls dead and three other students injured, including two of Fryberg's cousins, one of whom remains in critical condition. Fryberg died after turning the gun on himself.

CNN, October 31, 2014

### **Boys who bully peers more likely to engage in sexual harassment**

Adolescent boys who bully peers and engage in homophobic teasing are more likely to perpetrate sexual harassment later on, suggests a new study of middle-school students conducted by researchers at the University of Illinois and the U.S. Centers for Disease Control and Prevention.

Boys who engage in bullying are 4.6 times more likely to commit sexual harassment two years later, according to the study, published online by the Journal of Interpersonal Violence.

Significant numbers of gay, lesbian and transgender youth experience homophobic teasing and other forms of sexual harassment, as do other males who are perceived by peers as not conforming to traditional conceptions of heterosexual masculinity, the researchers said.

News.Illinois.edu, October 29, 2014

### **Vaccines Do Not Contribute to Multiple Sclerosis**

Vaccines are not associated with multiple sclerosis (MS), suggests a **study** published in JAMA Neurology. Researchers from Kaiser Permanente in California studied patients in order to determine if vaccines, such as hepatitis B (hepB) and human papillomavirus (HPV), increase the risk of MS or other central nervous system demyelinating syndromes (CNS ADS).

HPC Live, October 28, 2014

### **"School-based health centers" could be the future of medicine for teens**

Beverly is part of a movement in over 2,000 "school-based health centers" across the nation that aim to change medical care for school-aged youth. These centers, in several D.C. public high schools, provide a full range of health services from treatments for the common cold, headaches and asthma, administer vision and hearing screenings, and help students stay up to date on immunizations and physicals. Some centers even have full dental laboratories.

Forget what you remember about the school nurse-this is serious healthcare.

Elevation Media, October 20, 2014

### **Many Australian men have the STI chlamydia... but have no idea they're infected**

*Young men visit their GP less than women, and when they do they are three-times less likely to be tested for sexually transmitted diseases*

Many Australian men could be living with chlamydia, and not even know it. While the rate of chlamydia is significantly higher in women than men, a new study on sexual health suggests a large percentage of the male population could have the disease but remains undiagnosed. Chlamydia is mostly screened at general practices, but young men visit their GP less than women, and when they do they are three-times less likely to be tested for sexually transmitted diseases.

In a related study, the internet was found to be the first stop for sexual health information instead of a local doctor. The study suggested concerns about privacy and embarrassment were the main barriers preventing men from talking to their GP about sexual health.

The studies were presented at the Australasian Sexual Health Conference in Sydney which ran from October 9-11.

### **IOM Releases Report on**

### **Investing in the Health and Well-Being of Young Adults**

-

**Young adulthood**-ages approximately 18 to 26- is a critical period of development with long-lasting implications for a person's economic security, health, and well-being. Recognizing the need for a special focus on young adulthood, the Health Resources and Services Administration and the Office of the Assistant Secretary for Planning and Evaluation in the Department of Health and Human Services, the Robert Wood Johnson Foundation, The Annie E. Casey Foundation, and the Department of Defense commissioned the Institute of Medicine (IOM) and National Research Council (NRC) to convene a committee of experts to review what is known about the health, safety, and well-being of young adults and to offer recommendations for policy and research.

The resulting report, **Investing in the Health and Well-Being of Young Adults**, offers federal, state, and local policy makers and program leaders, as well as employers, nonprofit organizations, and other community partners' guidance in developing and enhancing policies and programs to improve young adults' health, safety, and well-being. In addition, the report suggests priorities for research to inform policies and programs for young adults.

**October 27, 2014**

### **UPDATE: The ACA and Young Males**

While it will take a number of years before we have complete data, early information indicates that the Affordable Care Act (ACA) is benefiting young males' access to care through provisions that allow them to remain on their parents' health insurance policies after age 19. Under the ACA they are now eligible to age 26.

As reported in a recent [New York Times article](#), since 2010 three to four million people, mostly young adults, have become newly insured through this mechanism. This translates to a drop of 13 percentage points in the number of uninsured 19-25-year-olds, from 34 percent in 2010 to 21 percent in the first quarter of this year. As a result in years 2010 and 2011 health care expenditures for children and young adults (ages 0-25) grew faster than all other age groups; in 2012 expenditures for young adults ages 19-25 grew faster than any other age group, according to a [report](#) by the Health Care Cost Institute.

A recently released [study](#) on the ACA mandate found that after implementation of it, among people ages 18-25 with possible mental health disorders, mental health treatment increased by 5.3 percent and uninsured visits declined by 12.4 percentage points.

A [May 2014 study](#) on the health effects of the mandate found that the greatest improvement in health outcomes is among young males and college graduates. Insured young males had improvements in four major areas: 1) having a primary care doctor; 2) reporting excellent health; 3) having a well-patient visit; and 4) a reduction in obesity. The same study found that young males do not experience "a single statistically adverse effect" from the mandate. Still, according to another study, among adults in age groups 18-24 and 25 to 34 men were more likely than women to lack health insurance coverage.

The package of [essential health benefits under the ACA](#) will come up for review in 2017. By then additional data will have been collected on young males to support inclusion of a male package of benefits to parallel that for females already included in the law.

### [The New HPV Vaccine Could Be 90% Effective](#)

TIME Magazine, October 1, 2014

An even more effective vaccine against human papillomavirus (HPV), which can cause cervical cancer, may be on the horizon, according to new [research](#) published in *Cancer Epidemiology, Biomarkers & Prevention*. Merck announced that it's investigating a 9-valent HPV vaccine that protects against nine total types of HPV-five more than the current one on the market.

### [Boys and Porn: A Moving Target](#)

Therapists can be a little confusing when it comes to assessing porn's risks. Some would have us believe that only teens with inherent vulnerabilities become addicted, even though addiction research that shows that [early exposure to supernormal stimulation](#), alone, increases the risk of addiction. In search of another point of view, I interviewed author Gary Wilson, who has a lot to say about the unique risks of today's Internet pornography in his new book, *Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction*.

*Huffington Post*

September 30, 2014

### [Who are the men and boys suffering from anorexia?](#)

A new study by researchers from the University of Montreal reveals the current state of knowledge about anorexia in men and boys. "Most of the knowledge about anorexia pertains to females. However, about 10% of persons affected are males,

and we believe this figure is underestimated," says Laurence Corbeil-Serre, lead author of the study. "Our results show that there appear to be similarities between the behavioural symptoms of males and females, but certain particularities can be identified in males, especially related to personality, gender identity, and sexual orientation."

Eureka Alert

September 29, 2014

### **Obese Teen Boys May Make Less Once They Enter Workforce: Study**

The incomes of adult men who were obese as teens may be nearly one-fifth lower than those who weren't obese during adolescence, a new study contends.

*US News & World Report*

September 26, 2014

### **Men Living with Diagnosed HIV Who Have Sex with Men: Progress Along the Continuum of HIV Care ◆ United States, 2010**

Centers for Disease Control and Prevention

September 26, 2014

### **Boys With Autism Show Certain Grammar Skills in Study**

*They were able to form some past tense verbs faster than boys without the disorder*

Boys with high-functioning autism are stronger in a certain grammar skill than those without autism, according to a small study. Researchers compared 20 boys, ages 7 to 13, with high-functioning autism and 25 boys without autism. They found that those with autism were much faster at producing past tenses for regular verbs.

Medline Plus

September 25, 2014

### **UK: Teenage boys suffering mental health problems 'on the rise'**

The number of teenage boys suffering from mental health problems is on the rise, with more boys suffering from anorexia, a top head teacher has warned.

ITV.com

September 24, 2014

### **Increased Knowledge of HPV Vaccines Does Not Predict a Higher Rate of Vaccination**

The study, reported in the journal *Pediatrics*, raises questions about traditional dogma related to using public service announcements and other educational efforts to increase knowledge about the vaccination.

Newswise.com

September 23, 2014

### **Elizabeth Berard on Reaching Adolescent Boys Living With HIV/AIDS**

Adolescent boys are [75 percent more likely to die](#) from HIV/AIDS than girls. Why? That's unclear. Lack of data and failure to engage boys in discussions about sexual and reproductive health and HIV care has left many suffering, says Elizabeth Berard, a health science specialist with the [U.S. Agency for International Development](#), in this week's podcast.

News Security Beat  
September 19, 2014

### **Why Girls Tend to Get Better Grades Than Boys Do**

*New research shows that girls are ahead in every subject, including math and science. Do today's grading methods skew in their favor?*

As the new school year ramps up, teachers and parents need to be reminded of a well-kept secret: Across all grade levels and academic subjects, girls earn higher grades than boys. Not just in the United States, but across the globe, in countries as far afield as Norway and Hong Kong. This finding is reflected in [a recent study](#) by psychology professors Daniel and Susan Voyer at the University of New Brunswick.

*The Atlantic*  
September 18, 2014

### **Physical Activity Linked to Academic Performance in Boys**

Being active has been tied to improving both physical and mental health. In a new study conducted in Finland, researchers examined how physical activity levels affected academic performance in young boys. The team reported that boys who were more physically active tended to have better academic achievements. Counsel and Heal

September 11, 2014

### **Esquire Partners With 3 Agencies to Promote Male Mentorship**

ESQUIRE magazine is teaming up again with Madison Avenue for a new cause-marketing initiative, seeking to encourage more adult men to mentor boys and young men.

*New York Times*  
September 11. 2014

### **Estrogen Receptor Expression Could Explain Why Males Are More Likely To Have Autism**

The reason that girls are less likely than boys to suffer from [autism](#) may have something to do with the same sex hormone receptor responsible for helping protect them from stroke, according to new research published Tuesday in the journal *Molecular Autism*. In what is being called the first analysis of the role of [estrogen](#) in autism, experts from the Medical College of Georgia at Georgia Regents University examined the brains of people with autism spectrum disorders (ASD) and compared them to control subjects. They found that ASD was associated with far lower levels of estrogen receptor beta.

RedOrbit.com  
September 10, 2014

### **1 In 5 Times. A Man Can't Buy The Morning-After Pill**

*Study Director, David Bell, MD, MPH, also serves as co-chair of The Partnership for Male Youth*

A [January study](#) from Columbia University's Mailman School of Public Health sent male "mystery shoppers" to 158 pharmacies in three neighborhoods of New York City to buy emergency contraception, such as Plan B, which is an [effective way](#) to avoid an unintended pregnancy in the event of something like rape or a condom breaking during sex. The study found that only 81 percent of the pharmacies

would give emergency contraception to the male shoppers. At 19 percent of the pharmacies, the male shoppers couldn't obtain contraception.

*Huffington Post*

September 12, 2014

### **Report Outlines 'Must-Have' Sexual Health Services for Men**

*Lead author, Arik Marcell, MD, MPH, serves as co-chair of The Partnership for Male Youth*

The report, released on Sept. 9, is designed for primary care clinicians, male health specialists and health officials, and outlines steps to fix the problem. Among other recommendations the document enumerates the reproductive and sexual health screening tests, exams and interventions that all men should receive regularly. The report also offers guidance to clinicians on how to discuss reproductive and sexual health issues, including how to prevent unplanned pregnancies and sexually transmitted infections.

*Newswise.com*

September 9, 2014

### **The other gender gap: Universities should create plans to increase graduation rates of minority male students**

According to The Chronicle of Higher Education, [minority male](#) students are much more likely to drop out of college, particularly black male students. A report released Tuesday makes several recommendations of how to solve this problem, and these recommendations come from researchers at seven different universities.

*Cavalier Daily*

September 4, 2014

### **UW-Madison education research lab calls for changes to boost outcomes for black boys and men**

Better training and more accountability are needed to improve the educational opportunities for black men and boys from pre-K through college, says an emerging coalition of education research centers, including the [Wisconsin Equity and Inclusion Laboratory](#).

*Madison.com*

September 4, 2014

### **Morehouse, other colleges offer advice for helping young boys, men**

Professors from Morehouse College's Research Institute, along with national experts from six other university-based policy centers, have released a report outlining 15 federal policy recommendations aimed at improving educational experiences and outcomes for young males of color.

*Atlanta Journal Constitution*

September 3, 2014

### **Boys running-based program spreading across the county**

Let Me Run is a seven-week program for boys in fourth through eighth grades that uses running to promote healthy self-esteem, friendships and lifestyles. Fall and winter sessions are offered, and participants finish with a 5K race. Registration is now underway for the fall 2014 season in Gaston County. Ashley Armistead, a

mother of two boys, founded Let Me Run Inc. in Charlotte in 2008, and the nonprofit now supervises programs in 17 states.

Gaston Gazette  
August 31, 2014

### **Neglected Boys are More Likely to be Violent Teens**

Parental neglect during childhood not physical abuse is the strongest predictor of violent behavior during a boy's teen years, according to a study of incarcerated male adolescents.

Epoch Times  
August 31, ,2014

### **Testosterone Study: Exposure to Phthalate, Found in Plastic, Can Reduce Levels**

Phthalate is a chemical that's commonly found in plastic and some personal care products. It is known to have many negative effects on a person's mental and physical health. In a new study by researchers from the University of Michigan, it was found that adults and young boys exposed to high levels of phthalates have reduced levels of testosterone in their blood compared to those with lower exposure to the chemical.

[hnq.co](http://hnq.co)

August 30, 2014

### **Risky Teenage Boy Behavior Explained**

Based on magnetic resonance imaging, researchers found that unlike children or adults, teenage boys show enhanced activity in the part of the brain that controls emotions when confronted with a threat. There is even a part in the limbic brain of adolescent males that tells them to react to a situation even when they might be warned not to.

Nature World News  
August 29, 2014

### **Teen Boys More Likely to Receive Mental Health Services**

"This finding may be due, in part, to the higher prevalence among boys of externalizing and developmental conditions such as attention deficit/hyperactivity disorder (ADHD) and autism spectrum disorders, which negatively affect their school achievement and participations," write the investigators, led by Lindsey I. Jones, MPH, from the CDC.

Medscape Multispecialty  
August 28, 2014

### **Young Driver's Gender May Play Role in Timing, Type of Crash**

*When, where crash happened affected by whether male or female was behind the wheel, study finds*

Young women were 66 percent more likely to wear a seat belt, 28 percent more likely to drive on a restricted license and they had more crashes at intersections and with pedestrians. They were also more likely to have crashes on weekdays. Young men, on the other hand, had more crashes at night, more off-road crashes and were more likely to have crashes on weekends, according to the study published recently in the *Journal of Safety Research*.

Health Day  
August 28, 2014

**Half of poor white boys struggling to read at 11: Children more likely to read text messages than books, study finds**

Almost half of white boys from poorer homes are leaving primary school unable to read a book, according to a new literacy campaign.

*Daily Mail*  
September 7, 2014

**Boys are twice as likely to be diagnosed with special needs as girls, new figures reveal**

Boys are twice as likely to be diagnosed as having special educational needs as girls, new Government figures have revealed. Across England there are almost 1.5 million children in state schools, classed as having some form of learning difficulty or disability that makes it harder for them to learn than most children of the same age.

Of those, 911,900 boys have been diagnosed with SEN compared to 487,885 girls. They include issues including behaviour problems, emotional and social difficulties and speech, communication and language needs.

*Daily Mail*  
September 4, 2014

**Testosterone Study: Exposure to Phthalate, Found in Plastic, Can Reduce Levels**

Phthalate is a chemical that's commonly found in plastic and some personal care products. It is known to have many negative effects on a person's mental and physical health. In a new study by researchers from the University of Michigan, it was found that adults and young boys exposed to high levels of phthalates have reduced levels of testosterone in their blood compared to those with lower exposure to the chemical.

[hngn.com](http://hngn.com)  
August 30, 2014

**'Lost Boys' Photo Series Depicts A Softer, Millennial Side Of Masculinity**

*Huffington Post*  
August 28, 2014

**Inside the teenage brain: New studies explain risky behavior**

It's common knowledge that teenage boys seem predisposed to risky behaviors. Now, a series of new studies is shedding light on specific brain mechanisms that help to explain what might be going on inside juvenile male brains. Florida State University College of Medicine Neuroscientist Pradeep Bhade brought together some of the world's foremost researchers in a quest to explain why teenager boys, in particular often behave erratically.

*Medical XPress*  
August 28, 2014

## [\*\*A Message to Our Boys About How \(Not\) to Become Men\*\*](#)

Huffington Post

August 27, 2014

## [\*\*With Eye Toward Equity, Schools Rethink Discipline\*\*](#)

Now, a growing number of school districts across the country are discarding policies that experts say target minority students unfairly, and increase their odds of more serious encounters with the justice system as they age out of school.

Huffington Post

August 28, 2014

## [\*\*Barnardo's: Sexual exploitation of boys 'overlooked'\*\*](#)

The stereotypical belief that boys are less vulnerable to child sexual exploitation means they are receiving insufficient protection from front-line services, Barnardo's has claimed. The children's charity says new findings reveal up to a third of victims are male. The figure, taken from analysis of more than 9,000 records, shows a deeper problem than previously recognised.

BBC

August 26, 2014

## [\*\*Study finds young driver's gender linked to crash type, injury severity\*\*](#)

Researchers found several differences in the types of crashes between young men and women, including:

- Young females were 66 percent more likely to wear a seat belt than young males.
- Young females were 28 percent more likely to drive on a restricted license than young males.
- Young female drivers had more crashes at intersections and collisions with pedestrians.
- Young males had more crashes after sunset than young females.
- Young female drivers were more likely to be involved in crashes during weekdays, while young male drivers were more likely to be involved in crashes during the weekend.
- Young male drivers had more off-road crashes than young females.

Medical Xpress

August 26, 2014

## [\*\*Obese boys more likely to be involved in bullying\*\*](#)

*Obese boys are more likely to be both bully and bullied than slimmer peers, and the process begins before these children ever set foot inside a school.*

In a finding that illustrates the complexity of bullying, Dutch researchers report that obese boys are more likely to bully and be bullied than their thinner peers and the vicious cycle begins before these children ever set foot inside a school.

Health24.com

August 26, 2014

## [\*\*The death and deformity caused by male circumcision in Africa can't be ignored\*\*](#)

*For thousands of African boys, the silence of the international community has*

*devastating health consequences*

Every year across sub-Saharan Africa, hundreds of thousands of boys and young men submit to initiation ceremonies. The specifics vary, but typically youths will spend weeks living near-naked in temporary shelters with minimal sleep, food and water. After the operation the penis is bound tightly with sisal leaves.

*The Guardian*

August 25, 2014

### **Whoa: Adult Female Video Gamers Outnumber Teen Boys**

Step aside, Junior. When it comes to [playing video games](#), grown women are coming out on top. A survey from the Entertainment Software Association has found that, contrary to the typical gamer stereotype, adult women outnumber adolescent males by a significant margin. Of the 59 percent of Americans who play video games, 36 percent are women aged 18 or older. Boys 18 or younger, meanwhile, represent just 17 percent.

*Refinery29.com*

August 23, 2014

### **Rise in number of baby boys born with a deformed penis leaves Swedish doctors baffled**

Researchers in Sweden assessed data collected on Hypospadias between 1973 and 2009. They found that before 1990, only 4.5 boys out of every thousand had the condition known as hypospadias. But after 1990, the figure had risen to 8 per 1000 boys.

*The Telegraph*

August 22, 2104

### **Why are more boys than ever self-harming?**

*The number of boys self-harming is at a four-year high, according to official figures and many more cases are going unreported, finds Theo Merz*

Almost 5,000 males between the ages of 10 and 19 were admitted to A&E over the last year with self-inflicted injuries compared to 4,422 in 2012-13 and 4,611 in 2011-12. And those who work in youth support services suggest these numbers are just the tip of the iceberg, as they only account for injuries which require emergency treatment.

*The Telegraph*

August 21, 2014

### **The cure for cancer that parents won't use**

Yet numbers released last month by the CDC show that my sons, now 14 and 15, are among a small minority of adolescent males who have been vaccinated. In 2013, just 14 percent of American boys ages 13 to 17 had received all three recommended doses of the HPV vaccine. (The CDC also recommends "catch-up" vaccination for males up to age 21.)

*Washington Post*

August 21, 2014

### **Math, Game Apps For Mobile Devices Are Targeted At Boys Three-Times More Than Girls**

"There are 16,855 apps for non-college level math and they are targeted by the developers at boys three times more than at girls" ... "At the same time, the

reviews indicate much more balanced use of math apps by boys and girls: of all reviews that indicate children's use and specify gender, 45% indicate that the user is a girl."

Cinema Blend.com

August 20, 2014

### **Los Angeles to Reduce Arrest Rate in Schools**

Under new policies expected to be introduced Tuesday, students who deface school property, participate in an on-campus fights or are caught with tobacco will no longer be given citations by officers from the Los Angeles School Police Department. Instead, they will be dealt with by school officials.

New York Times

August 18, 2014

### **HPV Vaccine Protects Against Infection 8 Years Out: Study**

*Doctors continue to urge parents to get the recommended three doses for their preteens*

A new long-term study shows that the human papillomavirus (HPV) vaccine appears to protect against the sexually transmitted virus for at least eight years. HPV is thought to cause the majority of cervical cancers. Certain strains, such as HPV 16 and 18, are most strongly tied to these tumors. The virus is also believed to cause genital warts in both men and women and certain head and neck cancers.

Medline Plus

August 18, 2014

**Neglected boys may turn into violent adolescents** In a study of currently incarcerated male adolescents, physical neglect during childhood arose as the strongest predictor of violent behavior, said [William McGuigan](#), associate professor of [human development and family studies](#) at [Penn State Shenango](#). Researchers are just beginning to acknowledge the powerful role of neglect in influencing adolescent violence, he added.

Penn State News

August 18, 2014

### **Parents spend more time talking about money with boys than girls**

A gender gap exists between boys and girls when it comes to discussing finances and feeling confident about money matters. Boys are more likely than girls to say they talk with their parents about financial matters and also more likely to report feeling smart about money, according to newly released data from T. Rowe's annual [Parents, Kids and Money Survey](#). The survey includes responses from children ages 8 to 14 and their parents.

Baltimore Business Journal

August 18, 2014

### **Testosterone Study: Exposure to Phthalate, Found in Plastic, Can Reduce Levels**

Phthalate is a chemical that's commonly found in plastic and some personal care products. It is known to have many negative effects on a person's mental and physical health. In a new study by researchers from the University of Michigan, it was found that adults and young boys exposed to high levels of phthalates have

reduced levels of testosterone in their blood compared to those with lower exposure to the chemical.

[hngn.com](#)

August 30, 2014

### **A Message to Our Boys About How (Not) to Become Men**

*Huffington Post*

August 27, 2014

### **Teen Boy's Eyes Rejected For Donation Because Of Sexuality**

*Boy Committed Suicide following Bullying about his Sexuality*

Apparently, the Food and Drug Administration does not allow homosexual men who have had sex with another man in the past 5 years to donate certain tissues because of a believed increased risk of exposure to HIV. The eyes are included in this. Many are critical of this policy and say that not only is it extremely outdated, but it also contradicts other policies regarding the issue. For example, a man who has had sex with an HIV-positive woman is only restricted from donation for one year following the encounter. The American Medical Association has voted to end the ban.

### **Parenting teenage boys: not for the faint of heart** (blog)

Teenage boys are no joke. One day they are your sweet boy and the next, something very different. I wrote about it here: [When your teenager turns into a different person overnight](#).

babycenter.com

August 16, 2014

### **Michael Brown death illustrates need to rescue urban youth**

One of the major factors contributing to the stressful environment for young black males (and other minority youth) continues to be the persistent pattern of police harassment, misconduct and brutality toward these youth.

*SFGate*

August 15, 2014

### **University of Minnesota study: Sudden drop in adolescent antidepressant use after FDA warnings resulted in negative effects on grade point average, substance use and delinquent behaviors**

We found adolescents who sought treatment for depression after the FDA warnings had poorer grades, more use of tobacco and illicit drugs, and more delinquency after a clinic visit, compared to adolescents seeking treatment for depression prior to the warnings," said Ellen Meara, Ph.D., an author of the study and associate professor of health policy and clinical practice at the Geisel School of Medicine at Dartmouth.

Health Canal

August 12, 2014

### **Challenge for young men is not to 'man-up' but to 'open-up'**

Mr O'Connell said: I think we could be doing a lot more to encourage frank and open dialogue around male emotions and sexual behaviour and having spent a lot of time in school talking with second level students, I do feel that our inherited inhibitions around opening up are causing a vacuum, which is being filled by

damaging behaviour, particularly in the case of young male adolescents.

*Irish Times*

August 15, 2014

#### **Anal sex study reveals climate of 'coercion'**

A study on why teenage heterosexual couples may engage in anal sex has revealed a climate of coercion, with consent and mutuality not always a priority for the boys who are trying to persuade girls into having it.

The Independent

August 15, 2014

#### **A-levels 2014: gender gap between boys and girls 'closing'**

*Figures from the Joint Council for Qualifications show that boys are catching up with girls at A-level ♦ and even stretching ahead in terms of elite A\* grades ♦ following changes to the exams system*

The overall gap between the two at the top grades is now smaller than at any time since 1999.

*The Telegraph*

August 14, 2014

#### **Brief Screening Guages Teenage Substance Abuse risk**

"This new screen substantially simplifies practice guidelines. The answer that an adolescent gives to the frequency question immediately points clinicians to the appropriate intervention. In fact, we call the tool "S2BI" which stands for "Screening to Brief Intervention". Because it is brief and very clear cut, we hope that S2BI will encourage more clinicians to use a validated tool when they screen so that they don't miss problems associated with substance use as often happens when even experienced clinicians "screen" based on clinical instincts alone."

MedicalResearch.com

July 29, 2014

#### **The U.S. suffers from lifespan inequality gap, Stanford researcher says**

Stanford researcher Shripad Tuljapurkar found that a lifespan inequality gap continues in countries like the United States even while life expectancy is increasing. One reason is that America's mortality rate among young males is not getting better. Better access to health care would improve the situation.

Stanford News

July 28, 2014

#### **Lessons In Manhood: A Boys' School Turns Work Into Wonders**

This summer, *All Things Considered* has been taking a look at the changing lives of men in America. And that means talking about how the country educates boys. In Berkeley, Calif., a private, non-profit middle school called the East Bay School for Boys is trying to reimagine what it means to build confident young men. In some ways, the school's different approach starts with directing, not stifling, boys' frenetic energy.

NPR

July 27, 2014

#### **Human Papillomavirus Vaccination Coverage Among Adolescents, 2007♦2013, and Postlicensure Vaccine Safety Monitoring, 2006♦2014 ♦**

### **United States**

Despite availability of safe and effective HPV vaccines, the main reasons reported for not vaccinating teens against HPV underscore that addressing knowledge gaps among parents as well as increasing clinicians' HPV vaccination recommendations are critical to protecting teens against HPV-associated cancers and genital warts. In 2013, the percentage of parents who reported receiving a recommendation for the HPV vaccine increased. Nevertheless, it is concerning that approximately one third of parents of girls and over half of parents of boys reported that their child's clinician had not recommended that their child receive an HPV vaccination. The lack of a clinician recommendation among parents of boys might reflect knowledge limitations among clinicians because the recommendation for routine HPV vaccination for boys has only been in place since December 2011. HPV infections can cause serious, life-threatening cancers among men (3); it is important to continue to educate vaccination providers and parents to ensure that adolescent boys are protected from HPV-associated cancers and genital warts.

Centers for Disease Control and Prevention

July 24, 2014

### **Safe and effective vaccine that prevents cancer continues to be underutilized**

*Latest vaccination coverage estimates for adolescents show only small increase for HPV vaccine*

CDC officials announced today that the number of girls and boys aged 13-17 years receiving human papillomavirus (HPV) vaccine remains unacceptably low despite a slight increase in vaccination coverage since 2012, according to data from CDC's 2013 [National Immunization Survey-Teen \(NIS-Teen\)](#) published in this week's [Morbidity and Mortality Weekly Report \(MMWR\)](#).

Centers for Disease Control and Prevention

July 24, 2014

### **5 reasons HIV is on the rise among young gay and bisexual men**

A new study from the Centers for Disease Control and Prevention found annual diagnoses of HIV among men ages 13-24 who have sex with men rose by 132.5 percent between 2001 and 2011 a much higher increase than the trend among older gay and bisexual men, and quite stark from the one-third drop in diagnoses among the general population. Previous CDC studies also found a 22 percent increase in new HIV infections among these men between 2008 and 2010, and youth aged 13 to 24 accounted for more than one in four new HIV infections in the US in 2010.

vox.com

July 27, 2014

### **CDC Report: Trends in Diagnoses of HIV Infection in the United States, 2002-2011**

Anna Satcher Johnson, MPH1; H. Irene Hall, PhD1; Xiaohong Hu, MS1; Amy Lansky, PhD, MPH1; David R. Holtgrave, PhD2; Jonathan Mermin, MD, MPH3

### **Anal, Throat Cancers on the Rise Among Young Adults, Study Finds**

*HPV is the main culprit, but vaccination can reduce the risk, experts say.*

Although cervical cancers are declining in the United States and Canada, other cancers linked to human papillomavirus (HPV) are increasing, a new study

indicates. HPV-related cancers of the anus and the base of the tongue and tonsils have increased over the past 35 years, especially among men and women younger than 45, the Canadian researchers report.

Healthfinder.gov

July 25, 2014

### **Bacteria in Semen May Affect HIV Transmission, Levels: Study**

*As natural bacterial 'diversity' lessened, HIV viral load increased in infected men, researchers say*

Human semen is naturally colonized by bacteria, and a new study suggests the microbes might have a role to play in both HIV transmission and levels in infected men. U.S. researchers found that bacteria in semen -- the "microbiome" -- play a role in local inflammation and in the production of HIV by infected men. They say the findings point to possible targets for reducing transmission of the AIDS-causing virus.

Medline Plus

July 24, 2014

### **Safe and effective vaccine that prevents cancer continues to be underutilized**

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Centers for Disease Control and Prevention

July 24, 2014

### **Many Kids With Medicaid Use ER as Doctor's Office: CDC**

*Pediatrician says many physicians won't accept the publicly funded insurance plan*  
Children covered by Medicaid, the publicly funded insurance program for the poor, visit the emergency room for medical care far more often than uninsured or privately insured youngsters, a U.S. survey finds. And kids with Medicaid were more likely than those with private insurance to visit for a reason other than a serious medical problem, according to the 2012 survey conducted by the U.S. Centers for Disease Control and Prevention.

Medline Plus

July 24, 2014

### **HIV Meds May Also Help Control Hepatitis C, Study Finds**

*For people infected with both viruses, early treatment is critical, researchers report*  
For patients infected with both HIV and hepatitis C, HIV antiretroviral therapy may help control both viruses, a small study suggests.

Researchers said doctors could use their findings to improve treatment strategies for people with the two diseases.

Medline Plus

July 23, 2014

### **Dangerous Use of Growth Hormone Surges Among U.S. Teens**

Many young people are ordering dubious, hazardous products off of the Internet, researchers warn

A growing number of U.S. teens are using synthetic human growth hormone (hGH) to boost their muscles and athletic ability, a new study finds. The percentage of teens who admit to using hGH jumped to 11 percent in 2013 -- more than double the 5 percent figure in 2012, the new survey from the Partnership for Drug-Free Kids revealed.

Medline Plus

July 23, 2014

### **Adolescent deaths from AIDS rising, especially among boys**

While new HIV infections have declined among children, adolescents and adults since 2000, HIV-related deaths have risen sharply among adolescents, especially 15- to 19-year-old males, Tyler Porth of UNICEF told delegates at the 20th International AIDS Conference (AIDS 2014) in Melbourne on Monday. Analysis of UNAIDS 2012 HIV and AIDS Spectrum estimates showed a 32% decrease in AIDS-related deaths between 2005 and 2012 among non-adolescents (aged 0-9 and aged 20 and above) compared to a 50% increase among adolescents (aged 10-19).

aidsmap.com

July 22, 2014

### **Obama to Report Widening of Initiative for Black and Latino Boys**

*My Brother's Keeper Program Grows to Include More Impoverished Minorities*

President Obama will announce on Monday that 60 of the nation's largest school districts are joining his initiative to improve the educational futures of young African-American and Hispanic boys, beginning in preschool and extending through high school graduation.

*New York Times*

July 20, 2014

### **D.C. schools hire expert to help improve outcomes for African American boys**

Simmons said he has been tasked with co-leading the school system's nascent initiative to improve outcomes for African American males, whose graduation rate 38 percent lags far behind the city average. He will also examine research from around the country to identify effective programs that could work in the District.

*Washington Post*

July 17, 2014

### **Investing in sexual and reproductive health of 10 to 14 year olds yields lifetime benefits**

Age 10 to 14 years, a time when both girls and boys are constructing their own identities and are typically open to new ideas and influences, provides a unique narrow window of opportunity for parents, teachers, healthcare providers and others to facilitate transition into healthy teenage and adulthood years according to researchers from Georgetown University's Institute for Reproductive Health who note the lack worldwide of programs to help children of this age navigate passage from childhood to adulthood.

Science Codex  
July 17, 2014

### **Prostate cancer among young up six times in 20 years**

Typically, prostate cancer occurs more frequently as men age into their 70s or 80s, but a US-based analysis has found that the number of younger men diagnosed with prostate cancer has increased nearly six-fold in the last 20 years. And the disease is more likely to be aggressive in these younger men, the study said.

[thehealthsite.com](http://thehealthsite.com)

July 16, 2014

### **Dating violence common among male, female adolescents**

Male and female adolescents are both at risk of experiencing dating violence, whether as aggressors, victims or both, according to recent study findings published in *Annals of Emergency Medicine*.

Helio

July 16, 2014

### **Young Men Want Intimacy Too**

Teenage boys have only one thing on their mind, or so the saying goes. But a new study published in the *American Journal of Men's Health* based on interviews with 33 14-to-16-year-old boys suggest that adolescent males actually do desire the intimacy of a relationship over sex. Researchers at Columbia University's Mailman School of Public Health interviewed young men recruited from a clinic for low-income, Medicaid-eligible, predominantly African American adolescents who lose their virginity at an earlier age than the national average. The researchers intentionally focused on this single demographic because African American males, according to previous studies, are more likely than white or Latino males to value "masculine norms" such as sexual aggression, a preoccupation with self-satisfaction and objectification of women.

TIME

July 16, 2014

### **Young Hispanic men face rising testicular cancer rates**

Testicular cancer rates are increasing more than three percent per year among young Hispanic men, at a time when rates among non-Hispanic white men are remaining steady, according to a new study. Testicular tumors are already among the most common cancers for men between 15 and 39 years old. But they are also among the most curable, with more than 90 percent of men living at least 10 years after diagnosis.

*Chicago Tribune*

July 14, 2014

### **National Association of Pediatric Nurse Practitioners joins The Partnership for Male Youth**

*The Partnership for Male Youth has announced that the National Association of Pediatric Nurse Practitioners (NAPNAP) is its newest Partner, bringing the number of Partners to 21 organizations.*

With over 7,500 members, NAPNAP is the professional association for PNP<sup>s</sup> and other advanced practice nurses who care for children. Established in 1973,

NAPNAP has been actively advocating for children's health by: providing funding, education, and research opportunities to PNPs; and producing and distributing educational materials to parents and families. NAPNAP prides itself in the caliber of its members, which includes national child health care experts, respected authors, distinguished faculty, and practicing professionals.

July 11, 2014

### **Changing the Odds for Boys and Men of Color**

Together, these efforts are helping to spark a frank, national dialogue about the intersections between criminal justice policy and racial bias and inequality. As the My Brother's Keeper's taskforce report points out, in schools, in communities and in courtrooms, boys and young men of color are less likely to be given a second chance, and are much more likely to receive harsher punishments and be victimized by crime.

*Huffington Post*

July 10, 2014

### **Boys Kissing Boys**

My heart broke for this six-year-old friend -- normally quite sensitive -- whose parents are progressive and gay-friendly and all the other stuff that is supposed to equip a boy to be OK with hugging and smooching his male friends. My heart broke as I saw perhaps the first seed being planted in my son's head -- that kissing your friends isn't cool; a seed I fear will grow and spread and cause him to withhold kisses from his dear, old dad in the not too distant future.

*Huffington Post*

July 8, 2014

### **Obama's Plan to Aid Black Men and Boys Will Be a Boon to Other Groups, Too**

Studies of how Americans view boys and men of color, and particularly black boys and men of color, show strong empirical evidence that many people, at an implicit level, do not see boys and men of color as family or as deserving of regard and care. If this were just a matter of individual feeling, it would be of some interest, but only to a limited extent. We are talking not just about how we feel about each other individually but also how we do so collectively through our structures and policies.

*The Chronicle of Philanthropy*

July 8, 2014

### **School Sports May Be A Good Preventive Treatment For Depression, Stress In Teens**

Sports teach teamwork, discipline, time management, and sacrifice among many other life skills. But now researchers are finding that teens who play sports are less stressed and have better mental health. Canadian researchers published a recent [study](#), which showed that sports teams could be used as a protective treatment against stress and depression in early adulthood.

[medicaldaily.com](#)

July 6, 2014

### **New Data Brief Reveals Characteristics of Uninsured Minority Men**

A new data brief released by the Office of Minority Health at the U.S. Department

of Health and Human Services during Men's Health Month examines the characteristics of uninsured adult males by race and ethnicity, using the most recent data from the 2012 American Community Survey. Findings from the survey, which include information on social and economic factors, such as poverty and education level, that influence insurance coverage, should be considered in developing strategies to increase insurance coverage and access to care for minority adult males.

[insurancenews.net](#)

July 6, 2014

#### **How boys become men in a world of online porn, social media and sexts**

Teenagers having sex is hardly news. The most recent data - La Trobe University's fifth National Survey of Australian Secondary Students and Sexual Health - shows that a quarter of year 10 students, a third of year 11s and half of all year 12s have done it. Technology has brought changes, too, with sexting - sending explicit photographs by mobile phone - now "a common part of teenage sexual behaviour and courtship".

*Sydney Morning Herald*

July 18, 2014

#### **Study shows HPV vaccination for boys not yet cost-effective**

HPV vaccination of New Zealand school boys is not yet a value-for-money option, according to a study just published by the University of Otago, Wellington. Until the vaccine price drops and various other cost-saving strategies are also adopted - such as using just two doses rather than the current three doses of vaccine - the Government should focus on increasing HPV vaccination uptake in girls at schools, the authors say. One of the study's authors, Associate Professor Nick Wilson, says New Zealand has "some way to go" to catch up to the coverage levels of over 80% of school girls seen in some other countries such as the UK.

[voxy.nz.co](#)

July 14, 2014

#### **What are the benefits of a single sex education?**

"Lots of research shows that boys benefit from having girls around. Girls do not benefit from having boys around in the same way." It's a debate worth having: single-sex secondary schools are becoming increasingly scarce, so parents are more likely to make a positive choice to send their child to one.

[hamhigh.com](#)

July 8, 2014

#### **Safety of Vaccines Used for Routine Immunization in the United States**

This report conducts a systematic review of the literature on the safety of vaccines recommended for routine immunization of children, adolescents, and adults in the United States.

Agency For Healthcare Research and Quality

July 2014

#### **Disapproving male teenagers' choices can increase suicide risk**

The team observed 99 teenagers, who had been hospitalised out of fear of committing suicide, for six months of follow-up. Along the way they assessed the teens' sense of family and peer invalidation and found that a high perception of

family invalidation led to future suicide events among boys and peer invalidation predicted future self harm, among teenagers. A moderate to high perception of family invalidation proved a statistically significant predictor of a later suicide event among boys, the findings showed.

#### HIV Prevention Drug Truvada Might Lower Genital Herpes Risk, Too

A combination drug used to treat and prevent HIV -- Truvada -- may have an additional benefit: lowering the risk of a genital herpes infection, a new study suggests. Researchers found that African heterosexuals who were at risk of getting HIV from their partners were about 30 percent less likely to get infected with genital herpes if they took the drug tenofovir alone or with emtricitabine. Truvada is made from the combination of these two drugs. The study isn't likely to lead physicians to use tenofovir -- alone or in combination with emtricitabine -- solely to prevent herpes, one infectious-disease specialist said.

Medline Plus

June 30, 2014

#### AAP recommends STI screening for adolescents and young adults

1. Prevalence rates of sexually transmitted infections (STIs) are higher among adolescents and young adults than other age groups. Males who have sex with males (MSM) and non-white ethnicities carry a high proportion of the disease burden in this population.
2. All sexually active adolescent females should be screened for chlamydia ( $\leq 25$  years) and gonorrhea ( $< 25$  years) annually, and adolescent MSM should be screened for chlamydia, gonorrhea, and syphilis annually.

Two Minute Medicine

June 30, 2014

#### Boys as young as five report clear and unrealistic perceptions of the male body

Schools are being urged to include both girls and boys in body image awareness, following a new Flinders University study which reveals boys believe they need to be big, strong and muscular to be a man.

Medical Xpress

June 27, 2014

#### Giving Boys A Bigger Emotional Toolbox

Is America's dominant "man up" ethos a hypermasculine cultural construct, a tenet rooted in biological gender difference or something in between? Educator Ashanti Branch doesn't much care or, more accurately, doesn't have time to care. He's too busy trying to make a difference in boys' lives.

NPR

June 28, 2014

#### Three Myths Hurting Young Black Men and Boys

In America today, there are three myths, three fundamentally misguided beliefs that are hurting our young black men and boys -- bright young people that I have been fortunate to meet in my time as Mayor of Philadelphia. These myths chip away at the opportunities of these young men of color. As a result, we're putting an entire generation at a severe disadvantage and wasting the lives of millions of

people who, with reasonable investment, could become vital contributors to our economy and society.

*Huffington Post*

June 25, 2014

### **France Retreats on Teaching Boy-Girl Equality**

France is scrapping a plan to teach children the "ABCD of equality" between boys and girls after protests by some parents who feared it was a stealth effort to erase gender differences ♦ a new example of the Socialist government's failure to stick to its promises and a growing ability of conservative Catholics to weigh on policy.

ABC News

June 30, 2014

### **Boys who self-harm at much higher risk of suicide**

The National Suicide Research Foundation study shows wide gender differences between boys and girls around self-harm and suicide, with boys who self-harm at a far higher risk of killing themselves later. The study, of 15-17-year-olds, found that for every 16 boys that are hospitalised for self-harming, one will die by suicide later. In contrast, one in every 162 girls who present at hospital after self-harming will later kill themselves.

*Irish Examiner*

June 28, 2014

### **Young men in crisis may not be crying out for help. But it's desperately needed**

Boys don't cry, or at least they're not supposed to. Yes, the old, unreconstructed machismo that was once all too synonymous with being a man has been partly driven back; men are more likely to open up and talk about their feelings. But discussing anxiety, depression and mental distress is still seen as weak or unmanly; the pressure to "man up" and "stop being such a woman" remains pervasive. And let's be frank: these expectations are killing all too many men.

*The Guardian*, July 2, 2014

### **Helping boys by making them think differently about girls**

*Hannah Marsh meets the male volunteers working with teenage boys to challenge negative gender stereotypes and potentially damaging ideas of masculinity*

We're in a three-hour workshop, part of the Great Initiative's Great Men project, set up to challenge traditional masculine stereotypes and engage men and boys on gender issues.

*The Telegraph*

June 27, 2014

### **Do Minority Men Access Mental Health Treatment?**

Researchers from the Royal Holloway University have found that male members of ethnic minority groups take longer to recover from mental illness than do white men, because the minorities are reluctant to seek professional help.

Decoded Science

June 22, 2014

### **As Antidepressant Warnings Toughened, Teen Suicide Attempts Rose: Study**

Teen suicide attempts rose nearly 22 percent after the U.S. Food and Drug Administration (FDA) warned about dangers of antidepressants, a new study finds.  
Medline Plus  
June 19, 2013

**1,000 women of color want women and girls included in 'My Brother's Keeper'**

More than 1,000 women of color have signed a letter calling for gender equality in President Obama's "My Brother's Keeper" program, putting the White House on the defensive about its initiative aimed at improving the lives of at-risk boys and young men.

Washington Post  
June 18, 2014

**Obamacare May Mean Healthier Young Adults, Study Suggests**

*Coverage through parent's plan might also protect against medical costs, researchers say.*

A popular provision of the Affordable Care Act that allows young adults to stay on a parent's health insurance plan up to age 26 may be good for their health and financial security, a large study suggests. Having that coverage is associated with a 6.2 percentage-point increase in the probability of young adults reporting excellent health and 4 percentage-point gain in mental health, compared with a group of somewhat older peers, the study authors said.

Healthfinder.gov  
June 17, 2014

**Caffeine Affects Teen Boys, Girls Differently, Study Says**

Kids appear to process caffeine -- the stimulant in coffee, energy drinks and soda -- differently after puberty. Males then experience greater heart-rate and blood-pressure changes than females, a new study suggests. Although the differences are small, "even what we might consider low doses of caffeine can have an effect on heart rate and blood pressure in kids," said study lead author Jennifer Temple, an associate professor at the University at Buffalo in New York.

Medline Plus  
June 16, 2014

**Marriage, Cohabitation, and Men's Use of Preventive Health Care Services**

Among men aged 18-64, those who were married were more likely than cohabiting men and other not-married men to have had a health care visit in the past 12 months.

Centers for Disease Control and Prevention  
June 15, 2014

**Stricter Laws Might Reduce Aggressive Driving in Young Males: Study**

Stricter laws and more severe penalties for extreme speeding and aggressive driving appear to have dramatically reduced the number of speeding-related deaths and injuries among young men, a new study finds.

Medline Plus  
June 14, 2014

### **Gay 'Hook-Up' Apps Tied to Higher STD Infection Rates: Study**

*Men who use smartphones to locate new sex partners may be prone to riskier encounters, researchers say*

Gay men who use smartphone apps such as Grindr or Scruff to find sexual partners are more likely to acquire certain sexually transmitted diseases (STDs) than if they meet partners in bars or clubs, a new study suggests.

Medline Plus

June 13, 2014

### **Canada: Schools axe 'he' and 'she' in favour of 'xe'**

The school board in the Canadian city has approved a new policy which allows pupils to be referred to as "xe, xem and xyr" instead of "he or she", "him or her", and "his or hers". "We're standing up for kids and making our schools safer and more inclusive," board member Mike Lombardi [told the Vancouver Sun](#). Another change will allow children to choose to use any toilet facilities they prefer, including a mandatory unisex option.

BBC

June 18, 2014

### **The Guys Crisis: Boys are falling badly behind the girls at school**

Boys in elementary school have already, on average, fallen well behind girls in literacy skills. Boys still outperform girls in sciences and math but the gap is shrinking. By high school, girls' grade point average outshines that of boys. In Canada, women make up almost 60 per cent of university students. In 2011, 14,185 B.C. males aged 20-24 had no high school diploma, according to Statistics Canada.

The Province

June 16, 2014

### **Boys doing better in all-boys' schools**

NCEA data from 2010 to 2012 shows boys in state and state-integrated all-boys' schools are performing higher in NCEA level 2 assessments, university entrance and scholarship exams. The percentage of school boys leaving single sex schools without qualifications is much lower than in co-ed schools.

[stuff.ca.nz](#)

June 17, 2014

### **The friendship crisis: Why are boys so lonely and violent?**

While there's a lot of talk about the need for tighter gun control and better treatment of the mentally ill, the roots of this horrifying trend go much deeper. Our culture prizes independence over human connection. It devalues and even discourages close friendships, particularly among boys and men. And our definitions of manhood emphasize aggression, toughness and rugged individualism at the expense of girls, women and relationships.

*Washington Post*

June 13, 2014

### **Why teenage boys do stupid things**

An 18-year-old boy in Georgia [drowns](#) after he is tied to a shopping cart and pushed into a lake while horsing around with friends after his high school graduation. A young man, 19, [causes a multi-car accident](#) when he faints from

holding his breath while driving through a tunnel in Portland, Ore. New data from the National Youth Risk Behavior Survey, released today by the Centers for Disease Control and Prevention, shows just how many teens engage in hazardous behavior.

CBS News  
June 12, 2013

### **Centers for Disease Control and Prevention Release Health Risk Behavioral Surveillance 2013 Report**

The [Youth Risk Behavior Surveillance System \(YRBSS\)](#) monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

YRBSS also measures the prevalence of obesity and asthma among youth and young adults.

YRBSS includes a national school-based survey conducted by CDC and state, territorial, tribal, and local surveys conducted by state, territorial, and local education and health agencies and tribal governments.

Centers for Disease Control and Prevention  
June 12, 2014

### **Circumcision on the rise despite hospital ban**

Circumcision rates for newborn boys in NSW have jumped by more than 30 per cent in the past two decades, and there is now a call for the procedure to be reintroduced in public hospitals. Sydney University professor of medicine Brian Morris claims the latest evidence shows the operation is "equivalent to childhood vaccination" and it is "unethical" not to offer the procedure to all parents as a matter of routine.

*The Sydney Morning Herald*  
June 7, 2014

### **'Thank Goodness We Have Boys'**

I have a responsibility to raise gentlemen. To raise boys into men who think unequal pay for equal work just isn't fair. To raise men who don't think mommies stay home and daddies go to work. To raise men who are equal participants in the household and have the skills -- when they finally leave the nest -- to do their own laundry, cook a meal, clean a bathroom.

*Huffington Post*  
June 8, 2014

### **Little boys need encouragement, too: Guest opinion**

But as I was running along, I had to wonder: Where were all the little boys? Is there a Boys on the Run organization? There is not. Is there anyone out there who thinks little boys might like to run, too, in a group? Running along, flanked by my sons and daughter and all their friends, high-fiving little boys and girls sitting along the sidelines, my typical running musings became more complex. This happens while running. Why were all these little boys on the sidelines? Who champions their cause now? Have we decided boys have had it too good for too long that now only girls need empowering? Only girls need to value fitness? Only girls need to feel like a champion? Does it have to be an either/or? Do we have to pick sides: boys or girls?

Oregon Live

June 7, 2014

### **Sperm size and shape in young men affected by cannabis use**

Young men who use cannabis may be putting their fertility at risk by inadvertently affecting the size and shape of their sperm according to research published today (Thursday 5 June 2014).

Health Canal

June 6, 2014

### **Why 200 Black Men Raised Concerns About Obama's Initiative Targeting Men and Boys of Color**

More than 200 black men have signed on to [a letter](#) expressing concerns about My Brother's Keeper, the initiative launched by President Obama and the philanthropic community earlier this year to address what the White House calls "[opportunity gaps](#)" facing young men and boys of color. The signers among them actor and activist Danny Glover, scholar Robin D.G. Kelley and author Kiese Laymon take issue with the \$200 million effort's exclusive focus on boys and men.

The Nation

June 6, 2014

### **A Time for Action: Eleven Leading Philanthropies Announce Steps to Expand Opportunities for Young Men of Color**

*Recommendations and initial funding commitments set stage for long-term effort to ensure success in health, education and employment*

Eleven of the nation's leading philanthropies today announced a bold plan of action to maximize the potential of the private sector to improve life outcomes for America's boys and young men of color. The plan is bolstered by \$194 million in initial investments in key initiatives, including programs to enhance school learning environments and reduce the overrepresentation of young people in the justice system. These investments build on existing efforts by foundations to expand educational opportunities, increase access to technology, and build pathways to jobs and economic opportunities in underserved communities.

Digital Journal

June 6, 2014

### **How Boys Teach Each Other to Be Boys**

*Taking cues from family and media, young boys teach their peers how to perform masculinity, to their detriment.*

What makes a male child become a "boy," as we understand that concept socially?

In her new book, [\*When Boys Become Boys\*](#), Judy Y. Chu reports on her two-year study in which she followed a group of boys from pre-kindergarten through first grade. She concluded that most of what we think of as "boy" behavior isn't natural or authentic to boys, but is something they learn to perform.

*The Atlantic*

June 6, 2014

### **[The Crisis in Manhood that Goes Far Beyond Elliot Rodger](#)**

Seldom, though, do we dig deeper. Why are we creating so many angry young men? What can we learn from this tragic incident that makes us look not just at the Elliots, *but at all of us?*

*The Shriver Report*

June 4, 2014

### **[Boys of Divorced Parents Twice as Likely to Be Obese](#)**

And for boys, the likelihood of unhealthy weight was even higher. They were 63% more likely to be generally overweight than boys with married parents. And they were 104% more likely to have too much weight on their waist.

*Time*

June 4, 2014

### **[Remove Systemic Barriers So Boys and Young Men of Color Can Succeed](#)**

The report also acknowledges that, to achieve equity, we must target solutions to the specific populations that need them the most, wisely recommending that the government must "close gaps in data collection for currently invisible populations." It identifies challenges faced by particular groups, such as Black, Latino, Native American, Southeast Asian, and gay and transgender boys and young men of color.

*Huffington Post*

June 3, 2014

### **[Among New Smokers, Teen Boys More Likely to Quit Than Girls: Study](#)**

The study included 620 boys and girls in Montreal, aged 12 and 13, who had recently started smoking at least occasionally. Just over 40 percent of the teens said their parents smoked, nearly 90 percent had friends who smoked and about 80 percent said they often saw their teachers or other school staff smoking.

*Health Day*

June 3, 2014

### **[Boys need help to break the cycle of crime](#)**

Research shows that boys with a convicted father are more likely to commit a criminal offence themselves. Neil Lyndon, whose father spent time in prison, had a lucky escape.

*The Telegraph*

June 3, 2014

### **[Why are preschools expelling black boys?](#)**

In a section titled "Keeping Young Children in School and on Track," the authors of the report, called "My Brother's Keeper Task Force Report to the President," urged that something be done to reduce the number of black kids who are suspended or expelled from preschool.

[app.com](#)

June 2, 2014

### **Why the decision to circumcise should be left in the hands of the family**

What should a new or prospective parent consider when trying to decide whether to have their son circumcised? I don't think there is a single simple answer for all parents (is there ever?). So let's examine the evidence.

*The Globe and Mail*

June 2, 2014

### **Online games addiction a cause of poor mental health?**

"There is growing evidence that young men are more likely than young women to spend excessive amounts of time gaming which can have negative effects on their [mental health](#). This includes addiction and depression and can lead to difficulties with social relationships," she said.

Medical Xpress

June 2, 2014

### **No wonder young men have a problem with self-esteem**

Overstimulated by technology, warped by porn, lacking male role models, bombarded by perfect body images, it's no surprise that teenage boys struggle as much as girls when it comes to self-image

The emotional needs of young women have (quite rightly) been discussed at length by experts, journalists and politicians over the past five years. Yet what those who present low self-esteem and body insecurity as "feminist" issues fail to grasp is that their male counterparts are struggling just as much, they are simply less able to articulate their needs. After all, generations of social conditioning tells us that men don't "do" feelings.

*The Telegraph*

June 2, 2014

### **Scientists Spot Clues to Why Males Have Tougher Time in the Womb**

A new study suggests that the placenta -- the organ that connects the developing fetus to the mother and provides nourishment in the womb -- plays a major role in creating differences that go beyond the obvious physical differences between the genders.

"Our research has found that there are undeniable genetic and physiological differences between boys and girls that extend beyond just the development of their sexual characteristics," study co-author Claire Roberts, leader of the fetal growth research priority for the University of Adelaide's Robinson Research Institute in Australia, said in an university news release.

Health Day

May 30, 2014

### **Circumcision on the rise despite hospital ban**

Circumcision rates for newborn boys in NSW have jumped by more than 30 per cent in the past two decades, and there is now a call for the procedure to be reintroduced in public hospitals. Sydney University professor of medicine Brian Morris claims the latest evidence shows the operation is "equivalent to childhood vaccination" and it is "unethical" not to offer the procedure to all parents as a matter of routine.

*The Sydney Morning Herald*  
June 7, 2014

**Some young South African men become casualties during botched rite of passage into manhood**

In 2012, Asanda lost his penis to gangrene in a botched circumcision ritual performed by a traditional surgeon wielding the same spear on more than a dozen initiates. He was an unusual case among thousands of men hospitalized after such ceremonies in past years because he broke a code of secrecy about the tradition and spoke out in protest. For that, he endured public humiliation and even a severe beating a few months ago.

*US News*  
June 4, 2014

**Boston: Minority Boys Need City's Attention**

A sobering study completed recently by Tufts University Professor James Jennings predicts a nightmare for the city's black and Latino boys as they approach adulthood, posing the question: "If we don't [intervene] then how can Boston become a great city for all?"

*Boston Herald*  
May 30, 2014

**Teenaged boys become first joint US spelling champions in half a century**

Two American teenagers of South Asian descent made spelling history on Thursday when they became the first co-winners of the Scripps National Spelling Bee in more than half a century. Ansun Sujoe, 13, and Sriram Hathwar, 14, hoisted the glittering gold cup together after they saw off 10 other finalists before taking turns to exhaust the competition's demanding word list.

*Gulf Times*  
May 30, 2014

**Cialis Raises Hopes for Boys with DMD**

Tadalafil, also known as Cialis and Adcirca, is a drug designed to increase bloodpressure in the lungs and help erectile dysfunction (ED). Although it is not a cure for ED, tadalafil has raised the hope for those suffering from Duchenne muscular dystrophy (DMD), a fatal genetic condition that affects boys.

*Guardianlv.com*  
May 30, 2014

**Administration Lays Out Ways Groups Can Support Program for Minority Men**

The Obama administration announced recommendations on Friday on how public and private entities can participate in a White House initiative meant to support minority men and boys, including a move to focus on summer jobs and recruit adults who can serve as mentors.

*New York Times*  
May 30, 2014

**Magic Johnson to help lead effort for black and Hispanic young men**

President Obama will announce Friday that he has tasked former basketball star and entrepreneur Earvin "Magic" Johnson with co-leading a private effort focused

on supporting boys and young men of color. Johnson will join Joe Echevarria, chief executive of Deloitte, in captaining the effort, known as "[My Brother's Keeper.](#)"  
*Washington Post*  
May 30, 2014

**Obama urges national commitment to help boys of color**

On Friday, the White House released the task force's first report -- a recitation of the challenges faced by young black, Hispanic and Native American males struggling with a legacy of poverty and accompanying hardship, as well as ways to help them persevere and succeed.

CNN  
May 30, 2014

**'Concerning pattern' of teen boys regularly viewing online porn: Canadian study**

A survey of thousands of young Canadian students across the country found a "concerning pattern" of teenaged boys seeking out pornography regularly, according to the non-profit organization MediaSmarts, while accounts of "sexting" were also commonplace.

*Montreal Gazette*  
May 29, 2014

**Boys Are Just as Likely as Girls to Send Sexts of Themselves, Reveals a New Study on Young People, Sexuality and the Internet**

There is little gender difference in those youth who have sent a sext of themselves - defined as "a sexy, nude or partially nude photo" - to someone, although sexts of boys are more likely to be forwarded, - according to a study of Canadian students released today by MediaSmarts. Boys are also more likely than girls to have forwarded a sext sent to them and are twice as likely to report having received a sext that was forwarded by someone other than the original creator.

Digital Journal  
May 29, 2014

**The Almost Forgotten Sex Crime Victims: Boys**

Discussion about the plight of sexually victimized boys and young male teens has been virtually absent from the national conversation. We all understand the horrendous lifelong scars a rape can cause to, say, a 12-year-old female. But there remains this idea that if it happens to a 12-year-old boy they are somehow more able to handle it, less psychologically damaged by the victimization. Some of the ill-informed even believe the boy is "lucky" to have been introduced to the joys of sex so early.

Nothing could be further from the truth.

*Huffington Post*  
May 29, 2014

**Youth Sports Concussions Initiatives Announced by White House**

Initiatives by public and private sector organizations related to youth sports concussions, some of which were announced Thursday by President Barack Obama:

ABC News  
May 29, 2014

### **Lifting Up Black Boys: What the Experts Say**

They had come for the 8th annual conference of an organization called Coalition of Schools Educating Boys of Color, known in the trade as COSEBOC (pronounced like "close block" without the L's). Over the last decade, COSEBOC has become known as the nation's leading repository for research and practices that work best in educating black boys, and the crowd at Jackson state was the largest COSEBOC has drawn in the eight years of the conference.

Jackson Free Press  
May 28, 2014

### **The brain's reaction to male odor shifts at puberty in children with gender dysphoria**

The brains of children with gender dysphoria react to androstadienone, a musky-smelling steroid produced by men, in a way typical of their biological sex, but after puberty according to their experienced gender, finds a study for the first time in the open-access journal *Frontiers in Endocrinology*. Around puberty, the testes of men start to produce androstadienone, a breakdown product of testosterone. Men release it in their sweat, especially from the armpits. Its only known function is to work like a pheromone: when women smell androstadienone, their mood tends to improve, their blood pressure, heart rate, and breathing go up, and they may become aroused.

Science Codex  
May 28, 2014

### **SORRY BOYS: Watch a lot of porn? Your brain might suffer**

*Men who get their fix on the regular tend to have reduced brain buzzing in certain areas, scientists say. It's the first study linking porn and a reduction in brain size and activity.*

It's not clear, for example, whether watching porn leads to brain changes or whether people born with certain brain types watch more porn, said Simone Kohn, the study's lead author from the Max Planck Institute for Human Development in Berlin, in an email.

New York Daily News  
May 28, 2014

### **Psychiatric risks differ for boys and girls: brain blood flow diverges in puberty**

Though cerebral blood flow levels decrease in the same way for both boys and girls before puberty, new research reveals that they differ significantly during puberty; levels increase in females and decrease in males. Researchers say their findings give clues to sex-specific susceptibilities to certain psychiatric disorders, such as depression, anxiety and schizophrenia.

Medical News Today  
May 28, 2014

### **Doctors call for stricter limits on checking in youth hockey**

Body checking should be kept out of youth hockey until boys are at least 15 years old, pediatricians said on Monday. Even then, they added, it should be restricted to

the highest levels of competition.

*New York Times*  
May 27, 2014

**Lebanon, a land of fat boys: study**

After ranking highly on a string of top 10 lists, Lebanon can now add being one of the fattest countries for young boys to its list of achievements.

*Daily Star*  
May 29, 2014

**Recommendations Updated for Child, Adolescent Drug Testing** (PDF)

Drug testing is often used in children and adolescents but is invasive and can yield limited information, and results are easily misinterpreted, according to a clinical report from the American Academy of Pediatrics (AAP). The report, published online May 26 in *Pediatrics*, provides guidance on the use of drug testing for pediatricians and other clinicians.

Medscape  
May 26, 2014

**Gender Segregation in Education May Do More Harm Than Good**

In all the districts, the programs were based on the premise that hardwired physiological and development differences between boys and girls required different teaching methods. Teachers in single-sex classes incorporated gender stereotypes about capabilities and interests into their lessons. These included ideas that girls were not interested in math and boys preferred non-fiction reading material.

[care2.com](#)  
May 24, 2014

**NEW BOY SCOUTS LEADER: I WOULD HAVE ALLOWED GAY ADULTS IN SCOUTING**

Robert Gates, the new president of the Boy Scouts of America and former secretary of defense, said Friday that he would have moved last year to allow openly gay adults in the organization a step further than the Scouts ultimately took but said he opposes any further attempts to address the policy now.

Al Jazeera  
May 24, 2014

**NIDA releases updated tools to help parents talk to teens about marijuana**

The National Institute on Drug Abuse has released an updated set of resources to help parents "sort out marijuana myths from science based facts," according to a statement released May 20 by the National Institutes of Health.

Family Practice News  
May 22, 2014

**Scientists seek to identify predictors of risky behaviors among teenagers**

In fact, the leading causes of morbidity and mortality among adolescents in the United States involve decisions to engage in risky behaviors, including tobacco, alcohol, and drug use, as well as sexual behaviors that contribute to unintended pregnancy and [sexually transmitted diseases](#). Individual differences do exist, of course and that's in part what has the research team so intrigued. "We need to

understand why a subset of adolescents are at risk for making the poor decisions that lead to drug addiction, sexually transmitted diseases, and other problematic health outcomes," said Jungmeen Kim-Spoon, an associate professor of psychology at Virginia Tech and the other study leader. "Identifying the adolescents most at risk is a critical public health priority."

Medical Xpress  
May 22, 2014

### **Pay Attention To Teen Health - PAHO/WHO**

A new report from the World Health Organisation (WHO) and the Pan American Health Organisation (PAHO) is revealing that the health of today's youth across the globe is being threatened by ten leading factors.

The Gleaner  
May 21, 2014

### **How Teen Social Life Affects Drug Abuse (And How Drug Abuse Affects Social Life)**

A [study published](#) in the journal *Psychopharmacology* shows a common denominator: when a teen's social life turns south, drug abuse can follow. The opposite is also true, that drug abuse itself can destroy a teen's otherwise successful social life.

[psychcentral.com](#), May 20, 2014

### **Bisexual male teens exhibit riskiest sexual behavior**

Sexual health disparities emerge early in life and vary by sexual orientation and behaviors. Male teens who identify themselves as bisexual exhibit the riskiest sexual behaviors of all sexual orientations, according to study findings in the *American Journal of Public Health*.

Helio  
May 20, 2014

### **"Busy Boys, Little Ladies": This Is What Single-Sex Education Is Really Like**

Supporters of single-sex education in public schools claim that it's meant to provide the best education to both boys and girls. Critics worry that it reinforces gender stereotypes and ignores individual differences or the general needs all kids have, regardless of gender. Now a new complaint [by the ACLU of Florida against the state's second largest school district](#) suggests the critics were not only right, but may have underestimated how serious the problem is.

Slate.com  
May 20, 2014

### **Read, Kids, Read**

I was crestfallen on Monday, when a new [report](#) by Common Sense Media came out. It [showed](#) that 30 years ago, only 8 percent of 13-year-olds and 9 percent of 17-year-olds said that they "hardly ever" or never read for pleasure. Today, 22 percent of 13-year-olds and 27 percent of 17-year-olds say that. Fewer than 20 percent of 17-year-olds now read for pleasure "almost every day." Back in 1984, 31 percent did. What a marked and depressing change.

New York Times  
May 12, 2014

### **Can reading make you smarter?**

There is evidence that reading can increase levels of all three major categories of intelligence. I believe my discovery of Spider-Man and other comic books turned me into a straight-A student

The Guardian  
January 23, 2014

### **War on Boys**

What ever happened to letting "boys be boys?" Take these two cases: In one, a seven-year-old boy was sent home for nibbling a Pop Tart into a gun. In another, a teacher was so alarmed by a picture drawn by a student (of a sword fight), that the boy's parents were summoned in for a conference. In short, boys in America's schools are routinely punished for being active, competitive, and restless. In other words, boys can no longer be boys. Christina Hoff Sommers, a scholar at the American Enterprise Institute, explains how we can change this.

May 19, 2014

### **Anorexia claiming boys as young as age 7, amid unhealthy obsession with body image**

A TV presenter recently told of her six-year-old son doing sit-ups to try to get a "six-pack", she said. "Boys are turning to exercise, proteins powders and substance abuse (steroids)."

The Australian  
May 27, 2014

### **Suicide: One of top killers of young Finnish men**

*Three out of four adolescent suicides are committed by boys, with one of the main triggers being heartbreak brought on by the end of a romantic relationship.* According to a recently published report by the Finnish Safety Investigation Authority, mental health issues are at the heart of suicides by minors. Three out of four adolescent suicides are committed by boys, with one of the main triggers being heartbreak owing to the end of a romantic relationship. Adolescent boys find it more difficult to speak about their sorrows, and romantic break-ups negatively affect their self-confidence.

yle.fi  
May 19, 2014

### **#BringBackOurGirls Misses the Real Story About What's Happening to Nigeria's Boys**

Back in February, Boko Haram killed 59 schoolboys between the ages of 11 and 18. Last September, they killed 50 young men between 18 and 22 as they slept in their dorms. Last June, they killed 60 schoolboys between the ages of 10 and 16. Schools have been their targets for the last year, and the boys are not spared.

Policymic.com  
May 21, 2014

### **Book review of The Sex EDcyclopedia: An informative book for teen boys and their parents**

This book goes well beyond the basic birds and bees conversation you had with your tween. Langford says that it is intended for boys ages 14-20. I would stick with those guidelines. This is for teens, not tweens.

Chicago Now  
May 20, 2014

### **Sperm, Semen Defects May Be Linked to Shorter Life Spans**

Men rendered infertile due to defects in their semen and sperm are more likely to die early than men with normal semen, new research suggests.

Healthfinder  
May 16, 2014

### **Concussion Rates Double Among High School Athletes: Report**

*Experts say rise likely reflects increased awareness, more legislation about concussions*

The rate of concussions in U.S. high school athletes more than doubled between 2005 and 2012, new research shows. The trend probably reflects an increased awareness and more legislation governing concussions in student athletes, and not more danger in sports, the study authors noted.

Medline Plus  
May 15, 2014

### **Balancing culture, religion and health: the legal framework for male circumcision**

Male circumcision is an age-old practice that carries different meanings for men and women from both the cultural and religious perspectives. In some African cultures (eg, Xhosa), male circumcision is seen as a rite of passage into adulthood; it also has religious connotations and is widely practised by Jews and Muslims, although less so among Christians

International Law Office  
May 14, 2014

### **Car Accidents Number One Killer Of Teens Worldwide, With Boys Dying**

**More Often Than Girls** Although teen health concerns often focus on pregnancy rates, a new report from the World Health Organization suggests that far greater dangers lurk. WHO's "Health for the world's adolescents" has identified car crashes as the number one cause of death, with some 330 teens dying each and every day.

Medical Daily  
May 14, 2014

### **Depression is destroying adolescents worldwide, warns WHO**

Depression is the main cause of diseases and disability in boys and girls aged 10 to 19. This is the main and worrying finding of [WHO](#), that also lists the three main causes of death among them, in the order: road [traffic injuries, HIV/AIDS and suicide](#).

West info, EU  
May 14, 2014

### **Complications rare with baby circumcisions, rise with age**

There are few reported complications after boys are circumcised during their first year of life, but the risk rises considerably if the procedure is performed later in childhood, according to a new analysis published on Monday.

Reuters

May 12, 2014

### **App for Bipolar Disorder Being Tested**

*Smartphone device uses voice analysis for early warning, researchers report*

A smartphone app that uses voice analysis to detect mood changes in people with bipolar disorder is being tested by researchers.

Bipolar disorder is a mental illness that causes extreme emotional highs and lows. It affects millions of people worldwide and can have serious consequences, including suicide.

Health Day

May 12, 2014

### **Boys Will Be Boys: You Can't Hide Your Gender in Video Games**

Boys will be boys online, according to a new study of players of the massive multiplayer online game "[World of Warcraft](#)." Men who play using female avatars still display male patterns of movement, the [research](#) shows. And they don't act quite as feminine as actual female players during [chat](#) conversations, either.

Live Science

May 9, 2014

### **Syphilis Cases Climbing Among Gay Men: CDC**

Cases of the sexually transmitted disease, once almost eliminated in the United States, have more than doubled among gay and bisexual men since the year 2000, according to the U.S. Centers for Disease Control and Prevention.

HealthFinder

May 7, 2014

### **For young athletes, more concussions reported**

Between 2005 and 2012, concussions among high school athletes became more common with every passing academic year, according to a new U.S. study.

Reuters

May 7, 2014

### **The American Red Cross, seeing more males taking child care classes, added boys to course material**

With more families entrusting young children to the care of male baby sitters, teenage boys many who couldn't care less about old notions of gender roles are discovering an enjoyable alternative to mowing lawns for extra cash.

*Wall Street Journal*

May 7, 2014

## **Intake of Sports And Energy Drinks Tied to Unhealthy and Negative Behaviour**

Researchers at the [University of Minnesota](#), in collaboration with researchers at Duke [University](#), found that an adolescent's weekly intake of sports beverages such as Revive, Isostar, Gatorade and other such energy drinks was tied to a cluster of unhealthy behavior that includes cigarette smoking, excessive intake of sugar sweetened beverages and screen media use.

*Science World Report*

May 6, 2014

## **U.S. is 20,000 Short on Child and Adolescent Psychiatrists**

According to the latest numbers at least 1 in 5 American youth live with a serious mental disorder a dramatic increase from ten years ago. Of that number, only about 20 percent receive evaluation and treatment by a medical professional, with only a fraction ever having the opportunity to meet with a specialist.

*Chronicle of Social Change*

May 6, 2014

## **Kids who abuse substance face greater health risks**

If teenagers are caught drinking alcohol or using marijuana at school, meeting the teachers or principals may not be enough. They must be screened for exposure to trauma, mental health problems and other serious health risks, a study indicated.

*INSlive*

May 6, 2014

## **Why Is the Math Gender Gap So Much Worse in the US Than in Other Countries?**

Could it be the boy crisis? A new international [study](#) released last week shows that during the past 100 years, the first in which girls have been educated en masse, girls have out-performed boys academically. I'm not going to write here about what that may mean in terms of what grades are rewarding or about how that fact hasn't led to the dismantling of institutional male dominance. This is just about math and what our persistent gender gap means.

*Huffington Post*

May 5, 2014

## **HPV VACCINE FOR BOYS: SOME INSURANCE COMPANIES DENY COVERAGE**

A vital vaccine for kids may be covered for your daughter, but not for your son. Some insurance companies consider the HPV vaccine experimental for boys -- even though it's recommended by the federal government as one of the best ways to prevent certain types of cancer later in life.

*ABC*

May 5, 2014

## **Discrimination cited for low minority representation in academic posts**

A new study analyzing possible discrimination along the "pathway" into doctoral programs at the nation's top universities ♦ including the University of Iowa and Iowa State University ♦ supports that theory by showing "widespread" discrimination against underrepresented populations.

*The Gazette*  
May 5, 2014

**Mental health problems mediate link between childhood trauma, aggression**

Hoeve and colleagues found a significant direct link between maltreatment and proactive aggression ( $P < .05$ ), but there was no direct link between maltreatment and reactive aggression. Instead, they found the association was mediated by mental health problems.

Helio  
May 5, 2014

**Vision problems caused by concussion often overlooked**

A vision examination to specifically evaluate oculomotor function should be considered in the evaluation for concussion, according to findings presented here at the 2014 Pediatric Academic Societies Annual Meeting.

Helio  
May 4, 2014

**Many Ivy League Students Admit Using ADHD Drugs for Better Grades: Study**

*18 percent surveyed said they've used meds like Adderall to stay alert when cramming*

Almost one in five Ivy League college students acknowledge they've used stimulants to perform better in school even though they haven't been diagnosed with attention-deficit/hyperactivity disorder (ADHD), a new study shows. Varsity athletes and students in fraternities and sororities were more likely to report using the medications.

Medline Plus  
May 2, 2014

**Sexualisation a danger to teen health**

*The latest report on adolescent sex is positive but not entirely reassuring.*

In the past decade, the American Psychologists Association and similar groups have expressed grave concerns about the sexualisation of children, declaring it to be the greatest single danger to their mental health. The term sexualisation, as opposed to sexuality, describes the fact that while we are all born sexual, some of us have sex thrust upon us.

The Age  
May 5, 2014

**Boys in Chairs: Navigating Our Sex, Sexuality and Sex Appeal in Attendant Care Programs**

Before delving into it too far, I feel it's important to unpack what I mean when I say "attendant care." I live in what is known as supportive housing -- that is, I live in rent-subsidized housing wherein care is provided in part by the state/province and charitable organizations. This means that I have personal support workers come in to assist me with my activities of daily living (bathing, dressing, toileting, etc.). These individuals are not nurses, nor can they do anything medical. That said, they have seen me in all states of undress (let that visual sink in) and have helped me with my more intimate care needs (showering, etc.). In many of these programs, sex and sexuality are not talked about in any capacity.

Huffington Post

May 3, 2014

### **Do schools really have a 'boy problem'?**

*Yes, education has a gender issue, but "fidgety" boys aren't the cause*

According to a [new paper from](#) the Third Way, a Washington-based research group, there is a correlation between college graduation rates and the behavior gap between young boys and girls. The paper's authors, Thomas DiPrete and Claudia Buchmann, argue that the gender gap in behavioral skills "is considerably larger than the gap between children from poor families and middle class families or the gap between black and white children."

The Week

May 2, 2014

### **Teachers' Tactics and Test Performance**

Motivation and test performance among high school students may suffer when teachers place their focus on the consequences of failure, as opposed to the benefits of success new research suggests.

Medline Plus

May 2, 2014

### **Overweight Teens Feel Stigmatized, Bullied: Study**

*British survey finds some young people link excess weight to laziness and lack of self-control*

"The perspectives of young people in the U.K., when synthesized across the spectrum of body sizes, paint a picture of a stigmatizing and abusive social world," researchers from the Institute of Education at the University of London wrote.

Medline Plus

May 1, 2014

### **It All Comes Back to the Reading Gap**

When President Obama announced an initiative focused on young men of color, he shared a statistic that took my breath away: 86 percent of African American boys can't read proficiently in fourth grade, compared to 58 percent of white peers.

Huffington Post

May 1, 2014

### **News Coverage of Teen Suicides May Have Ripple Effect**

*Study finds possible link between prominent stories and copy-cat deaths*

Looking at several dozen teen suicide "clusters" that struck various U.S. communities, researchers found evidence that local newspaper coverage might have contributed in some cases.

Medline Plus

May 1, 2014

### **The Masculine Mystique**

Bullying may be why gay and bisexual boys are using steroids at five times the rate of straight-identified boys. A recent study published in *Pediatrics*, the official journal of the American Academy of Pediatrics, has raised alarms about the way some gay teens are responding to bullying.

Researchers analyzed government surveys from 2005 to 2007 of boys whose age averaged 16, 4% of whom self-identified as gay or bisexual. While only 4% of the survey's straight respondents said they used steroids, 21% of the gay ones did.

*The Advocate*

April 29, 2014

### **A Link Between Fidgety Boys and a Sputtering Economy**

All of which makes the comparisons between boys and girls in the same categories fairly striking: The gap in behavioral skills between young girls and boys is even bigger than the gap between rich and poor.

*New York Times*

April 30, 2014

### **Body image isn't just a 'girl thing': Boys suffer too**

Obsessing about weight, worrying about physical flaws, or just aspiring to take a perfect selfie isn't just a "girl thing." Negativity about our body image has no gender boundaries and, increasingly, research shows it's an issue for boys, too.

Today

April 30, 2014

### **Girls Make Better Grades Than Boys, But Boys Score Higher On Standardized Achievement Tests**

One of the most disturbing topics in [education](#) today is the seeming disparity between grades in math and science for boys and girls. A new study from the University of New Brunswick, however, reveals that girls have made higher grades than boys throughout their school careers for nearly a century, despite stereotypes.

Red Orbit

### **Professional Help: Understanding the teenage mind**

Adolescents do know about danger, but because of altering dopamine levels and hyper-rational thinking, the danger is perceived as not that important. So, with substance abuse, they just don't care. Siegel says, "They just consider the risk so unimportant, that it doesn't weigh on them at all."

*Vancouver Sun*

April 28, 2014

### **Accidents, suicide among most common causes of children's deaths in Finland**

Accidents such as drowning and road incidents were the leading cause of non-natural deaths among minors, according to Finland's Safety Investigation Authority. The accident investigators said suicides were the second most common cause of non-natural death and were committed mostly by boys.

*Alaska Dispatch*

April 29, 2014

### **Friends Can Be Dangerous**

The [paper in question](#), written with my former student Margo Gardner, appeared in the journal Developmental Psychology in July 2005. It described a study in which we randomly assigned subjects to play a video driving game, either alone or with two same-age friends watching them. The mere presence of peers made teenagers take more risks and crash more often, but no such effect was observed

among adults.

*New York Times*  
April 25, 2014

**AACAP announces policy statement opposing marijuana legalization**

The American Academy of Child and Adolescent Psychiatry (AACAP) released a policy statement opposing efforts to legalize marijuana.

Your Houston News  
April 25, 2014

**Military suicide: Often young, white men with guns**

The Pentagon released final data on military suicides during 2012, painting a general picture of those more likely to take their own lives: Young, white men who used a gun and often had some history of mental health issues.

San Jose Mercury News  
April 25, 2014

**CENTERS FOR DISEASE CONTROL AND OFFICE OF POPULATION AFFAIRS RELEASE FIRST SET OF COMPREHENSIVE GUIDELINES FOR MALE FAMILY PLANNING AND PREVENTIVE HEALTH SERVICES**

"These recommendations can serve as the foundation for further clinical recommendations and guidelines that advance male health. They will also help spur research that identifies and addresses gaps in our knowledge about males' health care needs." said Dennis Barbour, executive director of the Partnership for Male Youth. "They also underscore the importance of our [health provider toolkit for adolescent and young adult males](#) that we released earlier this year."

The Partnership for Male Youth  
April 24, 2014

**Measles on Upswing Despite Vaccines' Effectiveness: CDC**

Vaccinations have prevented an estimated 732,000 deaths, 21 million hospitalizations and 322 million illnesses among U.S. children born in the last 20 years, according to a government report released Thursday.

Medline Plus  
April 24, 2014

**Bullying Rates Drop Among American Teens: Study**

American teens are much less likely to engage in bullying than they were a decade ago, new research suggests.

Healthfinder.gov  
April 24, 2014

**Large Number of Boys on Prescription Drugs for Mental Health Issues**

Newly released data from the National Center for Health Statistics finds more than seven percent of children ages 6 to 17 have used prescription medication during the past six months for emotional or behavioral difficulties. More boys than girls were using these medications according to the National Health Interview Survey 2011-2012. The survey finds 9.7 percent of boys used prescribed medication for emotional or behavioral issues compared to 5.2 percent of females. The highest percentage was among white children followed by blacks then Hispanics.

[wsbradio.com](http://wsbradio.com)

April 24, 2014

**SEXUALITY MATTERS: The masculine man ♀ is he more than just a sexual beast?**

Men are often perceived as insatiable sexual beasts driven by a sex drive that renders them powerless to think and operate without it. Reportedly, men think about sex an astounding 8,000 times a day. However, is the key to understanding men really as simple as recognizing their urges?

Delaware News Network

April 22, 2014

**Brief screening instrument for adolescent substance abuse shows promise**

A new screening test has shown promise in successfully identifying substance use in adolescents, which is crucial to pediatricians as even low levels of usage may indicate a need to intervene, according to Sharon M. Kelly, Ph.D., of Friends Research Institute in Baltimore, and her associates.

Clinical Psychiatry News

April 22, 2014

**Too Much Codeine Still Prescribed to U.S. Kids: Study**

Emergency room physicians still hand out hundreds of thousands of codeine prescriptions for children every year, despite warnings that kids' responses to codeine vary wildly and the drug can cause an accidental overdose, a new study finds.

Medline Plus

April 21, 2014

**Half of jailed NYC youths have a brain injury, study shows**

About half of all 16- to 18-year-olds coming into New York City's jails say they had a traumatic brain injury before being incarcerated, most caused by assaults, according to a new study that's the latest in a growing body of research documenting head trauma among young offenders.

Fox News

April 21, 2014

**The shocking number of new STD cases each year**

Nearly 20 million new cases of sexually transmitted diseases occur every year in the U.S., according to a recent report by the CDC. That's over 54,000 new cases per day!

And unfortunately, that number has been increasing in recent years, according to Lynn Barclay, President and CEO of the American Sexual Health Association (ASHA).

Fox News

April 21, 2014

**Teen dating abuse is common and complex, studies say**

More than a third of teen guys and girls say they've been physically, emotionally or sexually abused in their dating relationships, according to new, unpublished data from a nationwide survey. Similar numbers of both sexes say they've been

abusers.*USA Today*

April 17, 2014

### **Center for Medicare & Medicaid Services Expands Male Health Services Under the Affordable Care Act**

Under the new clarification Medicare will reimburse at the 90% level under the ACA for male contraceptive and STI counseling services, regardless of whether they are provided as "follow up" to a family planning visit.

The Partnership for Male Youth

April 17, 2014

### **Girly Girls, Manly Men Have Higher Cancer Risk**

Manly boys and girly girls are more likely to engage in behaviors that increase their risk of cancer, according to a new [study](#). New research reveals that 'feminine' girls and 'masculine' boys are significantly more likely to engage in behaviors that boost cancer risks.,

Counsel and Heal

April 16, 2014

### **Boys taught it is OK to cry**

Perth boys will be taught that it is acceptable to cry and encouraged to express their feelings as part of a pilot program to be held next month.

The West Australian

April 22, 2014

### **Breaking the silence: why we should be talking about male eating disorders**

An eating disorder doesn't consider your gender. It is indiscriminate.

New Statesman

April 16, 2014

### **Trafficked Boys Overlooked**

Still, males remain a largely invisible population within the dialogue on sex trafficking. According to a [2008 study by the John Jay College of Criminal Justice](#), in fact, boys comprised about 50 percent of sexually exploited children in a sample study done in New York, with most being domestic victims.

Juvenile Justice Information Exchange

April 14, 2014

### **11-year-old boy's suicide attempt part of epidemic**

Eleven weeks later, the brown-eyed boy who should be in school with his peers now stares blankly into space from bed after his suicide attempt left him in a persistent vegetative state.

*USA Today*

April 14, 2014

### **Teen suicide: Adults need to listen to kids, and it's time to talk about the issue**

Suicides, for the most part, remain in the shadows.

Unless the dead person was famous or the death occurred in a public place, the suicide is seldom noted

Friends and relatives don't necessarily want to talk about it, even though suicide is the third-leading cause of death among American teens.

*Washington Post*  
April 14, 2014

**Increasing Opportunities for Latino Boys and Men**

When President Obama announced his initiative [My Brother's Keeper](#), one of the main goals was to spur organizations to expand their efforts to focus on resources for young boys and men of color. Across the country, some community groups working with Latino young men are seeing the opportunity to expand their reach after receiving additional funding.

*NBC News*  
April 11, 2014

**My Gay Brother's Keeper**

For a boy or young man of color already struggling with limited economic resources and the daily realities of racism, imagine how difficult it is to also struggle with the realization that one's sexual orientation or gender identity or expression do not conform to the norm. Imagine how few options that boy has if his own family rejects him.

*Huffington Post*  
April 11, 2014

**Black Male Youth: Moving from surviving to thriving** [Commentary]

Now, more than a month after the initiative's announcement, it's time to get to work. So what will it take for boys of color to choose to thrive and not just survive?

*Baltimore Sun*  
April 11, 2014

**The college degree gap: women earned a majority of degrees at all levels in 2012, and the degree gap for blacks is stunning**

For all four degree levels and for all four race/ethnicity groups, women earned a majority of college degrees in 2012. Overall in 2012, women earned 59% of all college degrees, which also means that 142 women received a college degree at some level for every 100 men.

Carpe Diem  
April 11, 2014

**An Update on the President's My Brother's Keeper Initiative**

The first phase of the initiative has already begun in earnest and we want to provide an update on our progress to date and a sense of what to expect in the near future.

The White House  
April 9, 2014

**Dear Parents, You Are Being Lied To**

In light of [recent outbreaks](#) of measles and other vaccine preventable illnesses, and the refusal of anti-vaccination advocates to acknowledge the problem, I thought it was past time for this post.

*Huffington Post*

April 8, 2014

**Indigenous Elders reeling from suicide deaths**

Aboriginal people now make up 50 per cent of all suicides that take place in the Northern Territory, and 10 to 24 years old males make up 80% of the deaths fromsuicide. That's up from five percent 20 years ago and, for the Elders, the pain is unbearable, writes Keiren McLeonard.

ABC Net

April 15, 2014

**More teens abstaining from alcohol**

A broad change in drinking behaviour has occurred among Australian adolescents in the last decade. The percentage of Australians aged 14-17 who do not drink alcohol has increased from almost 33% in 2001 to over 50% in 2010, research from UNSW's National Drug and Alcohol Research Centre (NDARC) shows.

Health Canal

April 10, 2014

**Experts warn of trouble if Gulf boys are not properly educated**

When it comes to boys' education in the GCC, the time has come to make a concerted effort to keep them in school or risk dire consequences, educators heard yesterday.

*The National*

April 9, 2014

**Mulayam shocks with 'boys will be boys' remark on rape**

Samajwadi Party (SP) chief Mulayam Singh Yadav on Thursday landed himself in a huge controversy when he said that it was unfair to award death penalty to rapists for their 'mistakes'.

*Delhi Daily News*, April 11, 2014

**Health bosses in Denmark, Norway resist calls to ban circumcision**

Resisting calls to ban the non-medical circumcision of boys, the governments of Norway and Denmark have taken steps to preserve the practice's legal status. Norway's health ministry has submitted a bill that proposes placing some limitations and fees on ritual circumcision but not banning it outright, while Denmark's health board issued guidelines stating that the practice is legal.

JTA

April 11, 2014

**Boys Falling Behind in Norway**

School boys underperform, struggle more with motivation and have a higher drop out rate in Norway, reveals NOVA report.

The review shows that girls as a group of learners do significantly better at school than boys. This applies particularly in reading,

where girls on average is almost one school year ahead of boys, writes VG.  
The Nordic Page  
April 10, 2014

**Teachers left to pick up pieces from cuts to youth mental health services**

Schools are struggling to cope with pupils' problems as council spending on therapy and counselling dries up  
*The Guardian*, April 14, 2014

**Young women are happier than men of the same age thanks to friends and having a 'worthwhile' job...but they still earn less than their male counterparts**

Young British women have better qualifications than men and think their jobs are 'worthwhile,' but are still earning less, according to a new survey. Published by the Office for National Statistics (ONS), the research was carried out on 16-24 year old men and women in Britain between 2011 and 2013.

*Daily Mail*  
April 11, 2014

**Queen Elizabeth's boys' grammar has been doing its own thing since 1573 - with impressive results**

"The school is very much still pursuing the tenets of its Tudor charter," says headteacher Neil Enright. It is also celebrating being one of just two schools in the country where 100 per cent of the pupils qualified for Gove's new English Baccalaureate measure. To do so, they had to obtain five A\* to C grade passes in English, maths, science, a language and a humanities subject history or geography.

*The Independent*  
April 9, 2014

**Black boys facing chronic adversity show signs of early genetic aging**

By the time they have reached the fourth grade, African American boys who have run a childhood gauntlet of poverty, shifting family structure, harsh parenting and a mother's low mood and educational attainment will have signs of premature genetic aging that can deepen their vulnerability to mental and physical illness, says a new study.

*LA Times*  
April 7, 2014

**Stress Hormone May Drive Risk-Taking by Teen Motorists**

*Study found those with lower cortisol levels were more likely to crash*  
Teens whose brain chemistry is less affected by stressful situations could be at increased risk for car crashes, a small Canadian study suggests. Safe-driving teens appear to have higher levels of the stress hormone cortisol, said study author Marie Claude Ouimet, an associate professor of medicine and health sciences at the University of Sherbrooke, in Quebec.

Medline Plus  
April 7, 2014

### **Childhood Obesity Adds Nearly \$20K to Lifetime Medical Costs: Study**

*Losing weight while young may help kids lower future health care expenses, researcher says*

Over a lifetime, direct medical costs for an obese 10-year-old will be nearly \$20,000 higher than those of slimmer peers, according to new research. That translates to a whopping \$14 billion in additional direct U.S. medical costs over a lifetime for today's obese 10-year-olds, according to the study.

Medline Plus

April 7, 2014

### **Teenage boys who spend too much time playing computer games have weak bones and are at risk of osteoporosis in later life**

Teenage boys who spend their time outside have stronger bones; Boys who spend a lot of time in front of screens also have higher BMIs; Girls who spend a lot of time in front of screens actually have stronger bones than those who spend less time playing computer games

*Daily Mail*

April 4, 2014

### **UN Children's Fund Study Finds Nearly a Quarter Of Latino Teens Don't Attend School**

A United Nations report released earlier this week revealed that 20 percent of teenagers in Latin American countries between the ages of 11 and 18 do not attend [schools](#).

*Latin Post*

April 4, 2014

### **Caucasian boys show highest prevalence of color blindness among preschoolers**

The first major study of color blindness in a multi-ethnic group of preschoolers has uncovered that Caucasian male children have the highest prevalence among four major ethnicities, with 1 in 20 testing color blind.

Science Codex

April 3, 2014

### **Anxious Kids With Comorbidity May Need Specialized Approach**

Approximately 25% of youth with an anxiety disorder and comorbid externalizing symptoms, including aggression, hyperactivity, and conduct problems, experience exacerbation of such symptoms following effective treatment for anxiety, new research shows.

Medscape Medical

April 2, 2014

### **Pink or blue: Who cares? What colors say (and don't say) about our children**

The funny thing is, pink used to be a "boy" color. [An article in Smithsonian magazine](#) quoted a 1918 department store trade publication that said, in part: "The generally accepted rule is pink for the boys, and blue for the girls. The reason is that pink, being a more decided and stronger color, is more suitable for the boy, while blue, which is more delicate and dainty, is prettier for the girl."

AL.com  
April 2, 2014

**[Male College-Age Depression Linked To Later Sedentary Behavior](#)**  
A new study in the journal *Preventive Medicine* concluded that sedentary habits, which often stem from [depression](#), are established in the early 20s and these habits can establish a pattern of sedentary behavior later in life.

Red Orbit  
April 2, 2014

**[Circumcision should be offered 'like vaccines' to the parents of baby boys, study claims](#)**

The health benefits of male circumcision 'outweigh the risks 100 to one'; Half of uncircumcised men develop a health problem as a result, it is claimed; It would be 'unethical' not to offer it to the parents of all baby boys, the researchers state.

*Daily Mail*  
April 2, 2014

**[Feminism can prevent suicide](#)**

*Archaic notions of masculinity endanger men*  
Miles Groth, a psychology professor at Wagner College, states in his work "Boys to Men: The Science of Masculinity and Manhood," published by Psychology Today, that "Suicides among young males are four times more common than among young females and they are occurring among ever younger males, some in their early teens." What is the cause for these drastically different suicide rates?

Pipe Dream  
April 8, 2014

**[Girls Outnumber Boys in Government, Aided Schools](#)**

As against the popular perception, the total number of girl students studying in various government and aided schools across the state is higher than that of boys.

*New Indian Express*  
April 3, 2014

**[Teen boy sunbed use linked to eating disorders](#)**

"Teenage men who regularly use sunbeds are more prone to eating disorders," the Metro reports. A study has found that teen tanners are more likely to engage in unhealthy behaviour, such as using laxatives and vomiting after meals, in order to lose weight or prevent weight gain.

NHS Choices  
April 7, 2014

**[Top boys' school to take girls for first time in 500 years](#)**

The alma mater of D.H. Lawrence, Ken Clarke and Ed Balls is to accept girls for the first time in its 500-year history amid a continuing decline in the number of single-sex boys' schools.

*The Telegraph*  
April 4, 2014

**[Teaching Our Boys to Face the Competitive Landscape of Today's World](#)**

How then do we reverse this? I say that we start very young. Let's elevate the

acquisition of empathy and character to the same level as math and literacy. Our educational environments must set the expectation that failure is a mandatory step in the mastery of anything. Let's make sure that every one of our students knows from the very start that their education that ultimately their success in life is utterly and completely theirs to fight for -- and fight they must, girls and boys alike, side-by-side.

*Huffington Post*

April 3, 2014

#### **Protestant boys' underachievement: Call for 'urgent action'**

The leader of a unionist working party on educational underachievement among poorer Protestant boys in Northern Ireland has called for urgent action.

BBC News

April 3, 2014

#### **Pre-K Suspension Data Prompt Focus on Intervention**

New data showing that thousands of children including a disproportionate number of boys and black children are suspended from school before reaching kindergarten have researchers and policymakers asking tough questions about pre-K discipline, and highlighting programs that help keep challenging children in preschool.

*Education Week*

April 2, 2014

#### **STUDY: 1 In 3 American Children Has High Cholesterol**

One of the largest [studies](#) of its kind finds that nearly one in three Americans children between the ages of 9 and 11 has either high cholesterol or borderline high cholesterol, raising their risk for developing cardiovascular diseases later in life and underscoring the need to screen kids' cholesterol levels.

Think Progress

April 1, 2014

#### **Girls Are Taught To 'Think Pink.' But That Wasn't Always So**

Pink has always been with us, though it was not always as gender-entrenched as it is today. Back in the 1700s, men *and* women wore pink. Curator Michelle Finamore says a painting in the exhibit gives early evidence.

NPR

April 1, 2014

#### **Boy Scouts fire openly gay troop leader**

Geoff McGrath's stint as a Scoutmaster for Troop 98 in Seattle's Rainier Beach was short-lived. After the Boy Scouts of America realized he was gay, they booted the Eagle Scout from the organization.

*New York Daily News*

April 1, 2014

#### **What we owe America's young men**

*Why President Obama's 'My Brother's Keeper' initiative is urgent*

In 2011, New York City launched a public-private partnership called the

Young Men's Initiative. With financial support from Bloomberg Philanthropies and George Soros' Open Societies Foundation, YMI intentionally focuses simultaneously on four key areas: education, employment, health and criminal justice.

*New York Daily News*  
March 23, 2014

**CarePlus Offers New Therapy Group to Address Anxiety in Children and Adolescents**

CarePlus is offering a new therapy group for children and adolescents called Freedom from Anxiety. The weekly sessions use an evidence-based cognitive behavioral therapy model to help children develop methods for coping with anxiety.

PR Web  
March 21, 2014

**What is the most effective parenting style for black boys?**

Building upon the buzz surrounding their documentary, "[American Promise](#)," Joe Brewster and Michele Stevenson asked Mt. Airy author Hilary Beard to help them research and co-author a companion book.  
Newsworks.org  
March 21, 2014

**Research to uncover secrets of male obesity**

A researcher at the University of Newcastle say a 'one size fits all' approach does not work for obesity programs and research is needed into what works for young men.

ABC News  
March 20, 2014

**HPV-Linked Throat Cancer May Have Telltale First Symptoms**

The first symptoms of throat and mouth cancer -- also known as oropharyngeal cancer -- may differ depending on whether the condition is caused by the human papillomavirus (HPV), a small study suggests.

Health Day  
March 20, 2014

**School suspension rates higher for black boys**

The national average for suspensions among black males, though, was 20 percent compared to 6 percent for whites and 9 percent for Hispanics.

*The Eagle*  
March 19, 2014

**U.S. teens using inhalants such as glue declining**

U.S. adolescents ages 12 to 17 using inhalants decreased from 820,000 in 2011 to about 650,000 in 2012, federal health officials say.

UPI  
March 19, 2014

**Lower IQ, Worse Heart Fitness in Teens Linked to Risk of Early Dementia in Men**

Having a lower IQ or poorer fitness at age 18 might increase a man's risk of developing dementia before age 60, a new study suggests.

Health Day  
March 17, 2014

### **The Money Behind My Brother's Keeper: What's Known So Far**

It does not appear that the federal government will bring any resources to bear for My Brother's Keeper; Obama did not announce and federal funding for it, nor did he single any out in his fiscal 2015 budget request.

His hopes for a robust initiative appear to rest entirely with the ten foundations he has asked to participate: Annie E. Casey Foundation, The Atlantic Philanthropies, Bloomberg Philanthropies, The California Endowment, The Ford Foundation, The John S. and James L. Knight Foundation, The Open Society Foundations, The Robert Wood Johnson Foundation, The W.K. Kellogg Foundation, and The Kapor Center for Social Impact. The project will start out with \$7.5 million, \$750,000 each from ten foundations, to help build the infrastructure of the initiative. It Is not clear which entity will harbor and manage that money, which will likely be spent on hiring consultants and firms to assist with My Brother's Keeper.

Chronicle of Social Change  
March 17, 2014

### **The Plummeting Labor Market Fortunes of Teens and Young Adults**

Employment prospects for teens and young adults in the nation's 100 largest metropolitan areas plummeted between 2000 and 2011. On a number of measures employment rates, labor force underutilization, unemployment, and year-round joblessness teens and young adults fared poorly, and sometimes disastrously. This report provides a number of strategies to reduce youth joblessness and labor force underutilization.

Brookings  
March 14, 2014

### **THE NEGLECTED SUICIDE EPIDEMIC**

Alan Berman, the executive director of the American Association of Suicidology and the president of the International Association of Suicide Prevention, has said that in the developed world ninety per cent of those who attempt suicide suffer from psychological ailments. "We have effective treatments for most of these," Berman said last year. "But the tragedy is, people die from temporary feelings of helplessness things we can help with."

*The New Yorker*  
March 15, 2014

### **Energy Drinks Popular With Troubled Teens, Study Says**

*Kids who are depressed or use alcohol or marijuana often consume the beverages, researchers report*

Teens who are depressed or use alcohol or marijuana are more likely to consume energy drinks than their peers, a new study finds. Although the reasons for these apparent links are unclear, they are cause for concern due to the large numbers of teens who consume the caffeine-laden beverages, the researchers said.

Medline Plus  
March 14, 2014

**Put the Sex Back in Sex Ed**

The refusal by public schools' sex-education programs to acknowledge gender differences is betraying both boys and girls. The genders should be separated for sex counseling. It is absurd to avoid the harsh reality that boys have less to lose from casual serial sex than do girls, who risk pregnancy and whose future fertility can be compromised by disease. Boys need lessons in basic ethics and moral reasoning about sex (for example, not taking advantage of intoxicated dates), while girls must learn to distinguish sexual compliance from popularity.

Time

March 13, 2014

**Thanks, Anti-Vaxxers. You Just Brought Back Measles in NYC. (Opinion)**

Measles was considered eliminated at the turn of the millennium. Now it's back, thanks to the loons who refuse to vaccinate their children. Of all the things to be nostalgic for, infectious diseases probably don't make it onto many lists.

Daily Beast

March 13, 2014

**Vaccinating against HPV: Why so early? Why boys?**

Human papillomavirus vaccine uptake in the United States continues to lag far behind rates in other developing countries at around 30%, compared with rates ranging from 75% to 90% in Australia, Canada and the United Kingdom.

"We've always wanted a vaccine against cervical cancer. We've got it, so why aren't we using it?" H. Cody Meissner, MD, of Tufts Medical Center in Boston, told an audience at the [2014 National Association of Pediatric Nurse Practitioners Annual Conference](#).

Clinical Advisor

March 13, 2014

**UN Sets Guidelines for How Developing Countries Should Teach Puberty**

*Educating boys and girls about menstruation and sex sets up a path to greater gender equality*

That's why, for the first time, UNESCO (United Nations Educational, Scientific & Cultural Organization) in partnership with sanitary product maker Procter & Gamble is releasing a publication setting out guidelines for puberty education. The goal is to provide developing countries with a framework of programs that promote access to hygiene products for girls, safe sanitation facilities in schools, and better puberty knowledge and skills for both boys and *girls* beginning at age 10.

Time

March 13, 2014

**[Boy Behavior or Bad Behavior?](#)** (Commentary)

By mistaking unchecked behavior for undeveloped behavior, we allow unacceptable behavior in boys and men to be seen as just another part of "being a guy."

Patheos

March 13, 2014

**[The 300 Workout: How Movies Fuel Boys' Insecurities](#)**

Young men whether they were looking for their battlefield gore fix or a chance to geek out over the historical inaccuracies of a sex scene between Themistokles and Artemisia lined up for the opening of *300: Rise of an Empire* on Friday. And though some parents may forbid their teens from seeing the R-rated film because of the blood and violence, they should probably be more concerned about the Greeks' sweaty, washboard abs.

*Time*

March 11, 2014

**[When Hasidic Boys Grow Up Without Real School](#)**

Last summer, when I [interviewed](#) Hasidic men and women who grew up with little to no secular education, I remember feeling angry at this system that churns out, intentionally, boys who cannot speak or read English the first step in acquiring basic skills to function as an adult in the 21st century. The words one brilliant man used to refer to educational neglect in Satmar is still ringing in my ears: "This is criminal."

Jewish Daily

March 11, 2014

**[ADVOCATES FOR YOUTH AND PHYSICIANS FOR REPRODUCTIVE HEALTH AND THIRTEEN OTHER ORGANIZATIONS JOIN THE PARTNERSHIP FOR MALE YOUTH](#)**

The Partnership is a collaborative effort to disseminate and improve upon the Toolkit while developing provider, patient and parent education initiatives designed to enhance provider and parent knowledge and skills while engaging AYA males in their own health care.

The Boys Initiative

March 13, 2014

**[Trainers association focuses on mental health issues for youth and college athletes](#)**

Concussions were front and center this week at the fifth Youth Sports Safety Summit. But the alarm also was sounded over mental health issues among youth, high school and college athletes. Depression, anxiety, eating disorders, anger issues and the effects of bullying happen among athletes, too. "Consider ... that one of every four or five teenagers and young adults in this country suffer from a mental health issue that can be diagnosed by a physician or mental health care professional," said Timothy Neal, assistant director of athletics for sport medicine at Syracuse University.

*Star Gazette*

March 12, 2014

### **A 'Manly' Approach That Harms Men** (Opinion)

The My Brother's Keeper initiative might provide crucial support for a vulnerable population, but it risks reinforcing gendered notions of male success that could undermine broader progress. The program's advocates appear to promote traditional masculinity as the key to salvation for black and Hispanic boys, but at the cost of the boys' own fuller humanity.

*New York Times*  
March 12, 2014

### **Body-Image Pressure Increasingly Affects Boys**

Cultural ideals are becoming an equal opportunity anxiety-inducer, and eating disorders are increasingly common in men. But the symptoms in men and women don't look the same.

A [new study](#) of a national sample of adolescent boys, published in the January issue of *JAMA Pediatrics*, reveals that nearly 18 percent of boys are highly concerned about their weight and physique. They are also at increased risk for a variety of negative outcomes: Boys in the study who were extremely concerned about weight were more likely to be depressed, and more likely to engage in high-risk behaviors such as binge drinking and drug use.

*The Atlantic*  
March 10, 2014

### **Experts: Stereotyping Huge Barrier to Engaging African-American Males on Campus**

"Part of successful engagement with African-Americans is to simply not stereotype them," said Perry. "If Black students are going to a predominantly White institution, then they might not know how to respond to nuanced racism in the form of stereotypes."

Diverse Education  
March 6, 2014

### **For our young men of color, do we have the will to make a way? (Opinion)**

I applaud President Obama's new initiative, "[My Brother's Keeper](#)," but an important conversation is missing from the announcement and from the initiative itself. While it is necessary to encourage boys to work harder, that alone will not solve the problem. The reason so many boys and young men of color continue to fail remains unexplored.

*Huffington Post*  
March 6, 2014

### **Boys Don't Cry: The Crisis of Masculinity** (Opinion)

When we talk about sexism, we almost always automatically think of the victims as women. Tackling discriminating language, sexual harassment and domestic violence seems to be exclusively discussed as 'women's issues'. Much in the same way that these problems are not only 'women's issues', sexism itself is not a 'women's issue'. There are other types of sexism which are equally pervasive in our society and potentially more corrosive due to the fact that they constantly go undiscussed or completely undetected.

Social Worker Helper  
March 6, 2014

**Black Boys Viewed as Older, Less Innocent Than Whites, Research Finds**

*Police likelier to use force against black children when officers 'dehumanize' blacks, study says*

Black boys as young as 10 may not be viewed in the same light of childhood innocence as their white peers, but are instead more likely to be mistaken as older, be perceived as guilty and face police violence if accused of a crime, according to new research published by the American Psychological Association.

Newswise.com  
March 6, 2014

**Moving Boys Out of Poor Neighborhoods May Disrupt Boys' Mental Health**

*However, girls tend to do better with upward mobility, researchers say.* One reason for this distinction might be how boys and girls are seen by their new neighbors, Kessler said. When a boy comes from a poor neighborhood to a better neighborhood, he is automatically seen as a "juvenile delinquent," and people treat him differently, he said. "He doesn't get the same chance of integrating into the neighborhood," Kessler said. "Whereas, when a girl comes, 'She's this poor little thing from the inner city -- let's help her.' "

Healthfinder.gov  
March 5, 2014

**Of Fathers and Father Figures: Supporting or Undermining Gay Men's Health (Opinion)**

Gay men's relationships with our fathers are often fraught, to say the least. But without a father's -- or father figure's -- loving support and kicks-in-the-butt as needed, research suggests that the odds already stacked against us in enjoying good mental health and staying HIV-negative grow even steeper.

Huffington Post  
March 5, 2014

**Before Obama's New Initiative Stands A Landscape Of Hard Numbers**

CORNISH: My Brother's Keeper is not a government program with money to spend. The dollars are largely private, some 200 million from a group of big-named foundations. And they'll spend them over the next five years working on things like early childhood development, literacy and parent engagement. Meanwhile, the government's role is really to study the problem. Why are so many young black and Latino men falling behind? And to make sure the federal government is doing all it can to be part of the solution.

NPR New Hampshire  
March 5, 2014

### **Adolescent relationship violence has mental health implications for male victims, perpetrators**

The researchers found that few respondents reported continual involvement in IPV across relationships. A more common pattern was for violence to be present in one or two relationships. The researchers also found that IPV victimization, perpetration, and mutual violence all correspond with increases in symptoms of depression. Furthermore, these results were present for young men as well as women, documenting that young men are not immune to negative psychological outcomes associated with IPV victimization or perpetration.

MedicalXpress

March 5, 2014

### **Sex with underage boys should be punished same as that with girls, deputy says**

*Lawmaker says that offences against boys should be treated the same as for girls*

The Criminal Code currently treats sex with boys, whether consensual or not, as child molestation, which is punishable by up to five years in jail. Sex with a girl under the age of 14, or rape, carries a jail term of up to 10 years, unless severe violence or gang rape is involved.

SCMP

March 8, 2014

### **Boys have different learning patterns**

A recent study from researchers at the University of Georgia, which followed 10,000 students as they moved from kindergarten to eighth grade, indicates that though boys scored well on tests, indicating mastery of material, girls got better grades. Researchers account for higher scores in girls because they comported themselves better than boys while in the classroom.

*Paris Post Intelligencer*

March 13, 2014

### **How to engage boys in education**

The study is an attempt to tackle the root cause of difficulties that Northern Ireland still suffers, and which have parallels in areas of social deprivation in other pockets of the UK. Dr Ken Harland said: "We are dealing with the fact that schools are failing boys. 70 per cent of learning is outside school, meaning it takes a community to educate a child. The first step is to simply talk to boys about their needs.

*Plymouth Herald*

March 10, 2014

### **Somalia to seek Japan's help to save young boys from life of piracy**

"We want the amount of funds that Japan was putting into service delivery like education to be refocused on providing vocational education centers for those young boys so that they become useful members of society," Mohamud said at the Japan Press Club prior to consultations with Tokyo this week.

*Global Post*  
March 12, 2014

**Fears raised over HPV jab**

Johannesburg - The departments of health and basic education have launched a national campaign to vaccinate girls nine years and older against cervical cancer.

But critics are asking why boys are not being offered the jab.

Ioloco

March 12, 2014

**FOCUS: Obama Launches "My Brother's Keeper" on February 27**

Presidential Memorandum

**Coverage**

**Obama launches personal effort to propel black and Latino boys**

*Chicago Tribune*

**Obama to Launch 'My Brother's Keeper' Initiative to Help Boys of Color**

*Education Week*

**Philadelphia Non-Profit Joins President Obama's Effort To Help Men Of Color**

*CBS Philadelphia*

**How should the U.S. improve opportunity for young men of color?**

*PBS*

**W.K. Kellogg Foundation Applauds President Obama's Young Men of Color Initiative: Joint Effort With Ten Leading Foundations Will Address Barriers to Their Success**

*BlackNews.com*

**Bill O'Reilly talks with Valerie Jarrett about Obama Minority Male Initiative**

*BET*

**Emmett D. Carson: Mission of My Brother's Keeper resonates in Silicon Valley, too**

*San Jose Mercury News*

**My Brother's Keeper catching on in Baltimore**

*WBAL*

**Obama Brother's Keeper program inspired by Oakland project**

*SF Gate*

**Cory Booker Insists That Helping Young Men of Color Helps the Whole Country**

The Daily Beast

**Parker: Obama offers new hope for minority boys in U.S.**

*Houston Chronicle*

**Obama's Post-Presidency? Tackling the Social Mobility Challenge for Black Men**

Brookings

**My Brother's Keeper: A helping hand for young men of color**

*Washington Post*

**Tavis Smiley: Address hardship facing boys of color**

*USA Today*

**JORDAN DAVIS AND THE CONSPIRACY OF MISDIRECTION**

*The New Yorker*

**Young Black Men Suffer from High Rates of Depression**

Young African-American men suffer from much higher rates of depression because of trauma compared to their white counterparts, and many black men don't recognize that they have been traumatized, Dr. Waldo E. Johnson Jr. said during a recent one-day symposium at the University of Chicago.

*Houston Forward Times*, March 2, 2014

**HPV: Time to Pay Attention**

But when I watched Mr. McConaughey's Golden Globes [acceptance speech](#) and he said the film had been turned down 86 times before the financing came through, I couldn't help but think about the taboos that still exist today for other sexually transmitted diseases. Namely, HPV.

*Huffington Post*

February 28, 2014

**Low literacy scores plague minority male students in Colorado**

In Colorado, low proficiency scores are prevalent in both male and female African American and Hispanic students.

9 News

February 28, 2014

**Affordable Care Act May Help New Jersey Parents of Addicted Teens**

James P. Curtin, Executive Director of [Daytop New Jersey](#), the well-known adolescent recovery program and preparatory school located in Mendham, NJ says, "Everyone dealing with the care of addicted adolescents should be encouraged by precedents set by the Affordable Care Act even if they object to the Act itself." Mr. Curtin points out that the Affordable Care Act has the potential to enable millions of young adults dealing with mental and substance abuse disorders to gain access to treatment. Treatment

providers certainly hope to be able to provide highly effective care to the many that have previously been unable to access it.

Digital Journal  
February 28, 2014

**Louise Slaughter tweets that four-in-five black and Hispanic fourth-graders aren't proficient in reading: PolitiFact: "True"**

Government data backs up that depressing statistic, though it's worth noting that the U.S. has at least seen improvements across all races since the early 1990s. We rate the statement True.

PolitiFact  
February 27, 2014

**No longer loyal to Scouts, boys join Trail Life**

But the Boy Scouts had decided to admit gays, and Ron Orr, a tall, soft-spoken man with a firm handshake, is clear about his Christian faith and what it says about homosexuality: It is a sin that cannot be tolerated. His son agreed. He would forgo the century-old BSA for Trail Life, which officially launched just last month. "It felt like I'd be hitting something higher than Eagle in terms of achievement," Andrew said, in an interview.

USA Today  
February 28, 2014

**Boys' health costs higher than girls until age 14**

In an analysis of over 5.4 billion health insurance claims from 2009 to 2012, the Health Care Cost Institute, a nonprofit research group, found that before age 14, health-care spending was higher for boys than for girls. For boys of all ages, prescription-drug spending was higher than for girls. And out-of-pocket spending was also higher for boys ages 0 to 18: \$440 per boy in 2012 and \$414 per girl a 6% gap.

Wall Street Journal  
February 28, 2014

**Spike in ADHD Meds, Antidepressants in Kids**

An increase in prescription drug use among US children and teens, particularly psychostimulants and antidepressants, as well as growing teen admission rates for mental health issues and substance abuse are among the top findings in a new report from the Health Care Cost Institute (HCCI), a Washington-based nonprofit, nonpartisan research group.

Medscape Multispecialty  
February 27, 2014

**Gene Study Offers Clues to Why Autism Strikes More Males**

*Girls seem to tolerate more genetic mutations than boys do before showing symptoms of disorder*

A new DNA study begins to explain why girls are less likely than boys to have an autism spectrum disorder. It turns out that girls tend not to develop autism when only mild genetic abnormalities exist, the researchers said. But when they are diagnosed with the disorder, they are more likely to have more extreme genetic mutations than boys who show the same symptoms.

Medline Plus  
February 27, 2014

**Too Often, Doctors Miss Suicide's Warning Signs: Study**

*Many victims saw a physician just prior to the suicide, but less than half got mental health diagnosis*

Nearly 37,000 Americans kill themselves each year, according to federal statistics. But many of those deaths might have been prevented if doctors had been better at picking up on the warning signs of suicide, a new study suggests. "A national suicide reduction goal may be met if more primary care doctors and specialists receive and use training to identify and treat patients most at risk," study lead author Brian Ahmedani, an assistant scientist in the Center for Health Policy and Health Services Research at Henry Ford Health System in Detroit, said in a statement from the health system.

Medline Plus  
February 27, 2014

**Solving 'the boy problem'**

Boys will be boys, goes the old adage, but it's exactly this philosophy that has hurt young men in urban classrooms for more than a century, a Michigan State University scholar argues in a new book.

Many boys have devalued academic success since schooling was made mandatory starting in the early 1900s, Julia Grant writes in "The Boy Problem." Today, boys make up two-thirds of the special education population and black and Latino males in particular face high rates of suspensions, expulsions and imprisonment.

MSU Today  
February 27, 2014

**If you're a Latino male, don't miss your next doctor's appointment**

The American Cancer Society released the results of a new study this week indicating uninsured adolescents and young adults particularly those who were male and Hispanic or African American were more likely to be diagnosed with advanced stage cancer compared to those in the same age group who had health coverage.

Saludify  
February 27, 2014

**Young steroid users at increased risk of heart disease**

Steroid abuse is associated with increased risk of heart disease in otherwise healthy young men, an Australian study of deaths involving the drugs has found.

Medical Express  
February 27, 2014

**Mayor Mitch Landrieu opens conference addressing violent crime among African-American men, boys**

New Orleans Mayor [Mitch Landrieu](#) on Wednesday kicked off a two-day conference with representatives of 37 U.S. cities and municipalities, aimed at reducing violence and creating opportunity for African-American men

and boys. Cities United, the brainchild of Landrieu and Philadelphia Mayor Michael Nutter, is an umbrella organization with 56 member cities already signed on.

The Times Picayune  
February 26, 2014

### **Minority Male Students Face Challenge to Achieve at Community Colleges**

Although black and Latino male students enter community colleges with higher aspirations than those of their white peers, white men are six times as likely to graduate in three years with a certificate or degree, according to a [report](#) recently released by the Center for Community College Student Engagement at the University of Texas.

Chronicle of Higher Education  
February 26, 2014

### **Suicide among apparently well-functioning young men**

Suicide among young men is a major public health concern in many countries, despite great efforts to find effective prevention strategies. By interviewing close relatives and friends of apparently well-functioning young men who unexpectedly took their own life, Norwegian researchers found there had been no signs of serious mental disorder. This contradicts previous research which suggests that depression or other mental illness is an important risk factor in suicide.

Medical Express  
February 26, 2014

### **Boys-only short hair rule (for high school basketball players) = sex discrimination?**

Monday's 7th Circuit panel decision in [Hayden v. Greensburg Community School Corp.](#) (7th Cir. Feb. 24, 2014) discusses the broad issue at some length, in the course of considering a grooming code on public high school basketball teams: Boys, under this code, are required to cut their hair quite short, while girls aren't. And the court concludes that this code is unconstitutional.

Washington Post  
February 25, 2014

### **Should school boys who impregnate girls be expelled (as pregnant girls are) ?**

This question unsettled many as issues of gender disparity and the promotion of stereotypes were discussed during the workshop on the validation of the training manual for school committees. It was noted that the manual had guidelines on how to handle issues of pregnant girls in schools and was rather silent on issues of what should be done to the boy child. Again, TSC's Ncane Mtshali begged for clarity on the matter, stating that it seemed so biased to only discipline the girl child.

Swazi Observer  
February 28, 2014

### **Calls for boys to be vaccinated as rise in mouth cancer is linked to changing sexual habits**

Campaigners are calling for boys to have the jab too in order to stem the "catastrophic rise" in cancers, given that it's probably unrealistic to ask people to change their sex habits. Nigel Carter, Chief Executive of the British Dental Health Foundation, which compiled the figures from official data, said the rise was "very worrying". He said there is a clear gap in public knowledge about what causes mouth cancer. Smoking and drinking to excess increase your chances of getting mouth cancer by 30 times. He added: "Of greater concern is the rise of the HPV.

*The Mirror*

February 28, 2014

### **Boys eat more when watching TV**

Researchers have found boys will eat a lot when placed in front of a television, computer or video game, and snacks are made readily available.

*Stuff.nz.co*

February 26, 2014

### **Legal Drinking Age of 21 Saves Lives, Review Finds**

A legal drinking age of 21 saves lives. And demands by some to lower the age limit should be ignored, a new review says. Researchers examined studies conducted since 2006 and found that a minimum drinking age of 21 is associated with a reduced rate of drunk driving crashes among young Americans. That age limit also lowers young people's risk of other health threats associated with heavy drinking, such as dating violence, unsafe sex and suicide.

*Healthfinder.gov*

February 24, 2014

### **Frequent School Moves May Harm Kids' Mental Health**

Preteens who changed schools frequently when they were children are at increased risk of developing psychotic symptoms, a new study suggests. Having such symptoms at a young age is associated with a greater likelihood of mental health problems and suicide in adulthood, according to the researchers at Warwick Medical School in Coventry, England.

*Health Day*

February 23, 2014

### **Kids' Checkups Should Include Cholesterol, Depression Tests, Doctors Say**

*HIV screening also recommended under revised American Academy of Pediatrics guidelines.*

Doctors should test middle school-age children for high cholesterol and start screening for depression at age 11, according to updated guidelines from a leading group of U.S. pediatricians. Doctors should also test older teens for HIV, the AIDS-causing virus, the revised preventive-care recommendations from the American Academy of Pediatrics say.

*Healthfinder.gov*

February 24, 2014

[\*\*Are Slimmer, More Attractive Men More Germ-Free?\*\*](#)

Fitter, slimmer men are more likely to have fewer potentially dangerous germs in their nasal passages compared to heavier guys, a new study contends. The finding gives credence to the theory that one reason women are attracted to fitter males is that these men keep bacteria at bay and are more resistant to disease, the Polish researchers said.

Healthfinder.gov  
February 21, 2014

[\*\*Government gets F grade over adolescent mental health services\*\*](#)

The Government has failed children with mental health needs, according to the annual report card issued by the Children's Rights Alliance which said the Government was repeatedly failing to meet its own targets.

Irish Examiner  
February 25, 2014

[\*\*Young, Male, Childless Most Likely to Quit HIV Treatment\*\*](#)

treatment is extremely important for curbing the spread of HIV. However, new research reveals that younger people, men and people without children are most likely to drop out of HIV care in South Africa. This is worrying as the African country has the world's largest HIV positive population, with one in five adults being HIV positive.

Counsel & Heal  
February 20, 2014

[\*\*White working class boys still falling behind in classroom\*\*](#)

It appears deprivation is the main issue as at age 16, only 36 per cent of white boys from deprived backgrounds those on free school meals leave school with five good GCSEs

Birmingham Mail  
February 21, 2014

[\*\*Britain's male suicide rate is a national tragedy\*\*](#)

The latest suicide statistics from the ONS show the [greatest gender gulf](#) since records began. The suicide rate for men is now three and a half times that of women.

The Guardian  
February 20, 2014

[\*\*Obama's outreach to young men of color: too little too late?\*\*](#)

After five years in office, America's first black president may finally be getting serious about helping young minority men. The White House announced earlier this month that President Barack Obama is set to launch a new initiative called ["My Brother's Keeper,"](#) aimed at bolstering the lives of young men of color a demographic far too often trapped in cycles of poverty, academic failure and incarceration.

MSNBC  
February 19, 2014

[\*\*The toll of zero-tolerance discipline\*\*](#)

Across the country, poor, minority and special needs boys especially face

the wrath of so-called zero-tolerance school discipline policies that subject them to suspensions, expulsions and arrest at a disproportionate rate for committing similar infractions as their white counterparts.

MSNBC

February 19, 2014

### **The weaker sex? Male vulnerabilities challenge a stereotype**

Contrary to cultural assumptions that boys are stronger and sturdier, basic biological weaknesses are built into the male of our species. These frailties leave them more vulnerable than girls to life's hazards, including environmental pollutants such as insecticides, lead and plasticizers that target their brains or hormones. Several studies suggest that boys are harmed in some ways by these chemical exposures that girls are not. It's man's fate, so to speak.

Mother Nature Network

February 18, 2014

### **Test Could Predict Which Teen Boys Get Depression**

A saliva test for teenage boys with mild symptoms of depression could help identify those who will later develop major depression, a new study says. Researchers measured the stress hormone cortisol in teenage boys and found that ones with high levels coupled with mild depression symptoms were up to 14 times more likely to suffer clinical depression later in life than those with low or normal cortisol levels.

ABC News

February 17, 2014

### **Black males need opportunities, mentors**

Talent is everywhere, but opportunity isn't. President Obama reminded us of that simple truth during his State of the Union Address, acknowledging individuals and initiatives that are finding new ways to uncover and create opportunities using vision, resolve and determination.

Baltimore Sun

February 17, 2014

### **Bullying May Have Lasting Health Effects on Kids**

*Study of students in grades 5 through 10 found mental, physical fallout even if harassment stopped*

Kids who are picked on by their peers may see lasting effects on their physical and mental well-being -- especially if the bullying is allowed to persist for years, a new study suggests. The study found that kids who are chronically bullied seem to fare the worst: Those continually picked on from fifth grade to 10th grade had the lowest scores on measures of physical and emotional health.

Medline Plus

February 17, 2014

### **STD Education Must Start Long Before Kids Engage in Sex**

*Parenting, friends and academics all influence likelihood of contracting sexually transmitted diseases, study says*

Having a stable home life as a child, nice friends and success at school

reduces the odds of getting sexually transmitted diseases as a young adult, according to a new study. The University of Washington researchers said the findings show that efforts to prevent STD infections should begin years before most young people start having sex.

Medline Plus  
February 17, 2014

### **Boys Shouldn't Have to Be Boys**

At least not in the way the NFL's report on bullying in the Miami Dolphins' locker room would seem to suggest. For all of their detailed description of the harassment Jonathan Martin endured, investigators still placed that behavior within a framework of stereotype that fosters it.

The Good Men Project  
February 15, 2014

### **It's Never OK to Say Gay When You Really Mean Stupid**

For the next several months a group of writers focused on the issues of boys and men are collaborating through the writing and sharing of blog posts in order to bring greater awareness to the unique challenges boys and men face in the 21st Century. Twice a month these writers will be posting the same posts on their various media formats to spread the word and to introduce their audiences to the great work of their peers.

Patheos  
February 15, 2014

### **Minority, teenage boys most likely to delay HIV treatment**

African American and Hispanic teenage boys are more likely to seek HIV treatment only when their disease has advanced, indicates new research published in *JAMA Pediatrics*. The study, headed up by lead investigator Allison Agwu, M.D., an infectious disease specialist and HIV expert at the Johns Hopkins Children's Center, found that not only were minority, male teens the most likely to delay care, *all* teens were less likely than other age groups to seek medical aid for HIV.

Soludify  
February 14, 2014

### **Educating young men could expand 'morning after pill' use**

Young men know even less about emergency contraception than young women do, which may be limiting access to an effective means of preventing unwanted pregnancies, researchers say. "The big finding in our study is that young men had a lot less knowledge about emergency contraception than the young women that we surveyed, and even among the young women, knowledge wasn't great," Sheree Schrager, a member of the study team, told Reuters Health.

Chicago Tribune  
February 14, 2014

### **An assist for young men of color?**

The White House plans to make good on a single, isolated promise that President Barack Obama made in his State of the Union Address back in January:

"I'm reaching out to some of America's leading foundations and corporations on a new initiative to help more young men of color facing especially tough odds stay on track and reach their full potential."

Marketplace  
February 13, 2014

### **Students Who Lose Recess Are the Ones Who Need It Most**

Despite overwhelming evidence that periods of unstructured play and social interaction are a crucial part of children's cognitive, academic, physical and mental wellness, schools continue to take away recess privileges as a penalty for academic or behavioral transgressions.

New York Times  
February 13, 2014

### **What Boys Need**

Leaving behind the notion that boys are simply testosterone turbo-charged stalkers of the opposite sex, we can shift the debate about what they want to what they need. And there we discover the nurture deficit that leaves many boys voiceless.

Huffington Post  
February 13, 2014

### **Teens' Stress Levels Rival Those of Adults, Survey Finds**

Adolescents reported stress levels during the school year that surpassed those of adults, according to the American Psychological Association's latest *Stress in America* survey.

Medline Plus  
February 11, 2014

### **Boys devastated by sudden bald patches**

*The sudden development of bald patches can be devastating for boys, says a leading dermatologist.*

They are far more likely to become desperately unhappy than girls. It can lead to a reluctance to go to school and social isolation, says Professor Rodney Sinclair, who has studied the psychological impact of alopecia areata, an auto-immune disease that causes baldness. In severe cases it has led to suicide, with four Australian boys taking their own life in 2011.

Herald Sun  
February 17, 2014

### **Porn affects ability**

PORNOGRAPHY has become "normalised" among teenage boys and may be helping to undermine attempts at sex education in schools, a study has found.

A report by the charity Zero Tolerance says peer pressure on boys to appear sexually experienced and "bias" about porn is affecting their ability to learn about normal relationships. The report also suggests the viewing of aggressive or violent pornography is now commonplace.

The Scotsman  
February 19, 2014

**Cost is preventing boys receiving anti-cancer vaccine for HPV**

(requires free sign up)  
The Pharma Letter  
February 13, 2014

**How Caffeinated Are Our Kids? Coffee Consumption Jumps**

A [new report](#), published in the journal *Pediatrics*, finds that 17- and 18-year-olds are consuming almost double the amount of caffeine from coffee compared with a decade earlier. And increasingly, younger tweens and teens, ages 12-16, are getting more caffeine from coffee, too.

NPR  
February 11, 2014

**President Obama to launch major new effort to help young minority men**

The "My Brother's Keeper" initiative will bring foundations and companies together to test a range of strategies to support such young men, taking steps to keep them in school and out of the criminal justice system, a White House official said. Obama will also announce a more vigorous program to evaluate policies and publicize results to school systems around the country.

*Washington Post*  
February 11, 2014

**Report from Cancer Panel to Obama: Accelerating HPV Vaccine Uptake; Urgency for Action to Prevent Cancer**

According to the report, based on data from the Centers for Disease Control and Prevention, in 2012 only about one-third of 13- to 17-year-old girls in the U.S. received all three recommended doses of HPV vaccine. These rates fall considerably short of the U.S. Department of Health and Human Services Healthy People 2020 goal of having 80 percent of 13- to 15-year-old girls fully vaccinated against HPV. Immunization rates for boys are even lower - less than 7 percent of boys ages 13-17 completed the vaccine series in 2012 (although the vaccine was approved for males more recently than for females).

National Institutes of Health  
February 11, 2014

**Single-Sex Education's Benefits Challenged in Study**

Students in co-educational schools get the same quality of education as those in girls- or boys-only schools, a new review shows. The findings challenge claims by supporters of single-sex schools that separating boys and girls boosts their academic interest and performance, the researchers said.

Health Day  
February 7, 2014

**News Is Mixed on Teenagers and Substance Use**

Though an annual report on the prevalence of teenage substance use revealed some positive findings regarding alcohol and tobacco use, it also raised concerns regarding use by U.S. adolescents of other substances at a

level pointing to the need for major intervention.  
Psychiatric News  
February 6, 2014

**Veteran's Post: Suicide on the rise for young veterans**

The January 2014 Suicide Data Update has been released by the Department of Veterans Affairs, and the news is not good. Suicides are up in two groups of veterans who utilized the VA health system: young males (ages 18-24) and women.

Winter Park Observer  
February 5, 2014

**1 in 4 College Students Suffer from an Eating Disorder. Media to Blame?**

The National Institute of Mental Health has reported 25 percent of all college students struggle with an eating disorder and a National Eating Disorders Association study has shown these disorders have increased on college campuses as of 2013.

The Arkansas Traveler  
February 5, 2014

**Do Sports Help Boys Become Men or Bullies?**

There's another side of sports, a side that rewards unnecessary violence and even suggests athletes are outside the law.

The Good Men Project  
February 5, 2014

**Are Gay Men the New Face of Body Dysmorphia?**

We are shown so many different images of male models with rock solid bodies that we feel we need to live up to that type. We are also in the world of the Smart Phone, where each app comes with its own sort of judgement.

The Good Men Project  
February 5, 2014

**Many Young Americans With HIV Delay Treatment: Study**

A troubling new study finds that one-third to nearly half of American teens and young adults with HIV delay treatment until their infection is advanced, putting them at risk for serious health problems. These findings are especially disturbing as evidence increasingly suggests that starting HIV treatment as soon as possible helps keep the virus under control and can prevent the heart, kidney and neurological harm that occurs in patients with poorly controlled HIV infection, the researchers noted.

Healthfinder.gov  
February 4, 2014

**the Grio's 100 History Makers in the Making: Dr. David Bell, fighting for young men's health**

NOTE: Dr. Bell is co-chair of The Boys Initiative's project, The Partnership for Male Youth, which recently launched the Health Provider Toolkit for Adolescent and Young Adult Males

Dr. David Bell, 51, is an adolescent medicine physician who serves as the medical director and chief physician of the [Young Men's Clinic](#) in New York City. He is also director of a school-based program treating students at three middle schools and two high schools in upper Manhattan. He's on the faculty of Pediatrics and Public Health at Columbia University's Mailman School of Public Health.

The Grio

January 31, 2014

#### **Drug use starts in boys as young as 12, says expert**

Boys as young as 12 are getting hooked on illicit substances, according to a rehabilitation expert. Dr Ali Hassan Al Marzooqi, Director of Public Health and Research at the National Rehabilitation Centre (NRC), said presentation age of drug abuse "starts at 12-13 years and mostly males". He noted, however, that the number of "first start" use is declining.

[Khaleejtimes.com](#)

February 11, 2014

#### **Drive to raise male awareness on sexual health**

With sexually transmitted infections (STIs) on the rise here, a new campaign called #TakeTheTest has been launched to encourage men to get tested. Latest statistics show that from 2000 to 2011 new diagnoses at GUM clinics increased by 28%, with gonorrhoea, syphilis and chlamydia all on the rise.

*Belfast Telegraph*

February 11, 2014

#### **Thousands of kids aged 10 and under treated for depression**

*Experts blame 'toxic culture' of online bullying and stress of modern life*  
A 'toxic climate' of [online bullying](#) is causing thousands of children aged 10 and younger to become so depressed that they require medical treatment. Campaigners say up to 10 per cent of schoolchildren are affected by some form of [mental illness](#), leading them to being treated in hospitals and other NHS centres.

Parent Dish

February 11, 2014

#### **Teens who consume energy drinks more likely to use alcohol and drugs**

Nearly one-third of US adolescents consume high-caffeine energy drinks or "shots," and these teens report higher rates of alcohol, cigarette, or drug use, reports a study in the January/February [Journal of Addiction Medicine](#), the official journal of the [American Society of Addiction Medicine](#).

Eureka Alert

February 4, 2014

#### **Teen male sexual health: What should they know?**

True, they don't have menstrual cramps and can't get pregnant.

Nevertheless, teen males may have sexual health issues of their own.

Some may be normal variants while others may be abnormal and need medical attention. Here are several; note that some of the links below are

to medical illustrations and drawings.

Philly.com  
February 4, 2014

**Gay Teen Boys More Likely to Use Muscle-Building Steroids: Survey**

Gay and bisexual teen boys in the United States are much more likely to have used muscle-building steroids -- and to have used them heavily -- than their heterosexual counterparts, a new study suggests.

Healthfinder.gov  
February 3, 2014

**Single-sex education unlikely to offer advantage over coed schools, research finds**

Single-sex education does not educate girls and boys any better than coed schools, according to research published by the American Psychological Association analyzing 184 studies of more than 1.6 million students from around the world. The findings are published online Feb. 3 in the APA journal *Psychological Bulletin*.

Science COdex  
February 3, 2014

**Obama's 34 Words That Matter Most**

No one paid much attention when he said he would appeal for more help for young men of color, but those could prove the most important words of the State of the Union.

*The Daily Beast*  
February 2, 2014

**Many College Students Fear Going Hungry at Some Point: Survey**

Nearly six in 10 students at an Oregon university could not afford to get enough healthy food at one point in the school year, a problem that threatens their school performance as well as their physical and emotional health, researchers say.

Medline Plus  
January 31, 2014

**Treatment Often Inadequate for Children With Anxiety Disorders, Study Finds**

Less than half of children and young adults who undergo treatment for anxiety get long-term relief from their symptoms, a new study finds.

Health Day  
January 29, 2014

**Substance Abuse and Risky Sexual Behavior Decrease Among Latino Youth When Parents Communicate**

Effective parenting in the lives of maturing Hispanic youth is essential when intending to prevent problem behaviors such as the use and abuse of substances and risky sexual behaviors. Without proper parental guidance, Hispanic youth suffer increased risk of contracting HIV because they will likely engage in drug use and risky sex, a new study from the University of Michigan indicated.

*Latin Post*  
January 29, 2014

### **Sexual Problems Affect Young Adults Too**

Sex problems do not only affect middle age and older people ♀ teens and young adults have difficulties with sex too, a new study from Canada shows.

Live Science  
January 28, 2014

### **Kids Bullied During Gym Class May Stop Exercising**

Children who are bullied during gym classes or while doing other types of exercise and sports are less likely to be physically active, a new study finds.

Medline Plus  
January 27, 2013

### **Putting the man in contraceptive mandate**

While the mandate is a landmark for women's health care, it has not yet directly addressed a role for men. Male involvement is often either absent or a late addition to reproductive policies, as seen with past developments in sexual health such as emergency contraception, the human papillomavirus vaccine and expedited partner therapy for sexually transmitted infections. As written currently, the ACA does not direct insurance carriers to reimburse for vasectomy nor prospective male contraceptives or counseling.

*Contraception Journal*  
January 2014

### **What Happens to Depressed Adolescents?**

The high rate of recurrence of depressive symptoms, emergence of non depressive disorders, and ongoing psychosocial challenges point to the need for a longer-term view of the management of adolescents with depressive disorders.

*Psychiatric Times*, December 30, 2013

### **Vaccination campaign: The HPV jab that would save boys' lives**

HPV Action, which has attracted the high-profile backing of leading charities and a medical royal college, wants the national vaccination programme against the human papilloma virus (HPV), currently only available to girls aged 12 to 13, to be extended to boys, amid growing evidence of the virus's role in causing cancers of the mouth and throat.

*The Independent*  
February 4, 2014

### **NIDA Releases Substance Abuse Treatment Resources for Teens**

The National Institute on Drug Abuse (NIDA) has released resources to help parents, health care providers, and substance abuse treatment specialists treat teens struggling with drug abuse, as well as identify and interact with those who might be at risk.

Campus Safety  
January 25, 2014

**\$2.25M grant to help NH substance abuse screening**

The New Hampshire Charitable Foundation plans to use a \$2.25 million grant to help with a new substance abuse screening program for young adults.

The Hilton Foundation grant will enable the Charitable Foundation, in partnership with selected nonprofit hospitals, primary care and community health practices, to expand use of the screening program to people between the ages 12 and 22 with the goal of stopping substance use before it starts.

AP

January 25, 2014

**School Segregates Students Because 'Girls Hear Better' And 'Boys Are Messy'**

Somerset Middle School in Somerset, Wis. has been accused of segregating boys and girls based on gender stereotypes, which may violate gender equality laws.

Opposing Views

January 22, 2014

**New Option for Teens Struggling With Addiction**

Despite the focus on preventive measures in schools, the number of teens who say they've used drugs is alarming. For many of these teens, there is nowhere to turn once they've become addicted. Until this month, no centers in the greater Baltimore area accepted adolescents.

ABC News

January 22, 2014

**Giving hope, help to young gay men**

Offering an oasis from attitudes such as those, the Camden Area Health Education Center operates a "drop-in" program for young gay men at 514 Cooper St. The bright, comfortable basement space is open three evenings a week to males between 17 and 24, and provides HIV testing, counseling, support groups, and social programs.

Philly.com

January 22, 2014

**Initiative increases focus on the health of boys**

*A new Web-based resource aims to help health care providers better engage adolescent and young-adult male patients and address their unique health issues.*

USA Today

January 22, 2014

**Unemployment: Crisis Meets Opportunity**

You don't need me to tell you that unemployment is still a huge problem. The unemployment rate, including long-term unemployment, is still way too high, and Congress keeps deadlocking over small but urgently needed

measures like [extending unemployment benefits](#) for those struggling to find work. For young Latino and African American men, it's even worse. Nationally, Latino men age 20 to 24 have an 11.5 percent unemployment rate, while for young African American men, the rate is more than 20 percent. Even as we hear of gradual recovery from the recession, that last figure is very close to Great Depression levels of unemployment.

Huffington Post  
January 21, 2014

### **Technology That's Making a Difference to Youth Mental Health**

An estimated [1.2 million](#) Canadian children and youth are affected by mental illness yet less than 20 per cent will receive appropriate treatment. With more than two-thirds of adults living with a mental health problem reporting that symptoms first appeared during their youth, establishing the foundation for healthy emotional and social development is vital early on.

Digital Journal  
January 21, 2014

### **Gay-straight alliances reduce suicide risk among all students: study**

*Student-led clubs and anti-homophobia policies found to lower odds of discrimination*

Vancouver Sun, January 20, 2014

### **Easier Way for Doctors to Identify Substance Abuse?**

*Study supports asking a simple question, rather than giving lengthy questionnaire*

A single question may help doctors determine whether a patient has a drug or alcohol problem and the level of abuse, a new study suggests. Keep it simple is the message from the study of nearly 300 people recruited from the Boston Medical Center primary care clinic.

Medline Plus  
January 16, 2014

### **New Books, 'Helping Boys Learn,' Feature Separate Editions for Parents & Teachers**

Edmond J. Dixon, Ph.D. offers practical [teaching strategies](#) with parents' and teachers' editions of a new book, "Helping Boys Learn: 6 Secrets for Your Son's Success in School."

Digital Journal  
December 16, 2014

### **Primary Care Providers May Balk at Giving Teens Antidepressants**

*Many aren't comfortable writing the prescription and most would refer patient to a psychiatrist, study finds*

Primary health care providers are reluctant to prescribe antidepressants for their teenaged patients, even in cases of severe depression, a new study suggests. The researchers found that those who were more knowledgeable about depression -- and especially those who could consult with an on-site mental health expert -- were more likely to prescribe antidepressants for depressed teens.

Medline Plus  
January 15, 2014

### **Half of teens outgrow depression and anxiety**

Around half of teens who experience a brief episode of depression or anxiety do not go on to have a mental illness in adulthood, according to a study from the Murdoch Children's Research Institute. Half of girls and almost one-third of boys have an episode of depression or anxiety in their teens but rates drop sharply when young people reach their 20s. The study was published January 16 in *The Lancet* medical journal.

The Conversation.com  
January 16, 2014

### **In Defense of Boys**

*When the only tool you have is a hammer, every problem looks like a male.* The New York Times's [Charles Blow](#) had an interesting column the other day, and we mean that as a backhanded compliment. Blow opens by announcing that his intention is to transcend the "simplistic, black-or-white, conservative vs. progressive discussion around the dissolution of the traditional family and high single-parent birthrates" and instead "focus more on complex areas of causation."

Wall Street Journal  
January 15, 2014

### **Colorado Introduces New Campaign to Combat Teen Prescription Drug Abuse**

Fresh on the heels of its move to make now-legal marijuana more readily available to adults, Colorado has introduced a campaign meant to help fight teen prescription drug abuse. The Rise Above Colorado campaign is being unveiled today (Jan. 15) and will include educational programs and outreach efforts.

Home Testing Blog  
January 15, 2014

### **Predictors of substance abuse identified among teens with bipolar disorder**

A study published in the issue of the *Journal of the American Academy of Child and Adolescent Psychiatry* found that approximately one in three teens with bipolar disorder developed substance abuse, for the first time, during 4 years of follow-up. The study also identified several risk factors that predicted who among these teens was most likely to develop substance abuse.

Yotta Fire  
January 14, 2014

### **Are Teen Brains Hyper-Wired for Rewards?**

*Study suggests there may be some logic in their choices after all*

Teens are notorious for taking more risks than adults, and a new imaging study suggests it's because the adolescent brain is hypermotivated when it comes to receiving rewards. A study published online Jan. 13 in *Proceedings of the National Academy of Sciences* suggests that teen brains

showed more activity in a specific pleasure center of the brain compared to adults when they were rewarded during gambling games where money was at stake.

Medline Plus  
January 14, 2014

### **Bullies and victims face mental health risks**

Young teenage bullies and their victims face increased risks of developing mental health and substance use problems later in adolescence, a University of Queensland study has found.

The study examined the [mental health](#) outcomes of 17-year-olds who had been involved in peer aggression and [bullying](#) at 14 years of age.

Medical Express  
January 14, 2014

### **Higher depression risk in boys who think they are underweight**

The focus on teenage weight issues tends to center around girls, but boys are not immune to body image pressures. In two new studies, researchers found that teen boys of a healthy weight who think they are too skinny have a higher risk of being depressed, compared with other boys - even those who think they are overweight.

Medical News Today  
January 13, 2014

### **Teens down about concussion**

*Teenagers who have suffered from concussion should be screened for depression, research suggests.*

The US study published in the *Journal of Adolescent Health* found that adolescents with a history of concussion [are more than three times](#) as likely to suffer from depression as those who have never had mild traumatic brain injury.

6 minutes.com  
January 13, 2014

### **Lack of sleep in teenage boys may lead to obesity**

A new research study finds that lack of sleep in teenage boys leads to weight gain even though it has no effect on girls of the same age. The researchers looked at the sleeping habits and body fat and weight in 386 boys and 299 girls. The age group was 15-18. They found that an average teenage boy of 16 years who sleeps 8 hours a day will have 1.6 kg more fat in their body and will be 1.8 cm bigger around the waist compared to a boy of same size who slept 10 hours every day.

Health and Beauty News  
December 13, 2014

### **Assaults at Schools Send 90,000 Kids to ER Each Year: Study**

Children and teenagers who are assaulted at school account for nearly 90,000 emergency-room visits in the United States each year, new research finds.

Healthfinder.gov  
January 13, 2014

### **Why Florida Wants To Expand Single-Gender Classes**

A handful of public schools in Florida have either all-girls or all-boys classrooms. More could be coming. Rep. Manny Diaz, R-Hialeah, is behind [a bill that would have one school in each school district](#) offer only single sex classes. The proposed legislation would create a pilot project in designated districts for two years.

NPR

January 13, 2014

### **Michael Gurian: If I Were a Parent of a Boy...**

But it is also true that boys and men are in substantial trouble today. They increasingly fill our principal's offices, ADD/ADHD assessment clinics, and rolls of the homeless and unemployed. Boys and men are more likely to be victims of violence than girls and women, commit suicide at four times the rate of females, and suffer emotional disturbance, behavioral and other brain related disorders in higher numbers. They are suspended or expelled from school in much higher numbers than girls, receive two thirds of the Ds and Fs in schools, and lag behind girls in standardized test scores in all fifty states. They abuse substances and alcohol at higher rates than girls and are incarcerated at exponentially higher rates.

Strong for Parenting Blog

January 8, 2014

### **What Happens to Depressed Adolescents?**

The disruption caused by adolescent depression is also known to affect health outcomes during young adulthood; however, few studies have tracked outcomes into this stage. My colleagues and I recently published a study that looked at the longer-term clinical and psychosocial outcomes of depressive disorder in early adulthood.<sup>1</sup> In addition, clinical and demographic variables that were associated with recurrence and lack of remission were identified.

*Psychiatric Times*

December 30, 2013

### **Banding Together to Help Boys into Manhood**

*Vancouver 'Young Men's' school group resists gendered pressures through mentorship.*

We know there's something up with boys -- the alarms have been sounding for decades. Today, young men are 10 per cent more likely than young women to [drop out of high school](#). Their post-secondary enrollment [falls worryingly short](#) of women's, too. In particular, single young men have been [hit hard](#) by recession. Recognizing the trends, an increasing number of schools in the Lower Mainland are rolling up their sleeves to do something about it.

*The Tyee*

December 20, 2013

### **Hong Kong follows global trend with women dominating higher education**

Worldwide, girls are outperforming boys at school and university. In the first of two-part series, Elaine Yau examines how this trend is playing out in Hong Kong

*South China Morning Post*

January 17, 2014

### **Boys will be boys It is imperative that parents set a good example for their sons**

Unpleasant stories about men's aggression and violence towards their family members continue to surface. And violent behaviour can be assimilated through the family environment as children grow up. Boys...

*Bangkok Post*

January 14, 2014

### **'Raising Kings' conference organizers hope to inspire men, boys of color**

*Goal of program to foster success among boys, men of color*

Artists, educators and community leaders are lining up for a two-day conference that hopes to break the sense of hopelessness gripping some of Wilmington's men and youths. Organizers of the Raising Kings Conference hope the event, which will consist of speakers, breakout sessions and activities, will raise the level of positive engagement in the lives of men and boys of color.

*Delaware Online*

January 11, 2014

### **Up to 40 Percent of Kids with Autism Receive Alternative Medicine Treatments, Too**

In a new study, 40 percent of families with children who have autism or other developmental disorders said they use alternative medicine to treat their children, along with conventional therapies. The findings, published in the *Journal of Developmental and Behavioral Pediatrics*, were based on a survey of families in Northern California.

*Health Line News*

January 11, 2014

### **Study: Half of Black Men Arrested by Age 23**

Nearly half of all African-American males are arrested by age 23, outpacing their White counterparts, according to a new study published Jan. 6 in the journal *Crime & Delinquency*.

*Afro*, January 10, 2014

### **Primary care practitioners hesitate to prescribe antidepressants for depressed teens**

Pediatric primary care practitioners (PCPs) are reluctant to prescribe antidepressant medications to adolescent patients even those with severe depression, reports a study in the January *Journal of Developmental & Behavioral Pediatrics*.

Medical Express  
January 10, 2014

**Boys In The Back: Equalizing Education**

Think about the perfect student, the one who sits quietly, takes notes, and participates when called on. Now, were you imagining a boy or a girl? Chances are, your "perfect" student was a girl.

*Jewish Press*  
January 10, 2014

**Suicide rate among young male vets spikes: VA**

There has been a sharp increase in the suicide rate among the youngest U.S. male veterans, and a smaller but still significant jump among women who served in the military, the Department of Veterans Affairs said Thursday.

CBS News  
January 10, 2014

**Ove! Relationships: Boys Will Be Boys (or However We Make Them)**

Divorce, spousal abuse, child abuse, crime, violence, violence against women, the list goes on and on. Then there is the list of depression, drug abuse, and suicide. What's going on? Bad seeds? The bad apple of the bunch? Or is there a bigger picture problem, a systemic lack of proper guidance in our society?

*Oye Times*  
January 10, 2014

**Sad Truths about Teen Suicide**

Teen deaths for any reason are tragic losses of life and potential. According to the Centers for Disease Control and Prevention (CDC), one in five teenagers in the U.S. seriously considers suicide annually, and approximately 1,700 die by suicide each year. Both the CDC and the National Mental Health Association (NMHA) point out that suicide rates for teens have tripled since 1960 -- making it the third leading cause of adolescent death and the second cause among college students. Yet, according to the American Psychological Association, teen suicide is preventable, and they identify possible warning signs. They also note that more than 90 percent of suicide deaths are from mental illness and substance-abuse disorders.

American Thinker  
January 9, 2013

**Violence in communities: Examine what it means to be a "real" boy or man in society**

If you're concerned about issues of bullying, school shootings, rampage killings, day-to-day gun violence and sexual assault, scholars who study gender, violence and larger cultural patterns urge us to examine these issues through the lens of gender.

Michigan State University  
January 9, 2014

### **Kids Believe The World Is More Separated By Gender**

A new study conducted at Michigan State University revealed that kids believe the world is far more segregated by gender than it actually is.

Counsel & Heal

January 9, 2014

### **Teenagers who drink have more friends: study**

Middle and high school students who drink alcohol are often the same ones winning the popularity contests, new research suggests. Previous studies have found friend groups can influence choices about alcohol, but haven't looked at the possible social payoffs of drinking.

*Baltimore Sun*

January 8, 2014

### **National Youth Health Fitness Survey: Only 1 In 4 Tweens Meets U.S. Guidelines**

Only 1 in 4 U.S. kids aged 12 to 15 meet the recommendations an hour or more of moderate to vigorous activity every day.

*Huffington Post*

January 8, 2014

### **Raising real men: If you want smart boys**

It is much more socially acceptable for a girl to "be smart" than it is for a boy.

*Deseret News*

January 8, 2014

### **Addressing Comorbid ADHD, Substance Abuse Disorder in Adolescents**

The rate of ADHD is 6 percent to 9 percent in children; and 3 percent to 4 percent in adults. If we look at the clinical samples, over half of the adults with ADHD will have a SUD. If we reverse this and began our study observing people with addiction, we will see that 25 percent of people with a substance addiction will have ADHD.

*Psychiatric News*

January 7, 2014

### **Higher education data on college degrees for the Class of 2012 confirm a huge and persistent gender degree gap**

The Department of Education recently provided an advance release of some of its "[2013 Digest of Education Statistics](#)," including data on degrees conferred for the Class of 2012, here's what those data show: 1. For the seventh year in a row starting with the Class of 2006, women in 2012 earned more college degrees than men at every level. Milestone: For the first time ever, women in 2012 earned more than one million bachelor's degrees (1,025,729). In contrast, men earned only 765,317 bachelor's degrees in 2012

AEI

January 6, 2014.

### **Steroid use soars among young men**

Steroids have become the drug of choice for people who start injecting illicit

substances, eclipsing methamphetamines and heroin in popularity among young men.

Sydney Morning Herald  
January 10, 2014

### **Research sheds light on eating disorders in young men**

Eating disorders are commonly associated with women, but recent research is shedding light on young men's struggles with anorexia, overeating and other disorders.

Dr. Skevoulla Xinaris, a psychologist with Lakeridge Health's eating disorders program in Oshawa, Ont., told CTV News that she's seeing more young men at the clinic who have severe eating disorders, including anorexia nervosa, bulimia nervosa and binge-eating.

CTV News  
January 5, 2014

### **Adolescent Health Programme Launched**

To address the health needs of the 243 million adolescents, Union Minister for Health and Family Welfare Ghulam Nabi Azad on Tuesday launched the Rashtriya Kishor Swasthya Karyakram (RKS). Azad said that the programme will bring in several new healthcare dimensions, which he listed as mental health, nutrition, substance abuse, gender-based violence and non-communicable diseases. He said so far the efforts have been partial, confined to sexual and reproductive health, that too at select government facilities.

Indian Express  
January 9, 2014

### **Mostly boys taking up computer-type studies**

Twice as many boys are studying computer-related subjects in Southland schools as girls, with industry professionals placing the blame on schools.

*Southland Times*  
January 9, 2014

### **There's Something Absolutely Wrong With What We Do To Boys Before They Grow Into Men**

I can't even begin to describe the toll that the concept of masculinity has taken on my life. And it's felt everywhere. It's time we make changes, starting from within ourselves.

Upworthy  
January 2014

### **Young Men and Shootings: Man Enough?**

But we overlook one aspect of these violent public outbursts: in every case where a suspect is known, the shooter is male. (Notice how the word "gunman" fits comfortably within our vernacular, unlike its feminine counterpart.)

*Aspen Times*, January 3, 2014

### **Why Doctors Don't Talk to Teenage Boys about Sex**

The researchers also found that female patients were twice as likely to

discuss sexual matters with their doctors. While this might seem like par for the course (as ob/gyns tend to discuss issues such as birth control, the HPV vaccine, and more), it also shows that we are doing teenage boys a glaring disservice.

Everyday Health  
January 3, 2014

### **Doctors Fail To Have 'The Talk' With Teenage Patients, Study**

The experts found that physicians brought up these topics in 65 percent of visits and each conversation regarding sex lasted for an average of 36 seconds only. It was also found that in none of the visits did adolescents start the sex conversation, reinforcing the need for physicians to initiate such talks. The study, published Dec. 30, 2013, in *JAMA Pediatrics*, found that less than two thirds of doctors and teenage patients talk about sex, sexuality or dating during annual visits.

[hngn.com](http://hngn.com)

December 31, 2013

### **Colo. Teen Addiction Centers Gear Up for Legal Pot**

While many Coloradoans rang in the new year [by lining up outside marijuana dispensaries for a celebratory toke](#), some rehab centers are prepping for an increase of marijuana-addicted patients in 2014, especially teenage users.

ABC News  
January 3, 2014

### **The Boy Scouts and the Secret Policy of Inclusion**

January 1 hails not only a new year, but also a new era for the 104-year-old Boy Scouts of America (BSA). It's the day a new policy allowing openly gay boys to join took effect. While gay adults are still prohibited from troop leadership, this historic first step toward inclusion serves as an invitation to all boys to join in the fun, friendship, and challenge of scouting.

*Huffington Post*  
January 2, 2014

### **Is The Sensitive Boy Doomed From The Start?**

We are raising our boys to become better than their macho-male predecessors, a noble endeavor indeed. We teach them to be sensitive, that crying in public is nothing to be ashamed of, that they don't need to "suck it up," that the weight of the world is not riding on their shoulders, and no matter what others might say, they are special and should be respected for being special. We just keep forgetting to tell them that everyone else thinks they are special too.

Good Men Project  
January 1, 2013

### **Snapshot of the U.S. uninsured: Young, male, family working**

A large fraction of the United States' uninsured are young, men who are either working or have someone in the family working, white or Hispanic, officials say.

UPI  
December 29, 2013

**Study Identifies Health Risk Facing Boys Raised By Single Parents**

Growing up in a single-parent household can lead to high blood pressure later in life for African-American males, according to a new study from the National Institute of Health.

Huffington Post, December 26, 2013

**CDC: Diagnoses of ADHD Are on the Rise**

According to a study by the Centers for Disease Control and Prevention, 6.4 million children, or 11 percent of children between the ages of 4 and 17, have been diagnosed with attention-deficit/hyperactivity disorder. -

News Register

December 26, 2013

**How to raise boys to be good men**

Boys, like girls, have complicated feelings. They struggle with their identities. They have no idea how to approach females. The anything goes sexual mores of teen sexuality create pressure to perform as well as pressure not to violate.

CNN

December 25, 2013

**Baby Boys Prefer Dolls To Cars**

After showing four-month and five-month-old babies pictures of objects, people and dolls, Australian researchers at the University of Western Sydney found that baby boys favor objects with faces over machines.

Counsel & Heal

December 23, 2013

**Are we lazy in our approach to educating boys? They have fundamentally different learning patterns, says expert**

A recent study from researchers at the University of Georgia, which followed 10,000 students as they moved from kindergarten to eighth grade, indicates that though boys scored well on tests, indicating mastery of material, girls got better grades. Researchers account for higher scores in girls because they comported themselves better than boys while in the classroom.

Milford Messenger

December 30, 2013

**Why girls are preferred over boys by IVF parents**

A new research has found that a majority of IVF parents undergoing embryo screening are choosing girls over boys in order to decrease the child's risk of autism, as male babies are about 4 times likely as girls to develop the medical condition.

India.com

December 26, 2013

### **Teen boys have 'negative view' of depression in peers**

This test also showed that teenage girls did not have negative attitudes towards their peers with depression but that some teen boys did. Dr Hennessy said: If we were to think about intervention, the group that we need to target are adolescent boys and depression.

[thejournal.ie](http://thejournal.ie)

December 23, 2013

### **Tristram Hunt: 'White British boys are not getting the education they want'**

"It doesn't matter that these are white boys. It's not about the colour of their skin. It is a grouping that we know we have an issue with." While London schools have been transformed "and that has particularly impacted on other race communities, we have a problem in other parts of the country that particularly affects white British boys".

*The Telegraph*

December 28, 2013

### **Twin U.S. studies unlock mystery of how HIV causes AIDS**

U.S. scientists have discovered the basic mechanisms that allow HIV to wipe out the body's immune system and cause AIDS, which could lead to new approaches to treatment and research for a cure for the disease that affects 35 million people around the world. Instead of actively killing immune system cells known as CD4 T cells, much of the damage done by HIV occurs when the virus tries to invade these cells and fails, triggering an innate immune response that causes the cells to self-destruct in a fiery kind of cell suicide known as pyroptosis.

Medline Plus

December 19, 2013

### **Taking Drug to Prevent HIV Doesn't Seem to Encourage Risk-Taking**

*Study found those given Truvada did not practice riskier sex because of extra protection*

Should people in danger of contracting HIV because they have risky sex take a pill to prevent infection, or will the medication encourage them to take even more sexual risks? After years of debate on this question, a new international study suggests the medication doesn't lead people to stop using condoms or have more sex with more people.

Medline Plus

December 18, 2013

### **Many ADHD Drugs Linked to Painful Erections: FDA**

*Agency wants drug labels to reflect this rare risk*

In rare cases, Ritalin and some other drugs used to treat attention-deficit/hyperactivity disorder (ADHD) can cause long-lasting and sometimes painful erections, the U.S. Food and Drug Administration said Tuesday. If this condition -- called priapism -- is not treated immediately, it can cause permanent damage to the penis.

Medline Plus  
December 17, 2013

[Suicide: The Irony of Despair](#)

We've made some progress in understanding mental illnesses over the past few decades, and even come up with drugs to help ameliorate their effects. But we have not made any headway against suicide.

David Brooks, *New York Times*  
December 6, 2013

[HPV common among sexually active young gay men](#)

teenagers who have had at least four sexual partners are at increased risk of contracting human papillomavirus (HPV), a new study suggests.

Medline Plus  
December 5, 2013

[Sexual risk lower among U.S. gay and bisexual men who accurately know their HIV status](#)

A new analysis of data from 20 major U.S. cities reveals continued signs of sexual risk among gay and bisexual men, but shows dramatically lower sexual risk among those who accurately know their HIV status. The findings were published today in CDC's Morbidity and Mortality Weekly Report.

Centers for Disease Control  
November 27, 2013

[Suicides United States, 2005-2009](#)

This report is part of the second CDC Health Disparities and Inequalities Report (CHDIR). The 2011 CHDIR ([5](#)) was the first CDC report to assess disparities across a wide range of diseases, behavior risk factors, environmental exposures, social determinants, and health-care access. The topic presented in this report is based on criteria that are described in the 2013 CHDIR Introduction ([6](#)). This report updates information that was presented in the 2011 CHDIR ([7](#)) by providing more current data on suicide in the United States. The purposes of this report are to discuss and raise awareness of differences in the characteristics of suicide decedents and to prompt actions to reduce these disparities.

*Mortality and Morbidity Report*  
November 22, 2013

[Boys who leave school during recession, not boom, fare better](#)

Boys who left school or college during a recession experienced better health later in life than if they left in a boom, but not girls, British researchers say.

UPI  
December 15, 2013

[The Selling of Attention Deficit Disorder](#)

"The numbers make it look like an epidemic. Well, it's not. It's preposterous," Dr. Conners, a psychologist and professor emeritus at Duke University, said in a subsequent interview. "This is a concoction to justify the giving out of medication at unprecedented and unjustifiable levels."

New York Times  
December 14, 2013

[This Dangerous Illness Is Spreading in Young Men at an Alarming Rate](#)

These men and boys, as young as 13, are typically ashamed to talk about it, rarely get health care, and are too often shunned by their families. The AIDS epidemic in the U.S. is infecting a disproportionate number of young, poor black and Hispanic men who have sex with men. Nationally, one-quarter of new infections are among black and Hispanic men, according to a July 2012 study from the [Centers for Disease Control and Prevention](#).

Take Part  
December 13, 2013

[Boys who grow up in two-parent homes less likely to have high blood pressure as adults](#)

In a study of African-American men, researchers from the National Institutes of Health found that boys who grew up in two-parent homes were less likely to have [high blood pressure](#) as adults compared to those raised by a single parent. Reported in the Dec. 12, 2013, issue of the journal *Hypertension*, this is the first study of an African-American population to document an association between childhood family living arrangements and blood pressure.

Medical News  
December 13, 2013

[Cell Phone Use and Grades](#)

Kent State University researchers surveyed more than 500 college kids about their daily cell phone habits. They were also asked about their general level of happiness, and agreed to give researchers access to their grade point averages. High use of cell phones added up to poorer grades higher anxiety, and lower satisfaction with life, compared to less cell time.

Health Day  
December 13, 2013

[Young Men More Likely Not To Have Health Insurance](#)

The U.S. Census Bureau released a report this week that shows men are less likely to have health insurance than women, and the percentage of young people who are uninsured is far greater than the national average. According to the report, 15.7 percent of Americans, or 48.6 million, in 2012 did not have health insurance. Of the total, 25.6 million were male and 23.0 million were female. The category with the highest percentage of uninsured was young men between 25 and 29 years old; at 33.9 percent, their percentage of uninsured was more than twice the national average.

Financial Adviser  
December 12, 2013

[Coverage Options For Young Adults Who Have A Mental Illness](#)

An explanation about how the new healthcare law works  
Kaiser Family Foundation  
December 9, 2013

### [Black men raised by single parent had higher blood pressure as adults](#)

African-American men raised in single-parent households in Washington, D.C., had higher [blood pressure](#) as adults than men raised by two parents, according to a study in the American Heart Association journal Hypertension.

American Heart Association

December 2, 2013

### [Sexual risk lower among U.S. gay and bisexual men who accurately know their HIV status](#)

A new analysis of data from 20 major U.S. cities reveals continued signs of sexual risk among gay and bisexual men, but shows dramatically lower sexual risk among those who accurately know their HIV status. The findings were published today in CDC's Morbidity and Mortality Weekly Report.

MMWR, November 27, 2013

### [Hook-Ups, Friendships and the New Rules of 'Dibs' for Teen Boys](#)

*Author Rosalind Wiseman on how high school guys can navigate the treacherous shoals of love, sex and loyalty in an era of casual relationships* Rosalind Wiseman, author of [Queen Bees and Wannabes](#), the 2002 book that mapped girl social hierarchies and inspired the film Mean Girls, is back with a new book. This time she's exploring boy world. In [Masterminds and Wingmen](#), published this fall, she offers a guide for parents hoping to help their sons navigate the shoals of adolescence.

*Time*, November 21, 2013

The Center for Law and Social Policy (CLASP) recently released three new briefs designed for community leaders, advocates, and youth organizers. The briefs are part of the Robert Wood Johnson Foundation's [Forward Promise](#) initiative focused on promoting opportunities for the health and success of middle school- and high school-aged boys and young men of color.

[Empty Seats: Addressing the Problem of Unfair School Discipline for Boys of Color](#) discusses how zero-tolerance and punitive school discipline policies have disproportionately affected boys of color, particularly African Americans. The report highlights school districts that have made significant efforts to change their policies and implement better approaches that keep boys connected to school and learning.

[The Promise of Education: Reversing the Dropout Crisis for Boys and Young Men of Color](#) examines the high school dropout problem and recommends strategies for identifying and providing in-school and out-of-school supports to boys who are likely to drop out. These supports are vital for dropout prevention and academic success.

### [Free HPV vaccination for N.L. boys not in sight](#)

"The high uptake of the HPV vaccine among girls has protected approximately 50 per cent of the population, which significantly lowers the possibility of contracting and transmitting the virus between sexes," said the department spokesman.

*The Telegram*

December 9, 2013

### [Gay Sex Law Raises Fears](#)

The 153-year-old law that criminalises gay sex is likely contributing to hidden depression and possibly even substance abuse among homosexuals, mental health professionals campaigning for its repeal have said. The experts have said the Supreme Court's ruling earlier this week re-criminalising gay sex could lead to a surge in depression levels across the community. They have cited international studies that point to higher levels of mental health problems among gay men.

*The Telegraph*

December 14, 2013

### [Indian Boys Get Lessons in Respect](#)

Since the brutal gang rape and death of a young woman on a bus in Delhi last December, NGOs in India have been reorienting adolescent sexuality programmes to sensitise boys on gender issues.

Inter Press Service

December 10, 2013

### [How genetics impact exam results and why boys need an ego boost](#)

This week: a university challenges students to analyse its data and more What has more of an impact on pupil GCSE exam results? Genetics or the school a child attends? And how much does home life come into play? These were the questions scientists at King's College London tried to answer in a study on the GCSE exam scores of more than 11,000 16-year-olds. Genetics account for more than half of variations in grades, the study found.

*The Guardian*

December 13, 2013

### [Boys 'improve in school from feeling top of class'](#)

A study from the London School of Economics indicates being seen as a high flyer in primary school, regardless of actual ability, can be a strong motivator for boys' performance in secondary school. Boys were "four times more affected by being top of the class than girls".

BBC

December 9, 2013

### [Boy Is Beautiful](#)

I will say that while I applaud the efforts to make sure that boys who don't fit the "traditional" boy mold are not picked on and are truly accepted for who they are, I feel that we must extend this same tolerance to boys who do act in the more traditional ways. Otherwise we run the risk of making them feel that there is something wrong with them.

The Good Men Project

December 6, 2013

### [HPV common among sexually active young gay men](#)

Gay teenagers who have had at least four sexual partners are at increased risk of contracting human papillomavirus (HPV), a new study suggests. At least half of sexually active people get HPV at some point in their lives, according to the Centers for Disease Control and Prevention (CDC). Previous research has suggested most adult gay men have the sexually transmitted infection. HPV is usually cleared by

the immune system but can cause genital warts and anal cancer, as well as cervical cancer among women. "In this study we found rates of anal infection increased rapidly with increasing numbers of partners with whom they have received anal sex," senior author Marcus Y. Chen said. "The virus is presumably being transmitted from penis to anus."

*Chicago Tribune*

December 5, 2013

### **How to spot boys with the blues**

ABOUT one in six of us will experience full-blown depression in our lifetime. However while women are more likely to talk to others about how they are feeling, men may express their depression in ways that are harder to spot.

[express.co.uk](http://express.co.uk)

December 3, 2013

### **New HIV Strain May Move to AIDS More Quickly: Study**

*Researchers say period from infection to disease takes about 5 years*

A recently discovered, aggressive strain of HIV leads to faster development of AIDS than other HIV strains, according to a new study. More than 60 epidemic strains of HIV-1 exist. This new strain has the shortest period from infection to the development of AIDS, at about five years, according to researchers at Lund University, in Sweden.

Medline Plus

December 3, 2013

### **Early Risk Factors for ADHD Similar in Boys and Girls**

Despite the well-documented sex difference in the prevalence of attention-deficit/hyperactivity disorder (ADHD), when it comes to early perinatal risk factors, there seems to be little variance between boys and girls, new research suggests.

Contrary to other studies, new results from a population-based, record linkage, case-control study show that low birth weight, post-term pregnancy, low Apgar scores, and fetal distress were not factors for ADHD irrespective of sex.

Medscape Multispecialty

December 2, 2013

### **Jane Fonda on the Plight of Boys (video)**

*They Asked If She Had Anything Else She Wanted To Say To The Audience. That's When She Talked about Boys.*

Upworthy

December 1, 2013

### **REPORT, CDC: HIV Testing and Risk Behaviors Among Gay, Bisexual, and Other Men Who Have Sex with Men United States**

Although MSM are a small proportion of the population, they represent the majority of persons diagnosed with HIV in nearly every U.S. state. Unprotected anal sex in the last 12 months increased nearly 20% among MSM from 2005 to 2011. MSM unaware of their HIV-positive status were more than twice as likely to have unprotected discordant anal sex at last sex as MSM who were either HIV-negative or HIV-positive aware. Only 67% of MSM had tested for HIV in the past 12 months.

MMWR, CDC  
November 29, 2013

[Alberta to become second province to vaccinate boys against HPV](#)  
Edmonton Journal  
December 6, 2013

[Boys still getting swept into Myanmar's army despite government desperation for respectability](#)

The United Nations and local rights activists say recruiting of underage soldiers has gone down, but many boys remain in the army, despite a government agreement to clear the military of anyone under age 18 by Dec. 1.

Fox News  
December 2, 2013

[OECD education report: boys 'pulling ahead of girls' in maths tests](#)

The OECD finds that boys outperform girls in independent assessments of maths skills sat at the age of 15, reversing a recent trend seen at GCSE-level

*The Telegraph*  
December 3, 2013

[Network of all-boys NYC public schools growing](#)

Once seen as sexist and outdated, the all-male educational model had been resurrected to serve New York City's poorest boys, a group feared to be more likely to go to prison than college.

Philly.com, December 1, 2013

[Adolescent AIDS Rate Surges To 2.1 Million Worldwide](#)

A new [report](#) released by the United Nations Children's Fund (UNICEF) indicates that nearly 2.1 million adolescents worldwide were living with human immunodeficiency virus (HIV) at the end of last year.

Medical Daily  
November 29, 2013

[Out Of 1,883 Teachers, 56 Black Males](#)

The gap between the number of minority kids and the number of minority teachers is getting wider. And black male teachers are especially hard to find.

*New Haven Independent*, November 29, 2013

[More Kids Treated for Mental Health Conditions](#)

The use of mental [health](#) treatments in children has increased in recent years much more than it has among adults, a new study finds.

Live Science  
November 27, 2013

[Communication key to adolescent health outcomes](#)

Improved communication between pediatric providers and the parents and guardians of adolescents could lead to better health outcomes, a University of Pittsburgh School of Medicine study reports. The findings are available online in this month's Patient Education and Counseling.

Medical Xpress  
November 27, 2013

[\*\*Talking Openly With Partner Linked to HIV Testing in Teens\*\*](#)

*Education about how AIDS virus is transmitted may not be enough to spur testing, study suggests*

Teens who are in committed relationships and have good communication with their partner are among those most likely to get tested for HIV, a new study finds.

Medline Plus  
November 26, 2013

[\*\*CDC: More Than One in 10 Kids Has ADHD: Nearly 20% of Boys by age 14.\*\*](#)

ADHD has been increasing for at least 15 years. Experts think that's because more doctors are looking for ADHD, and more parents know about it.

AP  
November 22, 2013

[\*\*Spike in AIDS-related adolescent deaths raises alarm\*\*](#)

But new data has revealed that while AIDS-related deaths globally have fallen in the general population over the last seven years, deaths among adolescents rose by 50 percent in the same period and UN agencies are raising the alarm.

Irinnews  
November 27, 2013

[\*\*'India among 12 nations with most HIV+ adolescents'\*\*](#)

A new report puts India among 12 high burden countries like South Africa, Nigeria and Tanzania that are home to the 2.1 million adolescents living with [HIV](#) in 2012. A [UNICEF report](#) says that AIDS-related deaths amongst adolescents between the ages of 10 and 19 increased by 50% between 2005 and 2012, rising from 71,000 to 110,000 and that many adolescents were unaware that they were infected.

Times of India  
December 1, 2013

[\*\*Childhood ADHD diagnosis on rise, US health officials say\*\*](#)

11 percent of kids between the ages of 4 and 17 were diagnosed with ADHD in 2011, a 42 percent increase from 2003.

Alzazeera America  
November 23, 2013

[\*\*Giving Black Boys a Chance to Run the Tech Industry\*\*](#)

Programs have launched in recent years to increase the number of young women interested in pursuing careers in tech, among them [Girls Who Code](#) and [Girls in Tech](#), but young boys of color remain largely overlooked in the tech-recruiting landscape.

The Root  
November 23, 2013

[\*\*Drinking Milk as Teens Might Not Protect Men's Bones, Study Suggests\*\*](#)

*Instead, research found boys who consumed more milk had higher risk of hip fractures as adults*

Boys who drink more milk during their teenage years might not see any drop in

their risk for hip fractures as adults, new research suggests. Just the opposite: Their risk actually might rise.

HealthDay

November 19, 2013

#### [Double standard seen when boys abused by women](#)

It's a double standard brought by society, experts say, to female sex offenders one that not only minimizes the victimization of young boys, who are left with lifelong emotional scars, but contributes to lighter sentences for the women involved.

USA Today

November 19, 2013

#### [Bedroom TV, Video Games Linked to Less Sleep in Boys with Autism](#)

Boys with the neurodevelopmental disorder who have TVs and game consoles in their bedrooms get less sleep than other boys with equal screen access, the study authors found.

Healthfinder.gov

November 18, 2013

#### [Preterm Boys Face Worse Odds Than Girls, Study Says](#)

*Possible challenges include learning disabilities, motor problems*

Boys are 14 percent more likely than girls to be born prematurely, and preterm boys have a greater risk of disability and death than preterm girls, new research finds.

Medline Plus

November 15, 2013

#### [Health unit wants cancer vaccine to also go to boys](#)

The Windsor Essex County Health Unit supported Thursday a push to get the province to pay for immunizing males with the human papilloma virus vaccine.

The Windsor Star

November 22, 2013

#### [Rate of young men with HIV skyrockets](#)

The HIV pandemic is at a pivotal juncture in Asia Pacific, given the increasing number of young men who have sex with men (MSM) becoming affected with HIV.

Jakarta Post

November 22, 2013

#### [Turkey to ban co-education of boys and girls](#)

According to Yakut, co-education of boys and girls has been a big mistake that Turkey intends to correct. He stressed that the country needs to create a separate gymnasiums for boys and girls.

Trend

November 21, 2013

#### [Boys reluctant writers, UK shortage of language skills and sleepy students](#)

*This week's research in brief includes: boys enjoy writing less than girls and how sleep affects school performance*

Boys are twice as likely to say they don't enjoy writing compared to girls,

according to a survey.  
The Guardian  
November 22, 2013

[Researchers uncover several reasons why boys are 'weaker sex'](#)  
UPI  
November 18, 2013

### [Men's Health Begins with Boys](#)

Dennis Barbour has been involved in the healthcare field for the whole of his career. All along, he has been dismayed that medical care is not more inclusive of the health needs of men: "Cause or effect, the fact is that men and boys are dismal at taking care of themselves. On the whole, they simply do not seek health care unless pushed to do so by pain, life-threatening issues, or their partners".  
The Turek Clinic (blog)  
November 11, 2013

### [Network of all-boys NYC public schools growing](#)

Once seen as sexist and outdated, the all-male educational model had been resurrected to serve New York City's poorest boys, a group feared to be more likely to go to prison than college. The [Eagle Academy for Young Men](#) was the city's first all-boys public school in more than 30 years when it opened in the Bronx nine years ago. "It's a movement to try and save our sons," said [David C. Banks](#), the founding principal of the first Eagle Academy who is now president of the Eagle Academy Foundation, the network's fundraising arm.  
[chron.com](#)

November 17, 2013

### [Preterm Birth, More Prevalent Among Males, Linked to Numerous Health Problems](#)

Babies born premature are still a problem for the whole world. There are numerous health problems linked to a preterm birth, which mainly affect boys more than girls. While in the womb, girls develop faster, especially the lungs, leading to fewer risks if born before 37 weeks.

*Las Vegas Guardian Express*  
November 16, 2013

### [San Francisco Transforms Into Gotham For Boy's Batman Wish](#)

A 5-year-old boy recovering from leukemia will be transformed into a crime-fighting superhero on Friday with the help of San Francisco city officials and the Make-A-Wish Foundation. Miles, who lives with his parents in Tulelake in Siskiyou County, asked to be Batman for his wish with the nonprofit, and San Francisco Mayor Ed Lee, police Chief Greg Suhr and others are obliging with a series of special events for the youngster.

WOWKTV.com  
November 15, 2013

### [Can men adjust to a changing world?](#)

*What's going on with boys? Even women are noticing.*  
Hanna Rosin, in her book "The End of Men" has noticed some disturbing trends. The title is figurative, referring to career and marriage especially. But there are long-term trends that are literal.

*Florida Times-Union*

November 14, 2013

[Circumcisions in older boys and related costs skyrocket in Florida, UF Health study shows](#)

Dr. Saleem Islam, an associate professor in the College of Medicine department of surgery's [division of pediatric surgery](#), said he and his study collaborators believe the state's decision to terminate Medicaid funding for routine circumcisions in babies under 1 month old has led to the increase in circumcisions for older boys. The study was published in the September issue of the journal *The American Surgeon*.

University of Florida News

November 13, 2013

[Join the movement to save black boys](#)

Our young black boys are struggling to fit into a world that is increasingly telling them they don't have a place. Add to the fact that many of those boys are being parented by a single young mother, ill-prepared to raise a child alone.

*Austin Weekly News*

November 12, 2013

[\(No\) Condom Culture: Why Teens Aren't Practicing Safe Sex](#)

*The percentage of young people using condoms has stalled, while STD rates are on the rise*

According to the Centers for Disease Control and Prevention (CDC), the percentage of American students using condoms hit its peak at around 60% a decade ago, and has stalled since then, even declining among some demographics.

*Time*

November 12, 2013

[Why Johnny can't write, and why employers are mad](#)

"With Gen X and Gen Y, because everything is shorthand and text, the ability to communicate effectively is challenged," he said. "You see it in the business world, whether with existing employees or job candidates looking for work."

CNBC

November 11, 2013

[Young Men and Suicide: No One is Disposable](#)

In her book *Men on Strike*, Dr. Helen Smith writes that in 2010, more than 38,000 people killed themselves in the United States -- more than 30,000 of them men. Why would Shoop choose to terrorize a mall before taking his own life? Perhaps because we don't notice people until they do something really crazy.

TownHall

November 10, 2013

[Body Building Linked to Eating Disorders in Boys](#)

Eating disorders in adolescent boys are more common than thought and differ from eating disorders in girls in terms of their symptomatology and risk factors, new research suggests. Further analysis of more than 5000 boys from the Growing Up Today Study showed that 31% reported infrequent binge eating or purging,

and many reported a higher concern with building muscle rather than thinness (9.2% vs 2.5%). In addition, boys highly concerned with muscle building often used supplements to enhance their physique and were twice as likely as their peers to use drugs and to participate in binge drinking.

Medscape

November 7, 2013

#### [Male Teen Athletes at Risk for Medication Misuse](#)

The study, which followed 1,540 teens, showed that male athletes were more likely to use and misuse opioids medications on at least one occasion in the past year than non-athlete males. However, said Veliz, "one surprise was that female athletes were not more likely to be prescribed these medications or misuse them."

Newswise

November 7, 2013

#### [One-size-fits-all education system isn't working for boys, author says](#)

No parent would deny there are differences between their sons and daughters, so educator Michael Reist wonders why Ontario insists on an educational model that has traditionally treated them as if they learned the same way.

*The Windsor Star*

November 11, 2013

#### [One in five teenage boys in UAE smokes, report finds](#)

Levels of tobacco use by young people were described as shocking on Monday after a new study found one in five boys aged 13 to 15 was a smoker.

*The National*

November 4, 2013

#### [Children's heart rates on the rise, boys' rate double that of girls'](#)

Children today may be at greater risk of heart disease in later life because of their unhealthy lifestyles, according to an analysis of changes in pulse rates over 30 years.

*The Telegraph*

November 13, 2013

#### [Engineers study male urine 'splashback'](#)

It may not create world peace, but it could make the bathroom a kinder, gentler or at least cleaner place. "Most men, at least once in life, they're wearing the right fabric or they need to use the bathroom real fast and they realize they just speckled themselves," said Randy Hurd, a graduate student in mechanical engineering at Brigham Young University.

*The Morning Sun*

November 7, 2013

#### [Bisexual Men Aren't at Greater HIV Risk: Review](#)

Analysis of 3,000 studies found they were 40 percent as likely as homosexual men to have AIDS virus.

Health Day

November 6, 2013

### [Teenage Boys Ask Reddit, "Am I Ugly?"](#)

Last month, the Internet collectively frowned over a [depressing new genre](#) of viral video: teenage girls taking to YouTube to ask anonymous strangers, "Am I pretty or ugly?" The good/bad news is that this plugged-in permutation of adolescent insecurity isn't just a girl thing.

Slate.com

November 6, 2013

### [The Rules for Being a Boy](#)

*Insight into the bullying and stereotypes that happen in 'Boy World'*

In "[Masterminds & Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World,](#)" parenting expert and author Rosalind Wiseman collaborated with teen boys to explain peer dynamics and how they can be navigated.

US News

November 6, 2013

### [Science Could Determine If Bad Boys Will Become Adult Criminals](#)

Psychologists from the [University of Michigan](#) say they've developed a new, hi-tech way to neurologically pinpoint trouble-making children. Recent advancements in the field of neurogenetics are helping researchers find the origins of certain [neurological disorders](#) and functions and, according to the latest study, the propensity for poor behavior can be identified in the brain. This, say the researchers, could allow parents to essentially "correct" any behaviors that they find unattractive in their children.

Red Orbit

November 5, 2013

### [VIDEO: The Graduates - The Boys](#)

This film explores pressing issues in education today through the eyes of six Latino and Latina students from across the US. The second episode features Juan, who was bullied as a gay teen until he discovered dance; Eduardo, who is steered away from the gang path when introduced to a special college prep organization; and Gustavo, whose dreams of college are blocked by his undocumented status.

PBS

November 5, 2013

### [Eating disorders more common in boys than thought](#)

Body image issues and eating disorders are assumed to mostly affect women; however, a new study reveals eating disorders are more prevalent in the male population than previously thought. The research by doctors at Boston Children's Hospital and published in *JAMA Pediatrics*, found that 17.9 percent of adolescent boys were extremely worried about their weight and physique.

Health Central

November 5, 2013

### [Bodybuilding Boys Often Try Drugs and Alcohol, Study Finds](#)

*Preoccupation with body image can lead to risky behaviors, researcher says*

US News

November 4, 2013

### [Dr. Robert Ross: \\$50 Million to Save Black and Brown Boys](#)

Imagine that you walk into the newborn-nursery ward at an American hospital and you see 100 babies in their bassinets. You are then informed that [33 of these babies will spend time in jail or prison](#). This is the reality today for African-American males born in our country. As a black husband, father and physician, I am sick of it. So I asked the board of the private health foundation I lead for a three-month leave to investigate why opportunity and wellness elude so many of our black, Latino and Asian Pacific Islander sons. Their shades of brown may be different, but many of them face the same challenges: growing up fatherless, dropping out of school, going to jail or getting killed.

The Root

October 22, 2013

### [Germany allows 'indeterminate' gender at birth](#)

Germany has become Europe's first country to allow babies with characteristics of both sexes to be registered as neither male nor female. Parents are now allowed to leave the gender blank on birth certificates, in effect creating a new category of "indeterminate sex".

BBC

November 1, 2013

### [Girls outnumber boys in medical courses across the country](#)

DNA India

November 8, 2013

### [GPA's mission to battle mental health taboo among young Irish males](#)

*Tragic death of Niall Donohue strengthens Gaelic games organization's effort to reach players in need*

With Donohue's passing last week the GPA and the wider GAA have been encouraged to redouble their efforts to tackle the issue of [mental health](#) and suicide in Ireland.

Irish Central

November 6, 2013

### [Are boys putting themselves at risk in the battle to bulk up?](#)

Experts are warning that boys are being drawn to supplements in a bid to build up muscle before their bodies are ready. Nutritionist Sarah Keogh says that teens are at risk of causing long-term damage to tendons and ligaments.

Herald.ie

November 4, 2013

### [Researchers: Male chimps that lose mothers at young age suffer early deaths](#)

Male chimpanzees that have lost their mothers during childhood or adolescence tend to die younger, according to researchers at Kyoto University. It had been assumed that mothers are not critical to the survival of weaned male chimpanzee offspring. But the latest findings, announced Nov. 5, suggest that the physical and psychological support of the female parents could have a serious impact on the later lives of males.

The Asahi Shimbun, November 6, 2013

### What Schools Can Do to Help Boys Succeed

Being a boy can be a serious liability in today's classroom. As a group, boys are noisy, rowdy and hard to manage. Many are messy, disorganized and won't sit still. If boys are restive and unfocused, we must look for ways to help them do better. [Here are three suggestions.](#)

NEA Today

October 30, 2013

### Should Boys Fight Back? Or Walk Away?

*Are we, the adults, perhaps unintentionally contributing to school shootings by restricting all forms of physical fighting? Would letting kids solve problems physically, at times, keep things from simmering to the extent that they explode in a hail of bullets?*

Parade

October 30, 2013

### 'Brosurance' health care campaign targets frat boys

Two Colorado health care advocacy groups are using social media to urge young men to get insurance through the Affordable Health Care Act.

The Indy Channel

October 28, 2013

### Review: 'American Promise' a fascinating look at two boys' education

No one can accuse filmmakers Joe Brewster and Michele Stephenson of taking the easy way out. For 13 years they followed the educational lives of two African American boys (one of them their son), amassing more than 800 hours of footage in the process.

Los Angeles Times

October 24, 2013

### Counseling With HIV Testing May Not Help Prevent Future STDs

Contrary to what experts have believed, briefly counseling people who take a rapid HIV test on how to reduce their risk for sexually transmitted diseases (STDs) is not effective, a new study shows.

Medline Plus

October 22, 2013

### UCLA gets \$7 million to study substance use and HIV among minority men who have sex with men

The National Institute on Drug Abuse has awarded UCLA a \$7 million grant to investigate the links between substance abuse and HIV among Latino and African-American men who have sex with men. Researchers will examine how non-injected drugs and alcohol can directly interact with the virus and other infectious diseases, to damage these men's health. Enrollment in the study begins in January.

Pys.org

October 21, 2013

[1 In 3 Black Males Will Go To Prison In Their Lifetime, Report Warns](#)

*Huffington Post*

October 4, 2013

[THE UNRELENTING CHALLENGE OF YOUNG BLACK MALE UNEMPLOYMENT](#)

Today, young black men in many low income communities are finding themselves virtually locked out of employment opportunity. The confluence of poor schooling, low education attainment, lack of early work experience or career exposure, overzealous arrests and incarceration, and employer reluctance to hire have rendered a substantial segment of black men unemployable very early in their adult life, with few options available to get back on track.

CLASP

August 27, 2013

[An Afghan Tragedy: The Pashtun practice of having sex with young boys](#)

Afghanistan's subculture of paedophilia is one of the country's untold shames

*The Independent*

October 29, 2013

[Boys breaking ballet stereotypes](#)

This year, [Canada's National Ballet School](#) (NBS) has the highest percentage of boys in its entry-level Grade 6 class in its history: 65 per cent. Currently, there are 6 girls and 11 boys, including Cole. The school also has the largest enrolment of boys in its 54-year history, with 59 boys in Grades 6 to 12, or 41 per cent.

*The Star*

November 1, 2013

[Half of boys 'struggle with basic writing at the age of five'](#)

Almost half of boys are struggling to write simple sentences at the age of five amid evidence of a significant gender gap before children even start full-time school.

*The Telegraph*

October 24, 2013

The signs we need to look for to keep our boys safe

[You wouldn't ignore someone getting sick in front of you, so don't be afraid to ask if someone is doing okay](#)

*The Independent*

October 23, 2013

[Health fears for deprived boys](#)

BOYS living in Scotland's most deprived communities can now expect to live to just 46 before their health starts to deteriorate.

*Herald Scotland*

October 30, 2013

[Boys 'much more likely to be labelled with special needs'](#)

Boys are almost twice as likely to be diagnosed with special educational needs amid fresh claims that children are being labelled as an "excuse" for bad behaviour and low achievement.

*The Telegraph*  
October 23, 2013

[Give boys the jab!](#)

In a survey conducted by OnePoll, three times as many people said they would support giving the jab to boys than were opposed to it. The poll also showed the public's lack of knowledge when it comes to the virus, with more than one in five men (21 per cent) under the impression HPV can be transmitted like a common cold.

*The Economic Voice*  
October 21, 2013

[Single-sex schooling can empower black boys](#)

Instead of abandoning the option, educators and policymakers should learn from the promising work of some of the schools that serve young black men. An all-male public school can celebrate many different ways of being a young man, freeing students from a straitjacket notion of masculinity.

CNN  
October 18, 2013

[Meds That Prevent HIV Infection Don't Spur Risky Behavior: Study](#)

HIV-negative heterosexuals who take drugs that protect them from contracting the AIDS virus from their HIV-positive partners don't engage in more risky sexual behaviors, according to a new study.

HealthFinder.gov  
October 17, 2013

[Boosting young men of color](#)

There are clear warning signs that a child needs help. Watch for them it's vital to the future of our state, where 70% of those under 25 are people of color.

*Los Angeles Times*  
October 17, 2013

**VIDEO:** [The unique challenges of raising boys](#)

Author Rosalind Wiseman finds that boys often have difficulties reaching out about problems in their lives

Al-Jazeera America  
October 16, 2013

[Is bacon a male contraceptive?](#)

Study shows processed meat hurts sperm  
Seattle pi  
October 15, 2013

[Male Teens Are Still Developing Empathy Skills](#)

Adolescent males actually show a temporary decline, between ages 13 and 16, in a related skill affective empathy, or the ability to recognize and respond to others' feelings, according to the study

Wall Street Journal  
October 15, 2013

[Oregon Father's Memorial Trek Across Country Ends in a Family's Second Tragedy](#)

As he made his way across the country, Joe Bell walked through rain squalls, slept in ditches and talked to anyone who would listen about how his gay son had killed himself after being taunted and bullied at school. Mr. Bell's artificial knees ached and his feet were mapped with blisters, but he told friends and strangers that he was determined to make it on foot from his home in eastern Oregon to New York City, where his son, Jadin, 15, had dreamed of one day working in fashion. But last Wednesday, Mr. Bell's American journey one that drew attention from local newspapers and attracted thousands of followers on social media ended in an instant on a two-lane road in rural eastern Colorado. He was struck and killed by a tractor-trailer whose driver had apparently fallen asleep, the state police said.

*New York Times*

October 15, 2013

[Young Black and Latino Men Are, in Fact, Going to College](#)

It's too easy to focus on stories of failure: A new study looks at the strategies male minorities use to succeed in school.

Why aren't the best and brightest minority students landing at elite colleges?

A [new study](#) suggests we're asking the wrong question.

*The Atlantic*

September 30, 2013

[Stereotypes Add to Burden for Minority Male Students, Researcher Says](#)

Rather than bemoaning how few minority male students succeed in college, admissions counselors should reach out to high-school counselors to find smart, motivated students who are flying under the radar of most selective colleges, a University of Pennsylvania researcher said on Saturday. Chronicle of Higher Education

September 30, 2013

**Vitamin D may boost bone health for adolescent girls, but not boys: RCT**

Daily supplements of vitamin D may increase bone mass and structural bone parameters in adolescent girls, but boys didn't seem to get any benefits in the parameters measured, says a new study.

September 30, 2013

[Africa: Youth Forum Concludes With Recommendations for Male Youth](#)

The youth also recommended the strengthening of male involvement on sexual and reproductive health and rights and called for ensuring young peoples' universal access to high quality comprehensive sexual and reproductive health services in line with the Maputo Plan of Action and the African Youth Charter.

All Africa

September 28, 2013

[Ontario asked to publicly fund HPV vaccine for boys](#)

Parents and health officials call on Ontario to publicly fund the HPV vaccine for boys as part of the school-based program.

*The Star*

October 4, 2013

### **Third of six year-olds 'struggling to read basic words' - poor white boys faring worst**

Official figures show almost 180,000 pupils failed to reach the expected level in a new reading test for all six-year-olds this summer. Data from the Department for Education also revealed that boys were already lagging far behind girls after 12 months of compulsory education.

*The Telegraph*

October 3, 2013

### **Teenage boys addicted to 'extreme' porn and want help**

*Exclusive: Young boys are becoming so addicted to extreme internet porn that they now want help to stop watching it, according to a new study.*

A fifth of boys aged between 16 and 20 told the University of East London they were dependent on porn as a stimulant for real sex.

*The Telegraph*

September 30, 2013

### **Stereotypes Add to Burden for Minority Male Students, Researcher Says**

Rather than bemoaning how few minority male students succeed in college, admissions counselors should reach out to high-school counselors to find smart, motivated students who are flying under the radar of most selective colleges, a University of Pennsylvania researcher said on Saturday.

Chronicle of Higher Education

September 30, 2013

### **Ontario asked to publicly fund HPV vaccine for boys**

Parents and health officials call on Ontario to publicly fund the HPV vaccine for boys as part of the school-based program.

*The Star*

October 4, 2013

### **Researchers Tie Increased Throat Cancer Cases to HPV Infection**

The sexually transmitted human papillomavirus (HPV) may be behind the sharp rise in cases of throat and mouth cancers among young American adults, researchers say. In a new study, investigators from Henry Ford Hospital in Detroit analyzed U.S. government data and found that cancers of the base of the tongue, tonsils, soft palate and pharynx among adults aged 45 and younger increased 60 percent between 1973 and 2009. Collectively, these cancers are called oropharyngeal cancer.

Healthfinder.gov

September 26, 2013

### **Chronic Aggressive Behavior In Boys: Epigenetic Sources?**

Chronic aggressive behavior exhibited by some boys from disadvantaged families may be due to epigenetic changes during pregnancy and early childhood. This is highlighted by two studies.

Red Orbit

September 23, 2013

### **China, too, worries that boys are being left behind**

Just as in the United States, one of the main concerns is that girls are

outperforming boys in school. According to "Save the Boys," Chinese girls outscore boys on college entrance exams, are more likely to go to college and are winning more scholarships. A study in Zhejiang province, near Shanghai, found that 60 percent of primary school boys thought that girls were smarter than they were.

*Miami Herald*

September 23, 2013

#### [How to Make School Better for Boys](#)

Start by acknowledging that boys are languishing while girls are succeeding. As the United States moves toward a knowledge-based economy, school achievement has become the cornerstone of lifelong success. Women are adapting; men are not. Yet the education establishment and federal government are, with some notable exceptions, looking the other way.

The Atlantic, September 13, 2013

#### [Watch for signs of depression in teenage boys](#)

Thirty-eight thousand Americans take their own lives every year. Young men in their early 20s have the second-highest rate of suicide in the country, second only to men older than 65. Depression is the number one cause of all suicides. But it's often overlooked and left untreated in young males. That's because they tend to express their symptoms differently than other populations.

*The Tribune*

September 10, 2013

#### [Testicle size 'link to father role'](#)

A link between the size of a father's testicles and how active he is in bringing up his children has been suggested by scientists.

BBC News

September 9, 2013

#### ['Boys Have Deep Emotional Lives'](#)

How parents, teachers, and schools can better understand young men: a conversation with Rosalind Wiseman about her new book, *Masterminds and Wingmen*.

*The Atlantic*

September 10, 2013

#### [Trail Life USA, The 'Other' Boy Scouts Of America](#)

A new faith-based group for boys is taking shape, just three months after the Boy Scouts of America [decided to change its membership policy](#) to allow gay youth to join.

The group, dubbed Trail Life USA, calls itself a Christian alternative to the Boy Scouts. Its name was recently revealed at a hotel conference before a crowd of about 1,200 parents and scoutmasters, complete with [a slick video with a dynamic score](#).

NPR

September 9, 2013

#### [Basic biology may explain higher death rates for boys](#)

Researchers looking at U.S. national data on both boys and girls from infancy up to age 20 found boys more likely to experience a range of illnesses, and to die of

them, than girls.  
Chicago Tribune  
September 4, 2013

Raiders talk the talk with teen boys

We need to talk. Are you Ok? Let's have a chat. For some reason those three simple sentences are among the hardest for men to say to one another, but Menslink and the Canberra Raiders are determined to change that.

ABC Canberra  
September 6, 2013

Boys forgotten victims in human trafficking, says MP

Female victims of sex trafficking get most of the headlines, but boys are victims too, says anti-human trafficking crusader and Conservative MP Joy Smith.

Sun News  
September 13, 2013

Insight: Boys losing the language game

It is tough being a boy in Hong Kong's education system. Exam results indicate that they are faring much worse than girls in meeting the minimum requirements for university.

*South China Morning Post*  
September 9, 2013

Teaching boys to think beyond stereotypes

Some NGOs working with the youth in Mumbai slums are now paying attention to adolescent boys, a demographic in the news for the wrong reasons

*Wall Street Journal*  
September 9, 2013

Boys need to be included in discussions about preventing teen pregnancy

The United States consistently has one of the highest teen pregnancy rates among industrialized countries, despite the fact that the pregnancy rate has declined dramatically over the past 40 years. About 7% of teenagers ages 15-19 get pregnant each year, according to the Centers for Disease Control and Prevention (CDC).

AAP News, American Academy of Pediatrics  
September 2013

The tough world of boys in education

Boys today grow up immersed in an environment where the TV shows, movies and video games marketed to young men feature male protagonists who are violent, alcohol-guzzling, pot-smoking, and/or sexist "bros." And let me tell you that they don't model working hard in school to get good grades and the chance at a productive life.

*Herald News*  
September 18, 2013

Minority male teacher shortage prompts legislation that aims to boost their numbers

Minority male teachers are scarce in New Jersey's public schools and in classrooms

across the country but a bill moving through the state Legislature aims to attract more of them to some of the state's struggling school districts.

[nj.com](#)

September 15, 2013

**Less sleep equals more fat for teen boys - study**

A University of Otago researcher believes parents should keep a close eye on when their teenage boys hit the hay. They've found teenage boys who sleep on average less than eight hours a night have nine percent more body fat than those who sleep more than eight hours.

Newstalkzb

September 18, 2013

**Sats results: Quarter of pupils failing in reading, writing and maths while girls perform better than boys**

The results show girls are still outperforming boys in the classroom.

*The Mirror*

September 19, 2013

**Calls to give boys anti-cancer jab**

Human papillomavirus (HPV) is linked to a range of cancers and a vaccine is already given to girls in the UK to reduce the risk of cervical cancer. The Faculty of Public Health and the British Association for Sexual Health and HIV said boys should be vaccinated. The Department of Health said there was no plan to extend the programme.

BBC

September 18, 2013

***Pediatrics, September 2, 2013: Study finds males more likely than females to die during childhood and adolescence***

While previous studies have found that adult males have an overall greater likelihood of death than females, this study found males are also more likely than their female peers to die during childhood and adolescence not only from injuries but also from a wide variety of medical conditions, suggesting the existence of either a female robustness factor or a male vulnerability factor.

Read the journal article [here](#)

Read the news article [here](#)

***CDC: HPV vaccine for boys has 'good start' in 1st year, although rates for both boys and girls is lagging***

About 1 in 5 boys got at least one of the recommended three HPV vaccine doses last year, according to the CDC. This rate is considered relatively good for a new vaccine aimed at adolescents.

The government MMWR report issued Thursday is the first real sense of how many boys are getting the shots since it was first recommended in 2011.

"It's a good start," said Shannon Stokley, a vaccination expert with the Centers for Disease Control and Prevention.

Read the report [here](#)

Read the news article [here](#)

#### [REPORT: 20% of Boys Getting First Dose of HPV Vaccine](#)

Mortality and Morbidity Weekly Report, Centers for Disease Control and Prevention  
September 3, 2013

#### [Boys Have Higher Death Rates From Many Causes, Study Shows](#)

Males may be the more vulnerable sex when it comes dying young -- not just from accidents, but from a range of causes, a new study finds.

HealthFinder.gov  
September 2, 2013

#### [Facebook peer groups may be useful for HIV education among men who have sex with men](#)

Groups on the popular networking site Facebook may help educate men about HIV prevention and testing, a new study suggests. Researchers found that specially-created Facebook social media groups helped encourage men who have sex with men to reach out for information about testing themselves at home for HIV.

Medline Plus  
September 2, 2013

#### [Caring for Adolescent Males: Mission Impossible?](#)

As part of a series titled "Transitions to Adult Care", the journal Pediatrics recently published an article on the topic of [adolescent and young adult male health](#).<sup>[1]</sup> Recognizing that this population receives an insufficient amount of attention from the healthcare community, the objective of this comprehensive literature review was to examine key areas of young male health and well-being and provide a summary of best practices in young men's health. Medscape spoke with David L. Bell, MD, MPH, an adolescent medicine physician and Assistant Professor of Pediatrics and Population and Family Health at Columbia University, Medical Director of the Young Men's Clinic at Columbia, and lead author of the review, about the key findings in the article and the implications for clinicians.

Medscape  
August 29, 2013

[Pa. court tackles issue of boys on girls' teams](#)

A state judge has declined to intervene in the growing issue of boys playing sports traditionally reserved for girls, saying a previous court ruling does not necessarily prohibit the Pennsylvania Interscholastic Athletic Association from banning the practice Commonwealth Court Judge Kevin Brobson on Tuesday turned down a request by the PIAA to modify a landmark 1975 state court ruling that required schools to let girls play on boys' teams.

YDR.Com

August 28, 2013

[Half a Century Later: What Are the Economic Prospects for Young Black Men?](#)

On this 50th anniversary of the March on Washington for Jobs and Freedom we pause and reflect on the significance of that moment, the courage of leadership, the resolve of the marchers - from all races and walks of life -- and the fervor in the collective call for promoting economic justice and ending poverty through unimpeded access to full employment and decent wages for all Americans.

CLASP

August 28, 2013

[British white boys risk becoming an 'educational underclass'](#)

British white boys are in danger of becoming an "an educational underclass", a think-tank has warned, with four in 10 not getting A to C grades in English or Maths.

*The Telegraph*

September 3, 2013

[AAP Recommendations for Male Adolescent, Young Adult Health](#)

The authors reviewed available literature on young men's health and summarized best clinical practices to meet the Centers for Disease Control and Prevention Healthy 2020 objectives for adolescents and young adults. While offering recommendations for overall care of males in this age group, the review especially focuses on gender-specific issues in reproductive and sexual health.

Medscape

August 12, 2013

[Pediatrics Abstract](#)

Note: The principal author, Dr. David Bell, is a co-chair of The Boys Initiative's [Ensuring Healthy Futures](#) project's steering committee. Dr. Breland, a co-author of the review, is a member of the project's advisory council.

[Boys whose fathers work 55 hours plus, more aggressive](#)

Boys tend to be more antisocial and aggressive if their fathers work extremely long hours -- 55 or more hours a week, researchers in Germany and Australia say.

[UPI.com](#)

August 24, 2013

[Baby circumcisions in U.S. hospitals decline over three decades](#)

The rate of circumcisions performed on newborn boys in U.S. hospitals dropped 6 percentage points over the last three decades, with an especially steep decline in

Western states, according to U.S. government data released on Thursday.

Reuters

August 22, 2013

[As circumcision declines, health costs will go up, study projects](#)

A team of researchers estimates that every procedure not performed could lead to significant increases in lifetime medical expenses because of STDs.

*Los Angeles Times*

August 21, 2013

[Study Ties Poor Oral Health to Cancer-Causing Virus](#)

People with swollen gums, missing teeth and other signs of poor dental health are more likely to be infected orally with the human papillomavirus, researchers reported on Wednesday.

*New York Times*

August 21, 2013

[Helping minority males complete college helps the Texas economy](#)

Some of Texas' major public education institutions including school districts, community colleges and public universities rightly are joining forces to combat lagging college completion rates for African-American and Latino males.

*The Statesman*

August 20, 2013

[School Has Become Too Hostile to Boys](#)

*And efforts to re-engineer the young-male imagination are doomed to fail*

As school begins in the coming weeks, parents of boys should ask themselves a question: Is my son really welcome? A flurry of incidents last spring suggests that the answer is no.

*Time*

August 19, 2013

[Transgender issues: California parents panicking](#)

So, at least one parent in California Assemblyman Tim Donnelly, R-Twin Peak says one of his two teenage sons will not be returning to public school because, oh my gawd! the lad might encounter a transgender person in the washroom or shower room/dressing room.

*Montreal Gazette*

August 18, 2103

[Boys also harmed by teen 'hookup' culture, experts say](#)

According to new research, boys who engage in this kind of sexualized behavior say they have no intention to be hostile or demeaning precisely the opposite. While they admit they are pushing limits, they also think they are simply courting. They describe it as "goofing around, flirting,"

*Today*

August 15 2013

[Boosting College Readiness Among Black and Latino Males](#)

In an effort to improve these outcomes, the Open Society Foundations has partnered with Bloomberg Philanthropies and several New York City agencies to

create the Young Men's Initiative, which addresses disparities in education, criminal justice, employment, and health among young men of color.  
Open Society Foundations  
August 15, 2013

[Boys with allergies, Asthma at higher risk for ADHD](#)

"ADHD, a chronic mental health disorder, is most commonly found in males, while asthma is also more common in young boys than girls," said Eelko Hak, lead author of the study published in journal Annals of Allergy, Asthma & Immunology.

Business Standard  
August 14, 2013

[The struggle to help boys learn](#)

Everywhere we look, boys are squashed into a narrow idea of what it means to be male. And that doesn't have much to do with school as they know it.

Online Opinion  
August 14, 2013

[Boys, Girls and Childhood Obesity](#)

A new study published in the journal Pediatrics collected health data from more than 1,700 sixth grade students...But there were gender differences, as well. Boys who participated in vigorous physical activity and school sports appeared to be protected against obesity. While for girls, milk consumption appeared to help ward off severe weight problems.

Medline Plus  
August 12, 2013

[Boys want to look fit to be happy](#)

Boys as young as eight have decided they want to look fit and sporty - and think they will be happier if they do - a new body image study has found.

Sydney Morning Herald  
August 11, 2013

[Anti-homophobic bullying policies linked to drop in teen binge drinking](#)

LGBTQ and straight students who attend high schools with specific anti-homophobic bullying policies and gay-straight alliances (GSAs) are significantly less likely to binge-drink, according to findings in a new UBC study.

Metro News  
August 15, 2013

[Suicide of homosexual boy triggers concern](#)

The suicide of a 14-year-old boy in Rome who was bullied because he was gay triggered calls on Monday for quicker government action to pass laws against gay-bashing.

Gazetta Del Sud  
August 8, 2013

[Boys slip further in school's co-ed class](#)

Teenage boys' attitude to reading is widening the gap between them and their female classmates at a Wairarapa college.

Rathkeale College in Masterton is a state-integrated boys' school where girls from sister school St Matthew's Collegiate join in years 12 and 13 to form a co-educational senior school.

[Stuff.co.nz](#)

August 12, 2013

#### [Why boys are better at exams, according to Oxford University chief](#)

Girls may be outraged by this, but the man in charge of admissions at Oxford University believes boys do better in exams like science because they are better at taking risks.

*The Telegraph*

August 18, 2013

#### [Boys will be boys: Gender divide is growing fast at A-levels](#)

*Girls shy away from maths and science and fewer boys opt for English and creative subjects*

"We need very good female role models of engineers and scientists to go and talk to students - and we need those who have made a success out of English to go and talk to boys."

*The Independent*

August 16, 2013

### [\*\*The Lancet, July 2, 2013\*\*](#)

**Incidence and clearance of oral human papillomavirus infection in men: the HIM cohort study**, appeared in the July 2, 2013 online version of *The Lancet*. The study found that single men and male smokers have a higher risk of cancer linked oral HPV. The abstract can be found [here](#)

### [\*\*Current Opinions in Pediatrics, August 13, 2013\*\*](#)

**Building a strong healthcare infrastructure for adolescents** appeared in the August 2013 issue of *Current Opinions in Pediatrics*. The piece explores the concept of medical homes for adolescents, and can be found [here](#).

### **Other Emerging Adolescent and Young Adult Male (AYA) Initiatives**

#### **#TheMaskYouLiveIn**

Compared to girls, research shows that boys in the U.S. are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail out of school, binge drink, commit a violent crime, and/or take their own lives. Jennifer Siebel Newsom's new documentary film, *The Mask You Live In*, asks: As a society, how are we failing our boys? Her [Kickstarter campaign goal](#) of raising \$80,000 in 30 was exceeded by over \$20,000.

#### **HPVANDME.ORG**

This [new non profit organization](#) bills its mission as *the new cancer battle for boys and men* and *to spread awareness about HPV throat cancer*. One of its major goals is to increase the rate of HPV vaccination among boys and adolescent males. The current effective vaccination rate for this population is only 1%. (Note: The current HPV vaccine for males, *Gardasil*, is not indicated for oral cancer at this time.)

#### [Why Men Commit Suicide: The Three Warning Signs Most People Miss](#)

Although women, too, can take their own lives when they suffer at the intersection of “feeling alone, feeling a burden, and not being afraid to die,” this is clearly a more male phenomenon. Throughout our lives males take more risks and invite injury more often. We are taught that “winning isn’t everything, it’s the only thing” and “no pain, no gain.”

The Good Men Project

July 13, 2013

#### [Michael Kimmel: Don't segregate boys and girls in classrooms](#)

Today, single-sex schools may provide some benefits, though these tend to be benefits that accompany the economic privilege of the families that can afford them. (That is, single sex private schools tend to also be schools for the elite.) But single-sex classes, in otherwise coeducational public schools, are entirely misguided.

CNN

August 9, 2013

#### [Tackling HPV: Protection must include vaccinating boys, experts say](#)

Fewer than two-thirds of school-aged girls in Windsor-Essex are vaccinated against the human papilloma virus. The boys? Who knows. Adolescent boys aren’t eligible for the free immunization in grade school currently offered to their female peers. But new research points to the need to vaccinate boys and men — not just girls and women — to create sufficient herd immunity. Experts agree that until it becomes affordable, or free for males, the push for HPV vaccination will fall short of its goal to prevent serious and even deadly cancers in both women and men.

*The Windsor Star*

August 10, 2013

#### [Boys' Video Game 'Addiction' More Likely With Autism, ADHD](#)

Boys with autism or attention-deficit/hyperactivity disorder are more at risk of addictive video game use than typically developing boys, according to new research.

Everyday Health

July 29, 2013

#### [Congress Urged to Expand Opportunities for African-American Boys](#)

Martin, with three other experts and advocates, testified yesterday at [a hearing by the Congressional Caucus on Black Men and Boys](#), on the status of America's black youth and men, and the efforts needed from politicians and community members to help provide more opportunities for black youth and men and improve their outcomes in society.

Education Week

July 25, 2013

[Feds: Transgender teen may use boys' locker room](#)

The U.S. Justice and Education departments said Wednesday that a transgender California student who is anatomically female but lives life as a male must be able to use school bathrooms, locker rooms and other facilities designed for boys.

Politico

July 24, 2013

[More boys developing eating disorders](#)

More boys are developing eating disorders, and children as young as 9 are being admitted to hospital with anorexia.

[tvnz.com](#)

July 29, 2013

[One in four boys is labelled as having special educational needs as state schools rake in funds](#)

Almost a quarter of boys in state schools are classed as having special educational needs, official figures reveal.

Mail Online

July 30, 2013

[Congress Urged to Expand Opportunities for African-American Boys](#)

Tracy Martin, the father of the African-American teenager who was shot and killed last year in an incident that renewed national debates over race relations, urged members of Congress to improve the educational opportunities of black boys. Nationwide, statistics show that African-American boys tend to have poorer educational outcomes than their white peers. An [Education Week report](#) found such students are [disproportionately affected by school discipline policies](#), effectively funneling them into "school-to-prison pipelines."

Education Week

July 25, 2013

[Feds: Transgender teen may use boys' locker room](#)

The U.S. Justice and Education departments said Wednesday that a transgender California student who is anatomically female but lives life as a male must be able to use school bathrooms, locker rooms and other facilities designed for boys.

Politico

July 24, 2013

[Single Men Show Higher Risk of Cancer-Linked Oral HPV](#)

It's rare for men to contract an oral HPV infection, but single men and smokers face a relatively greater risk, a new study suggests. The study, published online recently in *The Lancet*, followed more than 1,600 men to chart rates of oral infection with HPV, or human papillomavirus. HPV, which can cause genital and anal warts, is the most commonly transmitted sexual infection in the United States. Some strains of the virus can eventually lead to cancer.

HealthFinder.gov

July 23, 2013

[The gender gap on college campuses](#)

The Census Bureau's 2012 Statistical Abstract reports 916,000 women got bachelor's degrees in 2009 (the most recent year with full data), compared to

685,000 men. And that already large chasm is probably widening.

*Denver Post*

July 23, 2013

**Boys Who Like Pink Have Their Own Camp**

For four days in the summer, he joins other boys, some as young as 3, at a camp where they can express themselves as girls through high heels, make-up and lots of girly colors. Here, these gender nonconforming children are given an opportunity to be free of judgment and able to express themselves creatively, perhaps openly, for the first time.

ABC News

July 23, 2013

**Vaccinating Boys Plays Key Role In HPV Prevention**

Improving vaccination rates against the human papillomavirus (HPV) in boys aged 11to 21 is key to protecting both men and women, says new research from University of Toronto Professor Peter A. Newman from the Factor-Inwentash Faculty of Social Work. HPV has been linked to anal, penile and certain types of throat cancers in men. Since the virus is also responsible for various cancers in women, vaccinating boys will play a crucial role in reducing cancer rates across the sexes.

RedOrbit.com

July 23, 2013

**Note To Teen Boy With Blowgun: It's Exhale, Not Inhale**

Parents would like to think their teenage sons are spending the summer reviewing calculus. Unfortunately, at least a few of them may be manufacturing homemade blowguns, with unexpectedly painful results.

NPR

July 22, 2013

**Teenage boys at greatest risk of mental health need better online engagement**

New research shows that nearly one young man in five thinks his life isn't worth living. And out of all those surveyed, 42 per cent were experiencing some level of psychological distress. The report has thrown new light on the need for mental health care providers to engage with young men online and outside normal business hours. It found that the traditional clinical model of care often failed young men, who are more at risk of suicide than any demographic in society.

Australian Broadcast System

July 22, 2013

**Young men of color, breaking the school to prison pipeline**

The foundation recently introduced the Forward Promise initiative, a \$9.5 million investment to promote opportunities for the health and success of young men of color — African-American, Asian, Latino and Native American — in middle and high school.

The Grio

July 22, 2013

## [How to Talk to Young Black Boys About Trayvon Martin](#)

Eight talking points about the potentially fatal condition of being black  
*Time*, March 12, 2013

## [Study finds boys more likely to receive HPV vaccine when their mothers receive preventive care](#)

Boys are more likely to receive the quadrivalent human papillomavirus vaccine (HPV4) if their mothers receive flu shots or Pap screenings, according to a Kaiser Permanente study published in the *American Journal of Public Health*.  
The study examined the [electronic health records](#) of more than 250,000 [boys](#) aged 9 to 17 years enrolled in the Kaiser Permanente Southern California health plan and found that a total of 4,055 boys – or 1.6 percent of the membership in this age group – initiated the HPV4 vaccine between October 2009 and December 2010.

Medical Express  
July 17, 2013

## [Vienna Boys' Choir faces crisis over rent bill](#)

The world-famous Vienna Boys' Choir faces a financial crisis that could put it out of [business](#) if it does not reach a deal over the rent for its concert hall and school. The choir, whose roots go back to the 13th century, may have to pay 200,000 euros (\$263,000) per year to stay in the Augarten Palace after an agreement for it to use the building rent-free in exchange for renovation work was declared invalid.

Reuters  
July 17, 2013

## [Obese boys out, more girls in at Boy Scouts of America's national Jamboree](#)

The Boy Scouts of America national Jamboree under way in Glen Jean, W.Va., has more girls than ever in attendance -- but no dangerously overweight boys. This year's Jamboree is more physically demanding than ever. To be eligible, scouts and their leaders had to meet body mass index and other health standards. BMI is a measure of body fat as gauged from weight and height. Scouts with BMIs of 40 or higher were excluded. Those whose BMIs ranged between 32 and 39.9 had to hand in medical information to be approved.

Syracuse.com  
July 16, 2013

## [Study: Family violence can lead boys to aggression and to drug problems](#)

Boys exposed to familial violence, including conflict between siblings, become increasingly aggressive toward their peers at school, and this aggression is associated with greater levels of alcohol and drug use over time, a new study by a University of Illinois researcher suggests.

Medical Express  
July 16, 2013

## [Gay Suicide: 60 Seconds Could Save a Boy's Life \(video\)](#)

The Trevor Project

## [U.K. Experts Urge HPV Vaccine for Young Gay Men](#)

It might reduce their risk of anal cancer.  
Young gay men are 15 times more likely to develop anal cancer due to human

papillomavirus (HPV) infection compared to straight men, and should be given the HPV vaccine, British health experts say.

Healthfinder.gov

July 16, 2013

[Study: Family violence can lead boys to aggression and to drug problems](#)

Boys exposed to familial violence, including conflict between siblings, become increasingly aggressive toward their peers at school, and this aggression is associated with greater levels of alcohol and drug use over time, a new study by a University of Illinois researcher suggests.

Illinois.edu

July 15, 2013

[Why Men Age 20-24 Commit Suicide at 5.4 Times the Rate of Their Female Contemporaries](#)

Dr. Joiner and I share a professional interest in suicide prevention. Suicide is a major world-wide epidemic taking the lives of over 1,000,000 people a year, according to the World Health Organization. Estimates suggest that 10 to 20 times more individuals attempt suicide.

The Good Men Project

July 13, 2013

[From the director of Miss Representation - an exploration of American masculinity.](#)

Compared to girls, research shows that boys in the U.S. are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail out of school, binge drink, commit a violent crime, and/or take their own lives. Jennifer Siebel Newsom's new documentary film, The Mask You Live In

[Lamm: Affirmative action for college men](#)

Are men the forgotten minority? If so, would affirmative action ever be justified for increasing the male to female ratio in colleges?

For years, the percentage of males enrolled in American colleges has been declining, with women making up nearly 57 percent of all undergrads at four-year colleges last year.

*Denver Post*

July 14, 2013

[For The Boys Who See Themselves In Trayvon Martin](#)

The case surrounding Trayvon Martin's death has brought up deep-seated issues around race and justice, especially for parents of African-American boys. The Rev. Otis Moss of Chicago's Trinity United Church of Christ talks about the discussion with host Jacki Lyden.

NPR

July 14, 2013

[More men join nursing field as stigma starts to fade](#)

As of 2011, 9.6 percent of all registered nurses in the U.S. were male, according to a recent report by the U.S. Census Bureau. That percentage has tripled in three decades, from 2.7 percent in 1970.

*USA Today*  
July 10, 2013

[Splinter group to start Boy Scouts rival in wake of fight over gays](#)

A conservative group said Tuesday it will form a rival alternative to the Boy Scouts of America, in the latest sign of backlash against the Scouts' recent decision to admit gay youth. The splinter group, OnMyHonor.Net, said the new organization will offer an outdoors-oriented character-development program for boys similar to that of the Boy Scouts, while also focusing on "sexual purity" and adhering to "a standard statement of Christian values."

*Chicago Tribune*  
July 9, 2013

[Boys can hit the right note](#)

"Early in life children regulate their musical dispositions according to what they think is acceptable for their gender," Dr Hall said. "The choirboys in the study are extremely proud and passionate about their singing, and they don't see themselves as feminine at all, despite realising this is how others may view them."

[Boys With Guns at High Risk of Assault: Study](#)

Many violent young people carry guns, a new study shows. The research, published online July 8 and in the August print issue of Pediatrics, surveyed nearly 700 teens and young adults aged 14 to 24 who were treated in a hospital emergency department for injuries related to violent assaults.

HealthFinder.gov  
July 8, 2013

[Study Finds High Poverty, Arrest Rates Among Some Asian American Males](#)

Sub-groups of Asian Americans are falling behind in life as a result of "deepening economic inequality, racism, failing public education systems, increasingly punitive and intolerant criminal justice laws, and insufficient culturally competent health services and prevention." These were the findings of "[Widening the Lens on Boys and Men of Color](#)," a new report from [Asian American Pacific Islanders in Philanthropy \(AAPIP\)](#).

Asian Philanthropy Forum  
July 2, 2013

[More girls than boys pursuing post-graduation](#)

According to the university authorities, out of 3,256 students pursuing post-graduate courses in the university, 70 per cent are girls. However, the figure tells a completely different story if the literacy rate of the entire state is taken into account.

*Times of India*  
July 9, 2013

[HPV jab for gay boys under study](#)

Health initiative proposes vaccination priority for males from the age of 11 who identify as homosexual.

*The New Zealand Herald*  
July 14, 2013

### [Boys more likely to fail as students](#)

"You're more likely to be failing if you are a boy, and even more likely if you are a boy and you're poor, and even more likely if you are a boy and you're poor and you're Maori or Pasifika."

News Talk KZB

July 8, 2013

### [Initiation has become criminal, says Motsolaedi](#)

Following 30 initiates' deaths and the hospitalisation of almost 300 boys in Eastern Cape, the health minister has lashed out at circumcision schools.

*Mail and Guardian*

July 8, 2013

### [Yes, boys are struggling – but conservatism is providing no solution](#)

Britain seems resigned to male underachievement. There are ways to rebuild masculinity, but most on the right won't like them.

*The Guardian*

July 12, 2013

### [Class divide in boys' reading skills seen in Pisa scores](#)

The brightest boys from poor homes in England and Scotland are at least two-and-a-half years behind in reading compared with those from the richest homes, a study suggests.

BBC

July 11, 2013

### [Girls 'beat boys' in skills-based science subjects](#)

Girls who take certain skills-based science and technology qualifications outperform boys in the UK, suggest figures from an awarding body.

BBC News

July 5, 2013

**July 11, 2013**

Today the CDC released its July 12, 2013 Mortality and Morbidity Weekly Report, which contains a report on [Homicide Rates Among Persons Aged 10-24 Years - US - 1981-2010](#). Among other findings are the following:

- Homicide disproportionately affects persons aged 10-24 years in the United States and consistently ranks in the top three leading causes of death in this age group, resulting in approximately 4,800 deaths and an estimated \$9 billion in lost productivity and medical costs in 2010.
- Homicide rates varied substantially during the study period, with a sharp rise from 1985 to 1993 followed by a decline that has slowed since 1999. During the period 2000-2010, rates declined for all groups, although the decline was significantly slower for males compared with females and for blacks compared with Hispanics and persons of other racial/ethnic groups.
- Among persons aged 10-24 years, males, those aged 20-24 years, and blacks had the highest rates of homicide over the 30 years examined (Figures 2 and 3). In 2010, the homicide rates for these groups were 12.7 per 100,000 for males, 13.2 for persons aged 20-24 years, and 28.8 for blacks.

- Homicide rates for males remained substantially higher than rates for females. Although model-estimated rates for males and females indicate declines, in relative terms, the decline for males was significantly slower than the decline for females ( $p=0.03$ ).

The full report can be viewed [here](#).

#### [Boys with sisters are more likely to be 'sexist and Republican because they are never made to cook or clean' research claims](#)

Having only female siblings makes boys more likely be Republicans as adults, new research claims.

Professors from Loyola Marymount University and Stanford University analyzed surveys completed by more than 3,000 individuals when they were aged ten plus in 1987 and again a decade later.

They concluded that men in their 20s and 30s who grew up with sisters and no brothers were 8.3per cent more likely to identify as Republican because they developed 'more traditional views of gender'.

*Daily Mail*

July 3, 2013

#### [Study Finds High Poverty, Arrest Rates Among Some Asian American Males](#)

Sub-groups of Asian Americans are falling behind in life as a result of "deepening economic inequality, racism, failing public education systems, increasingly punitive and intolerant criminal justice laws, and insufficient culturally competent health services and prevention." These were the findings of "[Widening the Lens on Boys and Men of Color](#)," a new report from [Asian American Pacific Islanders in Philanthropy \(AAPIP\)](#).

Asian American Pacific Islanders in Philanthropy

July 2, 2013'

#### [Boys in Custody and the Women Who Abuse Them](#)

"What was a genuine shock to many was the finding that in the vast majority of instances, it was female staff members who were targeting and exploiting the male teens in their custody."

Pro Publica

July 2, 2013

#### [Male melanoma survival disadvantage found in young, too](#)

New research shows that adolescent and young adult males with melanoma fare worse than their female peers. Their risk of dying from the disease is 55% higher.

Cure Today

July 1, 2013

#### [A Better Model of Male Sexuality in the World of Gay Pride](#)

Due to the simple fact that our ideas of gender are so deeply tied to heterosexual sex, LGBT individuals have done a much better job of personally advancing past outdated, unnecessary, and unjust gender ideology than a lot of the rest of us have. That progress is not an accident.

The Good Men Project

June 29, 2013

### [Boys Don't Cry: In Praise of Sentiment](#)

Why is it that at the slightest hint of emotion most critics accuse the writer of being "sentimental"? Novelist Andrew Sean Greer, author of [The Impossible Lives of Greta Wells](#), takes a stand for emotional fiction and against lazy criticism.

Daily Beast

June 30, 2013

### [Boys With Sisters Are Less Likely to Do Chores When They Grow Up](#)

According to [a paper](#) in the latest issue of the *Journal of Politics*, siblings can have a noticeable impact on how a person sees the world as an adult. The paper, "Childhood Socialization and Political Attitudes: Evidence from a Natural Experiment" by Andrew Healy and Neil Malhotra, analyzes decades of longitudinal data on families and finds that the effect sisters have on their brothers is particularly striking.

*The Atlantic*

June 28, 2013

### [What About the Boys?](#)

Abigail Rine has a mission: Let's empower our children, especially our boys, to speak out. And let's listen when they do.

Good Men Project

June 28, 2013

### [Boys High School Basketball Coach, In Still-Rare Move, Tells Team He's Gay](#)

It wasn't a big deal in that, at least initially, the response from Nicodemo's players was, by all accounts, either [positive](#) or treated like it was as shocking as the coach saying he was going to buy some milk on the way home. One of Saunders' top players, sophomore-to-be [Derrick Felder](#), tweeted: "[Saunders just became a stronger team love my team.](#)" Newly minted Saunders graduate and former Nicodemo player Steven Ayanrouh [sent the message](#): "you've supported us all these years and now it's our turn to support you! Proud to have played for you. Much love and respect".

Forbes.com

June 25, 2013

### [ADHD In Kids: Fewer Minority Children Diagnosed With The Disorder \(STUDY\)](#)

Black and Hispanic children are half as likely to be diagnosed with attention-deficit/hyperactivity disorder (ADHD) as their white peers, according to a new study that followed U.S. kindergarteners through middle school.

Reuters

June 24, 2013

### [Researchers investigate link between boys and computer screen time](#)

The University of Newcastle is leading a research project into the link between adolescent boys, the amount of time that they spend in front of a computer or TV screen and their level of physical fitness.

HealthCanal

June 24, 2013

### [The Boys Initiative Hails Recent Findings about HPV Vaccine Use](#)

*Use attributed to major decline in HPV infection among teen girls*

*Challenge remains to more fully vaccinate boys*

The Boys Initiative is greatly encouraged by recent findings, published in the Journal of Infectious Diseases, indicating that the infection rate of the human papilloma virus (HPV) among teenage females has dropped by half in recent years. Federal officials attribute that decline to more widespread use of a vaccine for teenage females that prevents infection with HPV, which was approved for use in teenage females in 2006. In 2011, the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) recommended routine use of the quadrivalent HPV vaccine in males aged 11 or 12 years.

However, the most recent data indicates that the full vaccination rate among teenage males is only 1%.

The Boys Initiative

June 24, 2013

**MacGyver Says: Don't Mix Teenage Boys And Homemade Bombs**

They're sometimes called MacGyver bombs, in an homage to the 1980s TV hero who could make a bomb out of everyday items like a cold pill, blow an escape route through a wall and save the day. But the Centers for Disease Control and Prevention would probably call these homemade chemical bombs "stupid things that teenage boys come up with to injure themselves and others." The public health agency has been tracking the misadventures of amateur MacGyver bomb makers, and it is not amused.

NPR

June 20, 2013

**Doctors Don't Talk About Birth Control Often Enough With Teen Boys**

Medical professionals aren't bringing up sexual health information about birth control and condoms often enough with their teen patients, a [new study](#) in the Journal of Adolescent Health finds. Doctors especially need to start bringing up these topics more with young men. Nearly one in five sexually active boys report that they've never heard anything about condoms or contraceptives from their teachers or their doctors.

ThinkProgress.com

June 18, 2013

**Stop Penalizing Boys for Not Being Able to Sit Still at School**

*Instead, help them channel their energy into productive tasks.*

Something is rotten in the state of boys' education, and I can't help but suspect that the pattern I have seen in my classroom may have something to do with a collective failure to adequately educate boys.

*The Atlantic*

June 18, 2013

**WASHINGTON, DC, Jun 24, 2013 (Marketwired via COMTEX) -- The Boys Initiative ([www.theboysinitiative.org](http://www.theboysinitiative.org)) is greatly encouraged by recent findings, published in the Journal of Infectious Diseases, indicating that the infection rate of the human papilloma virus (HPV) among teenage females has dropped by half in recent years. Federal officials attribute that decline to more widespread use of a vaccine for teenage females**

**that prevents infection with HPV, which was approved for use in teenage females in 2006. According to the Centers for Disease Control and Prevention, the HPV virus causes about 19,000 cancers in women and about 8,000 in men every year. At current vaccination rates, the vaccine would prevent 45,000 cases of cervical cancer and 14,000 deaths among girls now age 13 and younger over the course of their lifetimes. About a quarter of Americans are infected with HPV.**

While the current HPV full vaccination rate among teenage females has increased to nearly 33%, in recent years that rate may be declining, according to a recent article published in the journal Pediatrics. The decline is attributable at least in part to stigma associated with a vaccine that prevents a sexually transmitted disease.

In 2011, the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) recommended routine use of the quadrivalent HPV vaccine in males aged 11 or 12 years. However, the most recent data indicates that the full vaccination rate among teenage males is only 1%.

"Underutilization rates for HPV vaccine, especially among teenage males, is staggering," said David Bell, MD, MPH, Assistant Clinical Professor of Pediatrics, Columbia University and co-chair of a Boys Initiative project to develop health care recommendations for adolescent and young adult males. "We need to be much more aggressive in educating clinicians and parents about the importance of the HPV vaccine for teenage males," Bell said. "Given the burden of lifelong disease that HPV can cause, it is simply unacceptable to have such low vaccination rates."

"Foreign HPV vaccination rates put ours to shame," said Joel Heidelbaugh, MD, FAAFP, FACG, Clinical Associate Professor in the Departments of Family Medicine and Urology at the University of Michigan Medical School and a member of The Boys Initiative's male adolescent project Advisory Council. "It has been reported that vaccination rates in countries like Denmark and Britain are above 80 percent. Even Rwanda, in East Africa, has reached 80 percent."

"The report underscores the importance of The Boys Initiative project to develop comprehensive recommendations for clinicians and health information for their patients, adolescent and young adult males," said Dennis Barbour, Boys Initiative Co-Founder. "Our work to improve the health of adolescent and young adult males is not only groundbreaking but essential," said Barbour.

#### [Boy-On-Boy Sexual Hazing on the Rise \(audio\)](#)

Ten percent of high school boys report being victims of rape, forced oral sex and other sexual assault, according to a [study](#) by the Journal of Youth and Adolescence. Experts say sexual hazing has been increasing in the past decade, and high school hazing fuels college hazing.

NPR

June 21, 2013

#### [Many Young Americans Unaware They're Infected With HIV](#)

The younger you are, the less likely you are to realize you are infected with HIV or

receive treatment for it, a new study finds. Early diagnosis, prompt and continued care, and antiretroviral drug therapy are key to lowering the risk of illness and death among patients, and reducing transmission of HIV, the virus that causes AIDS. However, this study of 2009 data from the National HIV Surveillance System found that people under the age of 45 who are infected with the virus are much less likely than their older peers to know they are infected or to be getting proper care.

Medline Plus  
June 17, 2013

#### [Blood tests could detect sexually-transmitted oral cancers](#)

"Up to now, it was not known whether these antibodies were present in blood before the cancer became clinically detectable," said Paul Brennan, of the WHO's International Agency for Research on Cancer (IARC), who led the study and described the findings as "very encouraging". "If these results are confirmed, future screening tools could be developed for early detection of the disease," he said. While HPV is better known for causing cervical and other genital cancers, it is also responsible for an increasing number of cancers of the mouth and throat, particularly amongst men.

Medline Plus  
June 17, 2013

#### [BPA Exposure Tied to Undescended Testicles in Boys](#)

Fetal exposure to the chemical bisphenol A (BPA) has been linked to low levels of a key developmental hormone in newborn boys with undescended testicles, according to an early new study.

Health Day News  
June 17, 2013

#### ['Men don't talk about health issues,' says Samuel L Jackson, as he fronts charity campaign to make men aware of cancer](#)

The Pulp Fiction star is fronting a new charity called One For The Boys  
Mail Online  
June 17, 2013

#### [Child obesity shock as figures reveal over 16 per cent of boys in Scotland aged between two and four are obese](#)

THE figure, released by the Scottish Government, has risen from 10.4 per cent just two years ago and has led to warnings for parents to take more responsibility for the children's health.

Daily Record  
June 21, 2013

#### [Boys now spending almost as much as girls on their prom outfits](#)

Image-conscious teenage lads are going for a slick, groomed look, spending 24% more on their outfit than a year ago. American-style prom nights are sending sales of tuxedos rocketing as boys get a glam makeover to keep up with the girls.

Image-conscious teenage lads are ditching trainers and T-shirts for a slick, groomed look, spending 24% more on their outfit than a year ago. And they are tidying up monobrows and facial hair as they head to beauty salons for head-to-toe treatments from eyebrow threading and face masks to spray tans.

Daily Mirror  
June 19, 2013

[Do the Health Benefits of Neonatal Circumcision Outweigh the Risks?](#)

These days, approximately 57% of boys are circumcised in U.S. hospitals, with the procedure generally being more common among whites and less common among black and Hispanic populations, according to estimates. Other boys are circumcised in religious ceremonies shortly after birth.

*Wall Street Journal*  
June 16, 2013

[Black carbon linked to attention problems in boys.](#)

Exposure to traffic-related air pollution was associated with decreased attention skills in a group of Boston-area boys studied by researchers. The study is the first to link exposure to black carbon to attention difficulties in low-income, urban children and to report differences between the genders.

*Environmental Health News*  
June 13, 2013

[Pregnant Boys: Shocking Ads Target Teen Pregnancy](#) (video)

A provocative new ad campaign in Chicago, a city that has one of the highest teen pregnancy rates in the country, is garnering a lot of attention with its shocking images of teenage boys pregnant.

*ABC News*  
June 12, 2013

[Bridging the male education gap](#)

American women are making gains; men aren't. Why? The reality is that the slowdown in U.S. educational gains is predominantly a male affair, and one that drags down the overall competitiveness of our workforce and workers' ability to land (or create) good jobs.

*Los Angeles Times*  
June 11, 2013

[Seven Surprising Facts About Asian-American and Middle Eastern Boys](#)

A new report released Monday by Asian Americans/Pacific Islanders in Philanthropy takes a rare look at an often overlooked subgroup of young people: Asian American, Pacific Islander and AMEMSA boys and young men. AMEMSA stands for Arab, Middle Eastern, Muslim and South Asian—it's a handy acronym worth remembering in a post-Sept. 11 U.S. context, where members of these communities often have overlapping experiences, but more typically, are seen as indistinguishable from each other.

*colorlines.com*  
June 11, 2013

[Give boys cervical cancer injection, MSPs told](#)

THE vaccination against cervical cancer offered to all 12-year-old girls in Scotland should also be offered to boys, campaigners have told MSPs.

*Herald Scotland*  
June 12, 2013

### Teenage boys putting health at risk for cover model bodies

*Young lads seeking a six-pack could be doing long term damage to their health*  
TEENAGE boys are now being put under the same pressure by society to attain the so-called perfect body as teenage girls.

*Liverpool Echo*

June 11, 2013

## **Adolescent Patient Care and Education**

Boston Children's Hospital and Harvard Medical School have just released [Effective Clinical Interviewing of Adolescent Boys and Young Men](#), a series of vignettes for medical and mental health providers aimed at improving their communication skills and facilitating their ability to effectively interview adolescent boys and young men during clinical visits. The project involved task force meetings and consensus building, a review of the literature, focus groups of adolescent boys and young men, filming of vignettes from office settings, and development of online access and a teaching CD. It can be accessed [here](#).

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The National Campaign to Prevent Teen and Unplanned Pregnancy has released the [Guy's Guide to Birth Control](#), a series of brief and entertaining videos that stars a guy explaining to young guys how contraception works.

## **Recent Studies of Adolescent Youth**

The University of Southern California has recently released [The New Adolescents: An Analysis of Health Conditions, Behaviors, Risks and Access to Services Among Emerging Young Adults](#).

The principle author is Lawrence Neinstein, MD, FACP. His goal in producing the chart book is to provide health care providers, health care networks and vendors, institutions, and policy makers with the data they need to make informed decisions about broad health care coverage and health prevention interventions in emerging young adults age 18 to 26. Youth in this age range face greater behavioral and non-behavioral health risks than either adolescents aged 12-17 or young adults aged 26-34. Overall, emerging young adults have the highest rates of motor vehicle injury and death, homicide, mental health problems, sexually transmitted infections and substance abuse. This age group also has the least access to care and has the highest uninsured rate in the United States.

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The Interagency Working Group for Youth Programs has just released two reports [Health and Health Care in the Transition from Adolescence to Young Adulthood](#) and [Adolescents and the Affordable Care Act](#). The first contains detailed, gender-specific data on health status and health services. The second contains a comprehensive review of how the ACA affects adolescents.

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An older report, issued last year [Youth Risk Behavior Surveillance System: Selected 2011 National Health Risk Behaviors and Health Outcomes by Sex](#), provides foundational data for efforts to expand health care services to adolescent males. The detailed report contains often chilling information on health risk behaviours for adolescents.

## 10 Mobile Health Apps From Uncle Sam

*Will 2013 be the year of the mobile app? Pundits seem to think so, and the prediction holds true for healthcare professionals and consumers alike. Although developers have come up with several apps to help clinicians diagnose and manage disease, the use of medical apps among consumers is set to take center stage, especially in light of new patient engagement requirements that are part of the government's Meaningful Use Stage 2 program.*

## The death of gender-neutral clothing: New book details the history of when blue and pink became gender synonymous

It was only in the 1940s when children's clothing began to change, and become specific to gender. Gender-neutral clothing had always been the norm with boys wearing the same crisp white dresses as girls until age 6 or 7.

'What was once a matter of practicality - you dress your baby in white dresses and diapers; white cotton can be bleached - became a matter of "Oh my God, if I dress my baby in the wrong thing, they'll grow perverted,'" Paoletti says.

*Daily Mail*  
June 8, 2103

## Autism, ADHD Often Occur Together, Research Shows

*Study finds nearly one-third of kids with autism also have problems with attention and hyperactivity*

Almost 30 percent of young children with autism also show signs of attention-deficit/hyperactivity disorder (ADHD), a rate that's three times higher than it is in the general population, a new study shows.

*Medline Plus*  
June 6, 2013

## Sexual victimization in juvenile facilities usually involves male juveniles and female staff

*The government says 1 in 10 youths at juvenile detention facilities around the country reported having been sexually victimized by staff or by other youths. The study by the Bureau of Justice Statistics found that among the more than 1,300 youths who reported victimization by adult staff, 9 out of 10 were male juvenile detainees reporting sexual activity with female staff members.*

*Washington Post*  
June 6, 2013

## 'Cutest Couple' at NY High School Is 2 Boys

The duo voted "cutest couple" in the senior class at a suburban New York high school say they're getting teased about it — but not because they're both boys. "Yeah, our friends are giving it to us about being Internet famous," said 18-year-old Dylan Meehan, a senior at Carmel High School. "We've never had any problems at all," added 17-year-old senior Brad Taylor. "As a matter of fact, before the results, people were telling us ahead of time, 'You guys are going to win hands down.'"

*ABC News*  
June 4, 2013

### [Black Males: An Endangered Species](#)

According to the *Schott 50 State Report on Public Education and Black Males 2012*, Florida's graduation rate for Black males was approximately 47%. Only six other states reported a lower graduation rate. If less than half of the Black males eligible to graduate from high school are in fact graduating, what outcome should we expect for the 53% that did not graduate?

politic 365

June 4, 2013

### [Research Shows How Ritalin Affects Brains of Kids with ADHD](#)

Ritalin activates specific areas of the brain in children with attention-deficit/hyperactivity disorder (ADHD), mimicking the brain activity of children without the condition, a new review says.

healthfinder.gov

May 31, 2013

### ['Boys are like puppies, girls aim to please': New research shows teachers are upfront about gender differences](#)

A teacher's idea of how boys and girls behave and learn can have a surprising impact on student success, suggests new research to be presented this week at the Congress of the Humanities and Social Sciences in Victoria.

nationalpost.com

June 4, 2013

## **HHS Launches MentalHealth.gov at June 3 White House Conference on Mental Health**

**The conference is being live-streamed at whitehouse.gov on June 3, 2013, from 9:30 am to 2:45 pm EST**

U.S. Department of Health and Human Services Secretary Kathleen Sebelius has announced the launch of **MentalHealth.gov** as an online resource for people looking for information about mental health. This website provides information about the signs of mental illness, how individuals can seek help, and how communities can host conversations about mental health. The website also features videos from a number of individuals sharing their stories about mental illness, recovery, and hope. SAMHSA will release a Toolkit for Community Conversations About Mental Health to support communities interested in holding discussions about mental health using consistent information and approaches. The Toolkit has three parts: an "Information Brief," a "Discussion Guide" and an "Organizing Guide." These components will help communities and individuals start a conversation about

mental health and help identify innovative and creative actions to meet the mental health needs of our Nation. Through MentalHealth.gov and SAMHSA's Toolkit for Community Conversations About Mental Health, we can all work together to provide youth and adults accurate information about the prevention and treatment of mental health conditions, coupled with open spaces to tell their stories, ask for help, share their successes, and support one another. These conversations will also give us a venue to highlight the importance of recovery, support those in recovery, and offer opportunities for everyone to see that recovery is possible. The entire SAMHSA Toolkit for Community Conversations About Mental Health will be available soon via the SAMHSA website, the SAMHSA Store, and MentalHealth.gov. The Information Brief section of the Toolkit is available for print and electronic download today, June 3, 2013, on the SAMHSA Store and at [www.mentalhealth.gov/talk/community-conversation/index.html](http://www.mentalhealth.gov/talk/community-conversation/index.html).

#### [Michael Douglas: HPV caused my throat cancer](#)

In an [interview](#) with the Guardian published on Sunday, Michael Douglas said that his throat cancer was apparently caused by a strain of human papillomavirus (HPV) he contracted through oral sex. The actor was diagnosed with stage four cancer throat cancer in 2010 and subsequently underwent an eight-week course of chemotherapy and radiation treatments; he revealed that his cancer was HPV-related after fielding a question about his history of tobacco and alcohol use:

Asked whether he now regretted his years of smoking and drinking, thought to be the cause of the disease, Douglas replied: "No. Because without wanting to get too specific, this particular cancer is caused by HPV [human papillomavirus], which actually comes about from cunnilingus."

Salon  
June 3, 2013

#### [ADHD meds don't boost substance abuse risk later in life, study found](#)

The findings in the Journal of the American Medical Association (JAMA) Psychiatry were based on a meta-analysis of 15 previous studies, dating from 1980 to 2012, that included more than 2500 participants with ADHD, some of whom were prescribed medication and some of whom were not. Researchers at the University of California said they found children who took medications like Ritalin were neither more nor less prone to try or abuse alcohol, nicotine and other drugs compared to untreated ADHD kids.

Herald Sun  
May 30, 2013

#### [Study: Health Law Protected Young Adults From High Hospital Bills](#)

Researchers at the RAND Corporation set out to find some hard data on one aspect of the health law: Does having medical insurance protect young adults from

the financial ruin that often comes with a major injury or illness? The quick answer: Yes, it does. Since September 2010, the Affordable Care Act has allowed young adults to remain on their parents' medical insurance until they turn 26, and an estimated [3.1 million young people](#) have taken advantage of the new rule. The RAND researchers looked at nearly a half a million visits young adults made to emergency departments around the country before and after the under-26 provision took effect. "We looked at just the most serious conditions," said Andrew Mulcahy, an associate policy researcher at the RAND Corporation. Mulcahy and his colleagues pored over actual hospital records for bone fractures, poison, traumatic brain injuries, and other incidents that would require an urgent trip to the hospital. The RAND analysis, [published Wednesday in the New England Journal of Medicine](#), found that the new law resulted in \$147 million in hospital bills charged to private insurance companies in 2011.

Kaiser Health News

May 29, 2013

### [The School-to-Prison Pipeline](#)

School officials across the country responded to a surge in juvenile crime during the 1980s and the Columbine High School shootings a decade later by tightening disciplinary policies and increasing the number of police patrolling public schools. One unfortunate result has been the creation of a repressive environment in which young people are suspended, expelled or even arrested over minor misbehaviors — like talking back or disrupting class — that would once have been handled by the principal. The need to chart a new course in school discipline is underscored in a report scheduled to be released on Thursday by the [New York City School-Justice Partnership Task Force](#), a working group led by Judith Kaye, the former chief judge of the State of New York, and composed of people from the fields of law enforcement, education, philanthropy, civil rights and child advocacy.

New York Times

May 30, 2013

### [Call the Doctor! Our Guys Are Drowning!](#)

*Dennis J. Barbour examines why boys and men aren't getting the health care they need.*

Today we have an adolescent obesity epidemic in this country, and it isn't just an issue for girls and young women. We have an adolescent suicide problem, and it's pronounced with adolescent males, who complete suicide at four times the rate of adolescent females. Homicide among adolescent males is four times that of adolescent females. Adolescent males have an unintended injury rate that is double that of females, and adolescent males have an ADHD diagnosis rate that is three times that of adolescent females. The diagnosis rate of epilepsy among young males is twice that of young females, and the incidence rates of syphilis among males age 15-24 is from twice to five times that of females.

The Good Men Project

May 24, 2013

### [SAMHSA Sponsors Challenge to Develop Technology-based Products to Prevent High-Risk Drinking among College Students](#)

SAMHSA announces a new opportunity for individuals and organizations to help prevent high-risk drinking among college students. Excessive and underage drinking among college students are significant public health problems on college

and university campuses across the United States, which often result in life-altering consequences such as death, injury, assault, sexual abuse, unintended pregnancy, sexually transmitted diseases, academic difficulties, suicide attempts, and alcohol dependence. SAMHSA is seeking solutions to this problem through cost-effective, portable, technology-based products that effectively reach a diverse population of college students and their parents, as well as administrators, faculty, and staff, and that can be adapted to meet the local needs of these institutions throughout the United States. Technology-based products may include, but are not limited to, web applications, mobile apps, short message services (SMS), and podcasts.

SAMHSA

May 24, 2013

[On the TED Stage: Revealing a Heartbreaking Secret about Young Male Suicide \(VIDEO\)](#)

My sharing of John's story was my first attempt to spark a conversation about the taboo subject of suicide, and in particular the challenge of coming back from an attempt and choosing life. It worked well enough to bring more than a half million viewers to see it.

TED Weekends

May 24, 2013

[After vote to accept gay youth, Boy Scouts are sure to face more pressure from left and right](#)

Dismayed conservatives are already looking at alternative youth groups as they predict a mass exodus from the BSA. Gay-rights supporters vowed Friday to maintain pressure on the Scouts to end the still-in-place ban on gay adults serving as leaders.

*Washington Post*

May 23, 2013

[Schools should ensure that kids get at least one hour of physical activity each day](#) to support their health and boost performance in school, according to a new report. Although previous studies show 60 minutes of vigorous to moderate-intensity exercise daily promotes health and development, it's estimated that only about 50 percent of school-aged kids are currently meeting this recommendation, according to the report from the Institute of Medicine.

Health Finder

May 23, 2013

[Why Are Boys So Violent?](#)

After every national tragedy committed by boy or young man, we ask "why" or "what made him or them do it?" We probe their family, school, peer, and religious life seeking signs of pathology. More often than not, we find what we are looking for to confirm our homegrown theories about why boys commit such violence.

What we rarely do, however, is listen to the boys themselves.

*Huffington Post*

May 22, 2013

## [Self-Regulation Skills Better In American Girls Than Boys; Asian Preschoolers Equally Motivated](#)

*Self-regulation skills are a significant factor in academic success. While children of both genders in China, South Korea, and Taiwan are equally motivated in behavioral tasks, American girls perform significantly better than boys.*

[Previous studies](#) have linked self-regulation to [academic](#) and long-term success, and the capacity of many American children for the skill seems to be [declining](#) — along with their academic [performance](#) relative to kids in other nations. For [some time](#), American boys have been falling behind girls in academic achievement.

Medical News Daily

May 22, 2013

[Does having attention deficit hyperactivity disorder as a child increase the risk of obesity later in life?](#) That was the question posed by an international team of researchers. They collected data from 207 boys, 8 to 12 years old, who were diagnosed with ADHD. 178 boys without the condition were recruited for comparison. The majority of the participants were then tracked for more than 30 years with follow-up exams conducted at the mean ages of 18, 25 and 41. The results? Men with childhood ADHD had significantly higher body mass index compared to those without the condition, an average 30.1 versus 27.6.

Medline Plus

May 20, 2013

## [On May 16, a new CDC report was released that describes, for the first time, federal activities that track U.S. children's mental disorders.](#)

This is the first report to describe the number of U.S. children aged 3–17 years who have specific mental disorders, compiling information from different data sources covering the period 2005–2011. It provides information on childhood mental disorders where there is recent or ongoing monitoring. These include ADHD, disruptive behavioral disorders such as oppositional defiant disorder and conduct disorder, autism spectrum disorders, mood and anxiety disorders including depression, substance use disorders, and Tourette syndrome. The report also includes information on a few indicators of mental health, specifically, mentally unhealthy days and suicide.

Centers for Disease Control

May 16, 2013

## [HPV is epidemic, which is odd since it is largely preventable](#)

Back in 2006 and 2009, when the HPV vaccines Gardasil and Cervarix came onto the market, health officials dreamed of halting the spread of HPV, which is sexually transmitted, in a single generation. Scientists call such blanket coverage herd immunity — in which a pathogen gets vaccinated into oblivion, becoming so rare that even unvaccinated people are protected. But the hope for herd immunity against HPV anytime soon is fading fast in most of the West. By 2011, only 8 percent of U.S. teenage boys, a target group for the vaccines, had received them. Only 1 percent actually completed the three-shot regimen. Science News April 20, 2013

## [About Our Boys - Education, Risk and Mums](#)

There's one group of people who are more at risk of dying in a car accident, more likely to fail at school, more likely to be a criminal, have AIDS, die from cancer,

have a drug or alcohol problem or suicide. Do you know which group of people that is? Males. So where can we start to address these problems? How about school?

ABC

May 31, 2013

#### [Boys susceptible to unhealthy food claims](#)

CHILDREN are being tricked into unhealthy food choices by marketers who make misleading nutritional claims and use celebrities to endorse their products, according to research by an anti-obesity action group.

Boys are the main victims and are 96 per cent more likely to choose unhealthy food products if they have nutrient claims like "high in calcium" or "good source of protein" on the packaging. They are 65 per cent more likely to choose unhealthy products if they are endorsed by male sports stars. Only male sport starts were used for the study. They had no impact on girls food choices, but girls were nonetheless 66 per cent more likely to make unhealthy choices based on nutrient claims.

*Herald Sun*

May 28, 2013

#### [Boys increasingly getting eating disorders as body-image pressure grows](#)

HUNDREDS of young boys are developing eating disorders every year and experts say that pressure to look perfect at a younger age is partly to blame. Cases of eating disorders among men and boys have risen by 27 per cent since 2000, figures show, compared with 15 per cent in the population as a whole.

*The Australian*

May 21, 2013

#### [Helping boys cross over to manhood](#)

Once again our rite of passage, initiation, a cultural practice that dates back hundreds if not thousands of years, has been plagued by catastrophe. News reports suggest that 27 young boys have lost their lives while undergoing circumcision ritual in Mpumalanga over the past two weeks.

*Pretoria News*

May 23, 2013

#### [The Unsafe Sex: Should The World Invest More In Men's Health?](#)

On average, men aren't as healthy as women. Men don't live as long, and they're more likely to engage in risky behaviors, like smoking and drinking. But in the past decade, global health funding has focused heavily on women. "Programs and policies for men have been "notably absent," [says](#) Sarah Hawkes from the University of London's Institute of Global Health. She and a colleague [published](#) a commentary in *The Lancet* on Friday calling for more gender equality in global health funding.

NPR

May 18, 2013

#### [A 'moral' issue: Vote on lifting Boy Scouts' gay ban divides members](#)

Tracie Felker and Joe Marion share a deep passion for Scouting. Each has a son who attained the top rank of Eagle, and each has spent numerous years and thousands of hours volunteering as Scout leaders, promoting Scout values. And

that's where they diverge. When the Boy Scouts of America votes next week on whether to admit gay youth as members, Felker and Marion hope for opposite outcomes.

Today.com  
May 18, 2013

[Are Boys More Competitive Than Girls Because They Play in Groups?](#)

Harvard evolutionary biologist Joyce Benenson speculates that the instinct for men to align themselves in groups goes way back in human history. Men hunted in groups, and so they had to learn to get along quickly in a bunch, and this quality was supposedly bred into men through natural selection (maybe you got picked off by a lion if you didn't bond with the group). Whether or not you buy this, Merryman and Bronson cite a 2004 study from Benenson that [shows male infants as young as six months prefer photographs of groups](#) to photographs of pairs or individuals. Girl babies show no preference.

Slate.com  
May 17, 2013

[Attention deficit leads US kids' mental health problems, CDC reports](#)

The most comprehensive report on specific mental disorders in children shows attention deficit hyperactivity disorder (ADHD) is the most commonly diagnosed problem in kids aged 3-17, with close to 7 percent of kids having a diagnosis. Another 3.5 percent have behavioral problems, 3 percent have anxiety and 1.1 percent have autism. For teenagers, addiction to drugs, alcohol and tobacco are the most common issues, the Centers for Disease Control and Prevention reported on Thursday. These percentages translate into millions of children, said CDC's Ruth Perou, who put the study together. She found that 6.8 percent of U.S. children have ADHD. "That's about 4.18 million children," Perou told NBC News. "This first report of its kind documents that millions of children are living with depression, substance use disorders, ADHD and other mental health conditions," CDC director Dr. Tom Frieden said in a statement.

NBC News  
May 16, 2013

[Anti-Gay Bullying Tied to Teen Depression, Suicide](#)

*Suicidal thoughts more likely for kids victimized over sexual orientation, research finds*

Students targeted because they're believed to be gay -- as many as one in seven young teens -- are much more likely than others to be suicidal and depressed, a new survey finds. More than 10 percent of eighth-grade boys and girls reported that they're victimized because of perceived sexual orientation, according to a large survey of students in Washington state.

Medline Plus  
May 16, 2013

[Are Doctors Diagnosing Too Many Kids with ADHD?](#)

*Some boys may be labeled incorrectly with the condition, but undertreatment may be the bigger problem*

Yet although data point to at least some over diagnosis, at least in boys, the extent of this problem is unclear. In fact, the evidence, with notable exceptions, appears to be stronger for the undertreatment than overtreatment of ADHD.

Scientific American  
May 1, 2013

[Why my male babysitter freaks some people out](#)

I wasn't trying to be subversive when I hired a male babysitter this month. But it is apparently something that few parents would do.

Most are too spooked by [Jerry Sandusky](#) and the endless parade of other child molesters in the news. These creeps are almost always male, and they almost always find a way to work with kids. So parents aren't being paranoid about the stranger danger that surround our kids. It's a very real and totally frightening phenomenon. Still, here's what I'm wondering: Have our fears turned us into a bunch of sexists? Just about every parenting forum across America has hashed out the question of male babysitters. (The opponents always vastly outnumber the supporters.)

*Washington Post*, April 29, 2013

[Boys die in bid to become men](#)

TWENTY-THREE South African youths have died in the past nine days at initiation ceremonies that include circumcisions and survival tests.

Police have opened 22 murder cases in the deaths and an inquest is being held into the 23rd death, of a youth who complained of stomach pains and vomited. [Initiation ceremonies](#) are common in South Africa, where youths partake in various activities as a rite of passage into adulthood, usually over the course of three weeks. In addition to being circumcised, the boys and young men are put through a series of survival tests which sometimes include exposure to South Africa's chilly winter conditions with skimpy clothing.

Perth Now  
May 18, 2013

[Pumped: boys who can't wait to be men](#)

Schoolboys wanting a hit of the latest bulk-building product or pill need not travel far. At Sydney's The Scots College, protein powders are supplied by teachers to adolescent athletes in the school gym. A sponsor of the school's rugby sevens tournament is Ultimate Sports Nutrition, whose products include "hardcore" anabolics, meal replacements and creatine "to deliver explosive gains in muscle size and strength".

*Sydney Morning Herald*  
May 18, 2013

[Op-Ed: What's Your HIV Risk? If You're Under 24, Probably Higher Than You Think](#)

The numbers of young people being infected is staggering, but there's a lot we can do about it, says the director of the government's Office of Adolescent Health.

Take Part.com  
May 3, 2013

[Same-Sex Relationships Pose Abuse Risks, Too](#)

Though many teens find it difficult to talk about dating violence or abuse, the shroud of secrecy may be even harder to get through for same-sex couples.

HealthFinder.gov  
May 10, 2013

### [How autism is different in girls vs. boys](#)

Why do boys get diagnosed with autism four times as often as girls? New research, including some of the latest data from the International Society for Autism Research annual conference last week, addresses this question, one of the biggest mysteries in this field. A growing consensus is arguing that sex differences exist in genetic susceptibility, brain development and social learning in autism—and they are meaningful to our understanding of the disorder and how it will be treated.

Fox News

May 8, 2013

### [Boys far more likely than girls to dislike school, new research finds](#)

BOYS are far more likely than girls to dislike school, to leave their homework undone and to find any excuse to stay at home, groundbreaking new research shows.

The Independent

May 8, 2013

### [Call to vaccinate boys against cancer risk](#)

The Government is being urged to roll out a vaccination associated with [cervical cancer](#) to boys after studies found the virus was causing an increased number of throat and neck cancers in men.

The Independent

May 7, 2013

**This past week the American Urological Association held its annual meeting in San Diego.** One topic that received some attention was the growing interest in men's health within the larger health community and how urology could play a role in the emergence of a more comprehensive approach to male health care. In 2012 the AUA released its [Men's Health Checklist](#) for urologists and other providers, which is currently undergoing revision in light of the recent change in the PSA screening recommendations of the [US Preventive Services Task Force](#) as well as the changes in the [AUA PSA Screening Guideline](#) that were announced on May 3.

At a scientific session sponsored by the American Society for Men's Health (ASMH), which was opened by outgoing AUA President [Dennis Pessis](#), a panel of urologists held a wide-ranging discussion about how urology might coordinate its role in male health care with other medical specialties. ASMH plans to follow up on its AUA session through conference planning for its December 2013 Washington DC annual meeting with the [International Society for Men's Health](#).

Within the medical community interest in the subject of men's health is growing. Most of that discussion has focused on adult males. However, the unique needs of adolescent and young adult males, the frame of the *Ensuring Healthy Futures* project, are often different from those of adult males. The *Ensuring Healthy Futures* initiative has therefore begun to work closely with physician leaders in men's health to insure that work of the project is included in any efforts to move toward comprehensive care for males of all ages.

**Boston Children's Hospital Creates [Living Practice Guidelines](#).** .... "efforts to set "best practice guidelines" have often drawn criticism from physicians and patients as

"cookbook medicine" that could limit doctors' autonomy or restrict care for patients whose conditions fall outside the norm."

Now, though, Boston Children's Hospital says it has found a way to create guidelines that have reduced costs and variation in care while improving patient outcomes - all without angering doctors.

*Kaiser Health News, May 6, 2013*

### **Many medical guidelines don't consider costs.**

Professional medical societies don't often consider costs when they're developing their treatment guidelines for specific conditions, [according to a new study](#).

Researchers found that just over half of the top medical societies with at least 10,000 members considered costs when developing best practices. The other half either implicitly considered costs or didn't address them at all.

"Even when they said they looked at costs, they didn't seem to have a clear, consistent or rigorous way to do so," said Dr. Steven Pearson, the study's senior author and a visiting scientist in the Department of Bioethics at the National Institutes of Health in Bethesda, Maryland.

*Medline Plus, May 7, 2013*

**What We Don't Know about Evidence-Based Programs for Youth.** According to [Child Trends](#): "In recent years both government and private funders have called for greater use of evidence-based programs and practices to serve children and youth. This is generally a good thing. We should fund programs that have at least some potential to improve the lives of children and youth. The good news is that there is a significant-and growing-number of programs with demonstrated positive outcomes. The bad news is that it is far from clear what distinguishes effective from ineffective programs. In other words, we don't know much about why programs work or don't." [read more](#)

*Trend Lines, May 3, 2013*

## **Resources we provide**

In addition to serving as a hub for information exchange among project participants, the *Ensuring Healthy Futures* project maintains an interactive online compendium of research and information on adolescent and young adult male health, sponsors webinars and conferences and provides access to experts in the areas the project addresses.

## **Join Us**

Join us by telling us about your interest and how we can help you in your work. E-mail [Dennis Barbour](#), The Boys Initiative, or reach out to him at 202-841-7475

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For daily updates on developments related to adolescent and young adult males visit our [Twitter](#) feed and [Facebook](#) page.

### The Confidence Responses

Many men wrote to say that the real crisis these days is male under confidence. Here's a law student from Chicago: "I firmly believe one of the unintended consequences of the feminist revolution has been that men in my generation are raised without a strong self-identity, and, in essence, grow up to be little more than boys looking for mothers."

*New York Times*

May 2, 2013

### Younger Men Biggest Consumers of Added Sugars: CDC

Released Wednesday, data from the U.S Centers for Disease Control and Prevention showed that from 2005 to 2010, older adults with higher incomes tended to consume less added sugar -- defined as sweeteners added to processed and prepared foods -- than younger people.

Medline Plus

May 1, 2013

### Basketball's Gay Paragon

That's the integrated way that things should be, the unremarkable way a person's sexual orientation ought to be lived and perceived. And that's precisely what Collins and his fellow trailblazers are trying to move us toward: not a constant discussion of the rightful place and treatment of L.G.B.T. people in America, but an America in which the discussion is no longer necessary.

*New York Times*

April 30, 2013

### Dear Mr. President, Our Nation's Boys Need Your Attention

Mark Sherman, a big fan of President Obama, asks him to call the nation's attention to the problems facing boys and young men.

The Good Men Project

April 29, 2013

### Jason Collins, By Declaring He's Gay, Has Given Boys A New Male Sports Image

We don't know that a high school, college or pro athlete is going to feel more comfortable now in coming out, and will cite Collins for paving the way. I suspect, though, in 20 years, when hopefully it's not a big deal to watch a gay third baseman or a gay quarterback, we'll look back on Collins' announcement as when things really changed.

Forbes.com

April 29, 2013

### For boys only

*Scouts cling to a discredited past*

The Boy Scouts of America's new proposal to allow gay boys to join up and take a seat around the campfire would have been full cause for celebration if the organization had also extended a welcoming hand to openly gay adult leaders.

*Salt Lake Tribune*  
April 28, 2013

[Hamas teaches boys to fire guns](#)

Palestinian schoolboys are learning how to fire Kalashnikovs, throw grenades and plant improvised explosive devices as part of a programme run by Hamas' Education Ministry.

*New Zealand Herald*  
April 30, 2013

[Mormon Church endorses Scout plan: let gay boys join, keep out gay leaders](#)

The compromise proposal from the Boy Scouts of America to allow gay youths to join local troops — while continuing to exclude gay leaders — has picked up a powerful backer: the LDS Church.

The Utah-based Church of Jesus Christ of Latter-day Saints, the nation's largest Scouting sponsor, announced late Thursday that it is "satisfied" with the BSA's plan.

*Salt Lake Tribune*  
April 25, 2103

[Latino, Black Boys Score Lowest on Math, Science Tests](#)

A new [study](#) published in Psychology of Women Quarterly found that Latino and African American males scored the lowest on 10th grade math and science tests while Asians, particularly male Asians, scored the highest. The study examined 10th grade year-end tests in math and science at five Philadelphia, Pennsylvania high schools with diverse populations.

Politics 365  
April 24, 2013

[Young black gay men who hide sexuality may be behind Brooklyn's HIV epidemic, doctors say](#)

A new generation of young Brooklyn black males, many hiding their sexual identity, is worrying doctors who say they are fueling the borough's HIV epidemic. HIV cases among men under 30 who sleep with men rose from 232 in 2001 to 491 in 2011.

Daily News  
April 24, 2013

[Sons of Absent or Abusive Fathers May Pick More Bar Fights: Survey](#)

Men whose fathers were abusive or absent are more likely to get into bar fights, a new study reveals.

These findings about alcohol-related aggression are from a survey of 137 men, aged 18 to 25, in Australia, and appear online in advance of publication in the September print issue of the journal *Alcoholism: Clinical & Experimental Research*.  
HealthFinder.gov  
April 19, 2013

[Boy Scout leaders recommend allowing gay boys into the ranks](#)

Top officials of the [Boy Scouts of America](#) have unanimously recommended allowing gay boys into the ranks of one of the nation's oldest and most traditional youth groups while continuing to exclude homosexual adults as leaders.

*Los Angeles Times*  
April 19, 2013

[Viewpoint: The Boys Scouts Stoop to a New Low](#)

...the compromise that will be voted on in May is sure to appease no one: it allows gay scouts but not gay or lesbian leaders. This calls to attention the sexual orientation of what is essentially a membership of underage boys while at the same time reinforcing the scientifically incorrect and blatantly homophobic stereotype of adult gays and lesbian as pedophilic predators.

*Time*  
April 21, 2013

[ADHD Meds May Not Cut Risk For Drug Abuse in Teens](#)

Children with ADHD are at increased risk of substance use, particularly of tobacco and marijuana, and despite anecdotal reports to the contrary, ADHD treatments may not counter that risk.

Researchers from the University of Pittsburgh and six other medical centers say that contrary to previous findings, medications for attention-deficit/hyperactivity disorder (ADHD) do not counter the risk for substance use and abuse among teenagers.

*Psychiatric News*  
April 19, 2013

[HPV Vaccination Sends Genital Wart Cases Plummeting: Study](#)

In the same timeframe Australia has seen a 39 percent drop in genital wart cases among heterosexual men as well.

*MedlinePlus*  
April 18, 2013

[Coaches Devise Game Plan to Mentor Boys and Young Men to Create a Healthy and Respectful Manhood](#)

Verizon Foundation, A CALL TO MEN Team Up With Baltimore Ravens Defensive Lineman Chris Carty and CBS Sportscaster James Brown to Help Coaches Develop Young Men of Character

*Verizon News*  
April 16, 2013

[UC's new MENTorship pilot aims to develop male nurses](#)

*As our aging population grows, they're asking more of our healthcare providers.* Nurses increasingly are being asked to fill healthcare needs and are growing their skills and knowledge through higher education. Still, an untapped resource of nursing talent remains: men. About 94 percent of nurses are women, and that creates challenges for men who are entering the field, as well as patients who aren't always comfortable receiving treatment from a male nurse.

*SoapBoxMedia.com*  
April 16, 2013

[Study May Explain How Circumcision Reduces HIV Risk](#)

A new study reveals that circumcision affects the type of bacteria that live on the penis, which could explain why circumcised men have a 50 percent to 60 percent reduced risk of being infected by HIV, the virus that causes AIDS.

HealthFinder.gov  
April 16, 2013

[Parents Who Veto Vaccinations Often Seek Like-Minded Opinions](#)

Friends and family may be key in parents' decisions on whether to vaccinate their young children, a small study suggests. The study, of about 200 parents, found that those who had opted not to follow the standard vaccine schedule often sought advice from anti-vaccine friends and family.

HealthFinder.gov  
April 15, 2013

[Boys and Sex Ed: Beyond Statistics and Stereotypes](#)

Forty-nine percent of boys have had sexual intercourse by the time they finish high school. One in four has an STD. Yet sex ed by and large still focuses on the needs of girls. How do we teach in ways that resonate with all students, regardless of their gender? Answer's latest online workshop, *Boys and Sex Ed: Beyond Statistics and Stereotypes*, can help. Understand how boys think, feel and learn about sexuality, and learn the necessary tools for teaching in ways that resonate specifically with them.

[Changes to Psychiatry's 'Bible' Could Widen Definition of ADHD](#)

Experts disagree over whether this will help or harm in the long run. When the latest version of what is considered the "bible" of psychiatry is unveiled in May, experts believe several changes in it will broaden both the definition and diagnosis of attention-deficit/hyperactivity disorder -- or ADHD.

Healthfinder.gov  
April 12, 2013

[Foundation Leaders Pledge Action on Issues Facing Boys and Men of Color](#) (news release)

Leaders of 26 of the nation's leading philanthropic organizations met in Chicago this week to consider issues facing boys and men of color in the United States. The gathering was held concurrent with the annual meeting of the Council on Foundations. The unprecedented meeting of foundations active in the field had a tone of hope and urgency. The undersigned foundations pledged to form an alliance to address the issues, explore promising strategies and research the data to support action.

California Endowment  
April 10, 2013

[Meriden program teaches life lessons to teen boys](#)

Since September, a handful of young boys willingly woke up every Saturday morning for life lessons and education. They were given breakfast as well as social and fitness time. It was on these Saturday mornings the young boys matured. They learned to value education and their community, and developed a positive self image.

Boston.com  
April 6, 2013

[Gaza girls and boys must study apart](#)

Starting with the new school year in September, Gaza boys and girls in middle and

high school will be breaking the law if they study side by side. Gaza's Islamic militant Hamas rulers argue that new legislation, mandating gender separation in schools from age 9, enshrines common practice.

Philly.com  
April 3, 2013

[Rutgers Scandal: Calm Down, Coaches](#)

But the same study found that: "Male high school athletes in particular report higher levels of alcohol consumption, drunk driving, sexist and homophobic social attitudes, gender related violent activity, and same sex violence (fighting)."

New York Times  
April 3, 2013

[SNL's April 6 Take on the Rutgers Controversy \(VIDEO\)](#)

Huffington Post  
April 7, 2013

[Gynecomastia affects mental, emotional health in adolescent males, study finds](#)

Persistent breast enlargement ([gynecomastia](#)) negatively affects self-esteem and other areas of mental and emotional health in adolescent males, reports the April issue of *Plastic and Reconstructive Surgery*, the official medical journal of the American Society of Plastic Surgeons (ASPS).

Medical Net  
April 3, 2013

[Diagnosis: Human](#)

In another age, David might have been called "rambunctious." His battery was a little too large for his body. And so he would leap over the couch, spring to reach the ceiling and show an exuberance for life that came in brilliant microbursts. As a 21-year-old college senior, he was found on the floor of his room, dead from a fatal mix of alcohol and drugs. The date was Oct. 18, 2011.

New York Times  
April 2, 2013  
When teen dating turns dangerous

[Boys and Body Image: Four Affirming Messages From Parents](#)

Teenage boys, like teenage girls, [worry about their appearance](#). Unfortunately, businesses with products to sell have become aware of this over the last several decades, providing a whole new set of insecurities, fears and desires that can be targeted by marketers. So, now parents face the same need to help their sons develop a healthy body image that parents of daughters have been struggling with for decades (or is that centuries).

Huffington Post  
April 1, 2013

[A.D.H.D. Seen in 11% of U.S. Children as Diagnoses Rise](#)

Nearly one in five high school age boys in the United States and 11 percent of school-age children over all have received a medical diagnosis of attention deficit hyperactivity disorder, according to new data from the federal Centers for Disease Control and Prevention.

*New York Times*  
March 31, 2013

[New Web Site Strengthens Black Male Achievement Field](#)

Foundation Center and Open Society Foundations Launch BMAfunders.org  
The Foundation Center and the Open Society Foundations have launched the web portal [BMAfunders.org](http://BMAfunders.org) to facilitate engagement, collaboration, and strategic decision making among funders, nonprofits, and policymakers working to promote positive outcomes for black men and boys in America. The site is supported by the Campaign for Black Male Achievement, in which the Open Society Foundations has invested \$50 million over the past five years.

Foundation Center, March 28, 2013

[Asian Students Better at Math and Science; Girls Equal to Boys in STEM Career Potential](#)

A new study finds that male and female students consistently earn similar grades in high school math and science courses, while Asians are better at math and science than all other ethnic groups- results that debunk [gender stereotypes](#) but reinforce [racial ones](#) about academic achievement and [success in STEM careers](#).  
Medical Daily  
March 29, 2013

[The Lost Boys of Sudan 12 Years Later](#)

The Lost Boys became part of the largest U.S. resettlement program ever undertaken by the State Department. Three thousand were settled across America in 2001, most becoming citizens. Abraham Yel Nhial was a preacher in the Kenyan refugee camp when Simon first interviewed him. He was resettled in Atlanta, where he eventually earned a degree in Biblical studies from Atlanta Christian College. "It's been a long journey, but God blessed me," he says. What came next could be called miraculous by someone who was once a preacher with little formal training in a refugee camp.

CBS  
March 28, 2013

[Bigorexics' Want to Boost Their Masculinity](#)

Guys consumed by the idea that they are not muscular enough have a disorder called muscle dysmorphia, popularly known as "bigorexia." It had been believed that sexuality was one of the main factors behind muscle dysmorphia in men, but this study suggests that how men view themselves is more important, according to the Australian researchers.

HealthFinder.gov  
March 28, 2013

[Should Short Boys Take Growth Hormone?](#)

Short children and adults do not seem less happy than their taller peers, and there's no proof that treating idiopathic short stature improves quality of life.

WebMD  
March 27, 2013

[Boys vs. girls: What's behind the college grad gender gap?](#)

Men are less willing to take on the heavy debt loads that are increasingly required

to complete a college degree. When they reach the point of owing \$12,500 in school loans, men "are more likely to be discouraged" than women -- and to decide it makes sense to leave school and start working full-time.

CNN

March 27, 2013

#### [Men and Boys Behaving Badly: Where Are Their Fathers?](#)

What has been missing from this too-often repeated narrative is the condemnation of the attitudes of men or boys behaving badly from other men, especially men who are in positions of power, authority, and influence -- and especially fathers.

Huffington Post

March 26, 2013

#### [Is There Really a 'Boy Crisis'?](#)

Quietly, without anywhere near the fanfare that has greeted the claim that boys have become the weaker, worse-off sex, serious researchers have been arguing for years that boys — a lot of boys, at least — are [doing just fine](#).

Time

March 21, 2013

#### [Study Finds Saliva Testing Predicts Aggression In Boys](#)

A new study indicates that a simple saliva test could be an effective tool in predicting violent behavior. The pilot study, led by Cincinnati Children's Hospital Medical Center and published this week online in the journal *Psychiatric Quarterly*, suggests a link between salivary concentrations of certain hormones and aggression.

Redorbit.com

March 21, 2013

#### [Child Health Experts Come Out in Favor of Same-Sex Marriage](#)

Kids benefit from having stable home, two loving parents, regardless of sexual orientation, AAP says.

Marriage for same-sex couples -- and the right for all parents, regardless of their sexual orientation, to adopt or provide foster care -- is the best way to guarantee benefits and security for their children, according to child health experts.

Healthfinder.gov

March 21, 2013

#### [One in 50 School-Aged Children in U.S. Has Autism: CDC](#)

The number of children in the United States with autism spectrum disorder has jumped dramatically since 2007, federal health officials reported Wednesday. As of 2012, one in 50 kids between the ages of 6 and 17 has some form of autism, compared with one in 88 only five years earlier, according to the U.S. Centers for Disease Control and Prevention.

HealthFinder.gov

March 20, 2013

#### [Parents' Worries About HPV Vaccine on the Rise: Study](#)

Both Darden and Cunningham said it's puzzling that parents' safety worries about the HPV vaccine would grow so much, so fast. It's not clear from the study, but Cunningham said he suspects many parents get misinformation online.

Healthfinder.gov  
March 18, 2013

For frustrated bad boys, violent video games become more alluring

Are people playing violent video games blowing off steam, or are they developing habits of violence that may play themselves out off-screen? In the wake of a wave of school shootings that have touched off debate about the roots of violence, those are more than academic questions.

*Los Angeles Times*  
March 13, 2013

Richmond teens open up in "Male Teen Talk"

A group of ninth and tenth grade students are getting the opportunity to learn true lessons of life at Armstrong High School. However, it is up to them to determine whether or not the lessons will eventually pay off. The lessons are part of a new program called "Male Teen Talk", where young men are encouraged to talk, and more importantly, listen.

nbc.com  
March 13, 2013

Sexting Habits of Teens

Other studies have shown that females tend to send more sexts than males. Of the students in this study, Latina high school girls were the least likely to send sexts. Latino men were next. And black males and females were about equal with their use of sexting, with both sending more sexts than the Latinos. The authors note that black youths tend to enter puberty earlier than Latinos, and this may have some influence on their sexting trends.

*Scientific American*  
March 7, 2013

Computer Coding: It's Not Just for Boys

Both sexes love gadgets — but while girls may enjoy owning the latest devices, parents and teachers do not point out that they also have the brains to build them, Ms. Parmar says. "They're dreaming of using the iPad mini and the latest smartphone, but they're not dreaming of creating it," she said. As a consequence, Ms. Parmar said, women are missing out in an industry that is changing the world and growing and paying handsomely, as other sectors shrink.

*New York Times*  
March 7, 2013

Writing a Book for Boys

I have trouble answering the question because it's a variation on a much more general question: "Is this a Boy Book?" And when people ask this, I can't help but think, "What in the world is a Boy Book?" Similarly, I'm frequently asked how to create stories that can be embraced by the "elusive boy audience." It's a question that stumps me--and comes up as frequently at signings--as the Boy Book question.

*Huffington Post*  
March 4, 2013

### Dumbing down Dad: How media present husbands, fathers as useless

The Doofus Dad stereotype has always been around, with characters such as Fred Flintstone, Dagwood Bumstead and even Charlie Brown's monotone parents. But the consistency of these new portrayals in shows like "Jimmy Neutron" has slowly created a new norm opposed to what being a father used to mean.

Deseret News

February 27, 2013

### Closing the Achievement Gap for African-American Males: An Economic Imperative

In the United States, a black public school student is suspended every four seconds, while every 27 seconds a black high school student drops out of school. Black students are also 3.5 times more likely than white students to be suspended or expelled. Within this group, black male students fare the worst.

Philanthropy News Digest

February 27, 2013

### Experts see peril as Latino boys fall behind

Latino elected officials from across the country met in San Antonio over the weekend for briefings on pressing educational issues.

MySanAntonio.com

February 24, 2013

### Study: Having Boys Can Take Months Off Your Life

Parents often quip that their kids—especially their rambunctious little boys—are "going to be the death of me," and new research shows that they may be right: Having sons can shave an average of eight and a half months off of a mom's life.

Shine

February 27, 2013

### 10 Benefits of Having Teen Boys

Huffington Post

February 16, 2013

### Raising Healthy Boys Means Letting Them Run A Little Wild

More and more though, I've heard that parents don't want their kids playing that roughly. They don't want them playing with fake guns (certainly a hot-button issue over the past few years with the gun deaths in our country) and swords. They want them to avoid things like climbing, leaping, biking, skateboarding, and so forth. Violence, injury, and the prevention of them, are a big deal in current America.

Huffington Post

February 14, 2013

### We Owe to Our Sons What We've Given Our Daughters

Boys are not men; they are children, and they need our attention now.

Psychology Today

February 13, 2013

### [To Reduce Suicide Rates, New Focus Turns to Guns](#)

The gun debate has focused on mass shootings and assault weapons since the schoolhouse [massacre in Newtown](#), Conn., but far more Americans die by turning guns on themselves. Nearly 20,000 of the 30,000 deaths from guns in the United States in 2010 were suicides, according to the most recent figures from the Centers for Disease Control and Prevention. The national suicide rate has climbed by 12 percent since 2003, and suicide is the third-leading cause of death for teenagers.

*New York Times*  
February 13, 2013

### [Dads Weigh In On Why Boys Fall Behind](#)

NPR  
February 12, 2013

### [Negative stereotypes about boys hinder their academic achievement](#)

Negative stereotypes about boys may hinder their achievement, while assuring them that girls and boys are equally academic may help them achieve. From a very young age, children think boys are academically inferior to girls, and they believe adults think so, too. Even at these very young ages, boys' performance on an academic task is affected by messages that suggest that girls will do better than they will.

Society for Research in Child Development  
February 12, 2013

### [Ways to Help Underachieving Boys Succeed in School](#)

The way to deal with boys' underachievement in school is not through "boy friendly" policies like more recess, single-sex classrooms and male teachers but through strong academic climates and clear, consistent information about occupations and the educational pathways that lead to them.

*New York Times*  
February 10, 2013

### [Do Teachers Really Discriminate Against Boys?](#)

Worries about the declining academic performance of boys, a topic of increasing alarm this past decade, have [intensified recently](#). It seems that boys are being judged both unduly harshly and leniently at school. A [new study](#) on gender disparities in elementary-school performance — the first study to examine both objective and subjective performance — found that boys were given lower grades than girls, even in cases (such as math and science) where their test scores were either equal to or higher than the girls' test scores.

*Time*  
February 6, 2013

### [Boys and girls don't learn the same way, author insists](#)

Even when its owner is bored, a normal female human's brain is active, with electronic scans showing blips of energy scattered throughout. A "resting" male brain, by contrast, is virtually inactive except for the part that regulates bodily systems. So shows one of the images that author and family counselor Michael Gurian

showed Thursday to several audiences, including an evening public lecture at St. John's Jesuit High School, and plans to show again today to local educators as he discusses "The Minds of Boys and Girls" and how their brains' differences influence how each gender learns and lives.

Toledo Blade

February 5, 2013

[For Most Bullied Gay Kids, Things Do 'Get Better,' Study Finds](#)

While gay British teens more likely to be bullied in school, situation improved by young adulthood

Medline Plus

February 4, 2013

[The gender gap at universities: where are all the men?](#)

Male students are outnumbered by females at most UK universities. But what subjects are they studying and which campuses have the biggest gender gap?

The Guardian

January 29, 2013

["Boys and Men of Color Conference" in Santa Ana](#)

It's no secret in Latino academic circles that there's an achievement gap between teenage Latino males and *mujeres* --studies attest to this. Thankfully, there is now a movement to rectify this problem, to make sure that young Latinos voice out positive change. Out of that comes the Santa Ana Boys and Men of Color.

OC Weekly, January 9, 2013

[Calling All Fathers: Absence of the male parent takes a huge toll](#)

"Father absence on black families has been associated with psychological problems in the child and with a reduction of goal orientation in the mother. For black boys it has been found to be related to juvenile delinquency ... and a tendency toward either poor masculine identification or compensatory masculinity in adolescence. Among black women, father absence during their childhood may increase the likelihood that they will themselves raise children without a husband." That passage may sound obvious to some, offensive to others. But the insights are hardly new. They come from a book published in 1974 by University of California Professor David B. Lynn.

Syracuse.com, December 26, 2012