

SUPPORTING MEN IN YOUR COMMUNITY

International Men's Day: November 19th

ABOUT THE DAY

International Men's Day (IMD) celebrates men and acknowledges the challenges they face. Observed in 80+ countries, it's a chance to both celebrate men's contributions and address issues like workplace fatalities, suicide, and underutilization of mental health support.

We encourage you to show your support by sharing posts about your appreciation with your community.

SAMPLE POSTS

Option #1

Share a personal story of your experience with a mentor, father, or any other impactful male role model you may have in your life. #IMD2025

Option #2

Happy International Men's Day to all the great men in our lives!
#IMD2025

Option #3

Today's International Men's Day, and I just want to say: [your message]
#IMD2025

LEARN MORE AND SHARE

Post these using the attached graphic or use your own images.

For additional resources or contact us to share your ideas, visit aibm.org



Supporting men strengthens all of our communities.
Acknowledge, include, and celebrate the men in your life
this International Men's Day.

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