THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD
MALTA

Stronger Together

Recognising and Supporting Men on International Men's Day

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On the 19th of November, International Men's Day offers an important opportunity to celebrate the contributions of men to our families, communities, and society, while addressing the unique challenges they face. At the Duke of Edinburgh's International Award (DofE) Malta, we are dedicated to fostering environments where young men can not only achieve their goals but also feel empowered to confront and navigate their struggles.

This year, we emphasise a crucial message: it's okay not to be okay. Men have emotions, feelings, and vulnerabilities–and expressing them is not a weakness. On the contrary, it is a mark of courage and strength, qualities we aim to instil in all participants of the Award.

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Redefining Masculinity: Emotions are manly too

For too long, societal expectations have defined masculinity in narrow terms—encouraging men to suppress their feelings and avoid appearing vulnerable. At DofE Malta, we know that this narrative needs to change. Boys and young men participating in the Award are taught that their feelings matter, that asking for help is a sign of strength, and that being true to oneself is the essence of leadership.

From volunteering in their communities to tackling the challenges of adventurous journeys, the Award provides participants with opportunities to explore their emotional resilience and to see that self-awareness and empathy are integral to personal and professional success.

Addressing Mental Health: Breaking the Silence

Mental well-being remains one of the most critical and overlooked issues affecting men today. Many men feel isolated in their struggles, reluctant to seek help due to fear of judgement or societal stigma. International Men's Day is a powerful reminder that it's okay to ask for help. Through the DofE Award, participants engage in activities that promote mental well-being—whether through team-building, physical activity, or skill development.

We encourage conversations around mental health and ensure participants have access to mentors and peers who can support them. These connections often create a ripple effect, empowering young men to extend the same openness and support to others in their circles.

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Creating a Culture of Support and Openess

It's not just about acknowledging these challenges–it's about taking action. Here are a few ways we can foster change, inspired by the values of DofE Malta:

NORMALISE VULNERABILITY

Encourage boys and men to express their feelings, reminding them that being open is not a sign of weakness but a mark of authenticity and strength.

PROMOTE MENTAL HEALTH RESOURCES

Highlight tools, initiatives, and organisations that address mental well-being, making them accessible and stigma-free for all men.

REDEFINE SUCCESS

Celebrate men for who they are, not just for what they achieve. Show that kindness, emotional intelligence, and community engagement are just as valuable as traditional markers of success.

SUPPORT EACH OTHER

Whether through mentoring, active listening, or simply being present, offer the kind of support that helps men feel seen, heard, and valued.

Championing a New Kind of Leadership

We are proud to be part of the movement challenging outdated stereotypes and redefining what it means to be a leader. By cultivating emotional intelligence, empathy, and resilience, we help young men embrace their full humanity. This, in turn, equips them to lead with authenticity, compassion, and confidence.

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This International Men's Day, let us commit to breaking the barriers that hold men back from living authentic, fulfilling lives. Let us celebrate the men who dare to defy stereotypes and embrace their emotions and let us support those who are still finding their way.

We believe in building a world where men and boys can thrive—not in spite of their vulnerabilities, but because they are empowered to acknowledge and embrace them. By fostering open conversations, redefining masculinity, and promoting mental well-being, we can help every man realise that **it's okay to be yourself.**

Together, we are stronger. Through empathy, understanding, and action, we can create a world where every individual feels valued, supported, and celebrated for who they are.

Acknowledge. Act. Impact.

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#WORLD READY

DOFE/IntMenDay

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