



Movember & No-Shave November:
Two Foundations, One Cause, that are “All About the Mustache”

Each November, participants start with a freshly shaved face on November 1st. By not shaving until December 1st, participants effectively donate their faces to be a visual advertisement for men’s physical and mental health issues.

The idea for ‘Movember’ started in Australia in 2003. Two friends discussed fashion trends, and how moustaches were no longer in style. They spoke about bringing them back in a meaningful way. Using the slogan, “Grow a Mo,” they got 30 friends involved. ‘Movember’ combines ‘Mo,’ the Australian slang for ‘mustache’ and ‘November.’¹

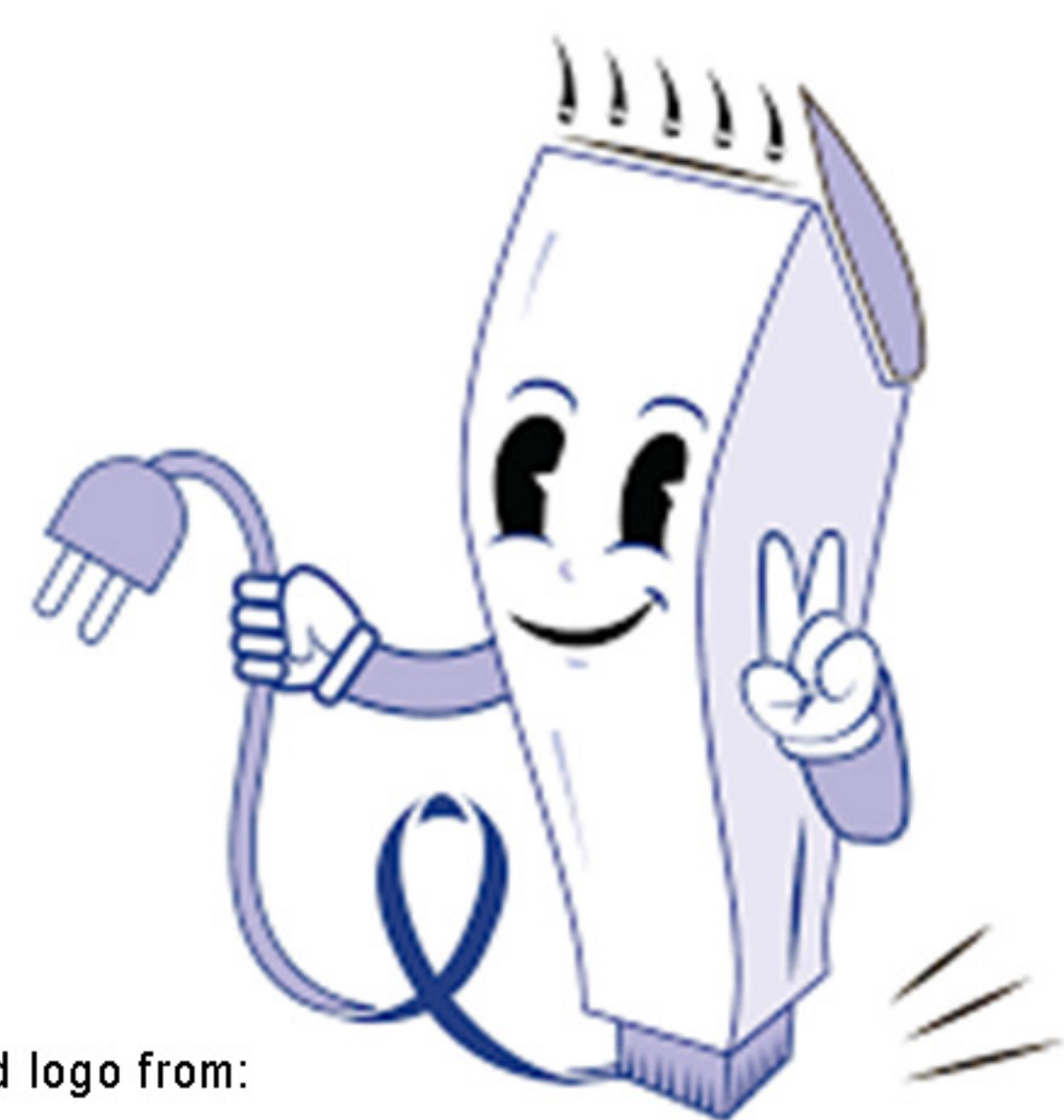
Since 2003, ‘Movember’ has funded more than 1,250 men’s health projects around the world, specifically focusing in areas of Mental Health and Suicide Prevention, Prostate Cancer, and Testicular Cancer.¹

Those who cannot grow-out their hair this November, can join the cause by being active. “Move for Mental Health” remembers the 60 men lost to suicide globally, every hour. To take part, run or walk 60 miles. Cover the distance in one go, or over the month.¹



Photos and logo from:
<https://us.movember.com/>

No-Shave November



Photos and logo from:
<https://no-shave.org/about-us/>

“No-Shave November” is another organization encouraging participants to forgo shaving and grooming to evoke conversation and raise cancer awareness. They ask participants to donate what would otherwise be spent on shaving and grooming products, to cancer fighting foundations.²

The project was started in 2009 by the eight children of Matthew Hill, a Chicago resident who passed away from colon cancer two years prior. This campaign encourages participants to grow out and appreciate their hair, because so many people lose their hair during cancer treatment. Money raised during the campaign is dedicated to cancer prevention, education, and research.²

From the ‘Movember’ website: “Men’s health is in crisis. Men are dying on average 4.5 years earlier than women, and for largely preventable reasons. A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.”¹

1.) <https://us.movember.com/>
2.) <https://no-shave.org/about-us/>
3.) <https://988lifeline.org/>