



MOVEMBER® INSTITUTE
OF MEN'S HEALTH

MOVEMBER

SPORT HEALTH RESEARCH INITIATIVE

CANADA

Request for Applications

Request for Applications Released

August 11, 2025, EDT

Application Deadline

September 26, 2025, 5:00 pm EDT

Peer Review Period

October 1 – November 30, 2025

Notification of Outcome of Assessment

Week of November 24, 2025

Earliest Project Start Date

January 2026

Available Funds

Six (6) grants to be awarded through the Program, valued at up to **\$180,000 CAD** each, for up to **24 months**.

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INTRODUCTION

About Movember

Since 2003, Movember has challenged the status quo, shaken up men's health research, and transformed the way that health services reach and support men. With the help of their global network of supporters, they have raised over \$1.3 billion for men's health, funding more than 1,300 men's health projects worldwide including some of the largest prostate cancer registries in the world. Since taking on mental health and suicide prevention in 2006, Movember has advocated for the early recognition of mental health issues, and gender-responsive healthcare that better meet the unique needs of men and boys. By improving men's health, we can have a profoundly positive impact on men, their families, and their communities. To learn more, please visit [Movember.com](https://movember.com).

Background

Many young men (aged 12-25) experience distress and marginalization during adolescence, leading to increased risk of suicide. During this life transition, young men are more likely than women to choose unhealthy coping behaviours such as gambling, alcohol, and drugs¹, with half of all mental health problems having early onset before the age of 14.

Globally, sport plays a prominent role in the lives of many young men. Sport participation has been shown to reduce the risk of mental health problems. When compared to those who dropout of sports, young sport participants who remain in sports have a 10-20% reduction in risk for a diagnosis of a mental health problem within three years. Sport participation is also associated with a more than 35% reduction in suicidal ideation during adolescence² and the link between sport participation and reduced risk of mental health problems will be utilized to identify what works to improve mental health outcomes for young men.

Sport settings can foster unique environments where people's identities, social connectedness, and healthy behaviours can be nurtured and developed³. Sporting contexts also have the potential to expose young men to risk factors for poor mental health such as sport-related stressors, enforced cultural and social norms, and a lack of psychological safety.⁴

The Movember Sport Health Initiative (the **Program**) aims to utilise the unique elements of sport to nurture healthy behaviours, support identity formation and increase social connectedness in young men (aged 12 – 25 years), leading to improved mental health outcomes. It will also tackle risk factors for poor mental health which are exacerbated by the

¹ One Movember Plan – November 2023

² Babiss LA, Gangwisch JE. Sports participation as a protective factor against depression and suicidal ideation in adolescents as mediated by self-esteem and social support. *J Dev Behav Pediatr*. 2009 Oct;30(5):376-84. doi: 10.1097/DBP.0b013e3181b33659. PMID: 19692930

³ Drummond, M., Wadham, B., Prichard, I., Elliott, S., Drummond, C., & Crossman, S. (2022). Level playing field: young males, masculinity and mental wellbeing through sport. *BMC Public Health*, 22(1), 756. <https://doi.org/10.1186/s12889-022-13200-1>

⁴ Walton, C., Rice, S., Hutter, V., Currie, A., Reardon, C., & Purcell, R. (2021). Mental Health in Youth Athletes: A Clinical Review. 1, 119-133. <https://doi.org/10.1016/j.ypsc.2021.05.011>

sport environment, including unhelpful masculine norms, tolerance of violence and aggressive behaviour, and overuse/acceptability of unhealthy coping behaviours (such as gambling and substance use).

PROGRAM FUNDING (2026 - 2028)

The Program aims to fund innovative research projects that seek to meaningfully contribute to promoting mental health in or through community or individualised sport. Grants of up to **\$180,000 CAD** each are being offered to eligible parties to undertake research commencing early in 2026, with research activities occurring for up to 24 months from project start date. Research will support the development and incubation of evidence-based responses to gaps in early intervention or prevention for young men's mental health, using sport as a setting.

Movember has focussed on the organised team sports setting, recognising the value of community in improving mental health. Under this Initiative, projects related to more individualised non-organized sports (e.g., rock climbing, surfing, etc.) or organised physical activity and exercise (e.g., park run, gym, etc.) will be considered if potential impact can be demonstrated.

Movember will fund research that has the potential to improve the following impact areas (Applicants must include a response addressing the specific impact area they are targeting.):

1. the design of sports programs (sport as the intervention);
2. policies for sports programs, or;
3. interventions to be delivered in the sports setting.

Areas of investigation prioritised in this Initiative are those that focus on:

- Equity, Diversity and Inclusion (EDI);
- psychological safety in mental health relative to athletes, parents and coaches ;and
- technology & digital engagement.

Applications must leverage expertise in sporting systems, mental health, cultural and social influences and determinants, and gender transformative interventions⁵. Research must fall within Post Doctoral research (led by an early career researcher within seven years of submitting a PhD, not including any extended leave or career interruption taken during this period). Research must be carried out under direction of a suitably qualified and experienced supervisor or established research mentorship.

⁵Interventions for young men's health programs or initiatives that actively challenge harmful gender norms, power imbalances, and systemic inequalities to promote equitable health outcomes. These interventions address root causes—such as rigid masculinity stereotypes and social determinants—while empowering young men to adopt healthier attitudes and behaviors. They integrate strategies like promoting positive masculinities, engaging men as allies in gender equality, and transforming institutional policies and cultures (e.g., through sports, education, or mentorship). The goal is sustainable, systemic change that improves mental and physical health by fostering equitable relationships and opportunities."

SPORT HEALTH INITIATIVE GOALS

Overarching Goals

This Program supports Movember's Strategic Goal #4 Improving Young Men's Mental Health, which will be achieved through developing strategic sports health partnerships and catalysing sports systems change. The overarching goals are to:

- collaborate with organisations that have the influence and capacity to shape sport infrastructure;
- implement programs and research initiatives that foster a healthier sporting culture and encourage positive behavior change among young men – including those who have not traditionally participated in sports; and
- use sport as an engagement tool to build long-term capacity and capability in community sports settings.

Anticipated Outcomes

The research supported under this Program will ultimately lead to:

1. enhancing the mental health of young men;
2. improving the ability of young men to navigate their transition through adolescence;
3. reducing the likelihood of young men utilising unhealthy coping mechanisms; and
4. increasing capacity and capability within the research system, focused on sport health.

GRANT FUNDING

Six (6) grants valued at up to \$180,000 CAD each are being made available to support this Program. Successful Applicants will have up to 24 months to complete research activities.

Funding Eligibility

To be eligible for this Grant, Applicants must be:

1. based in Canada;
2. legally able to accept Grant funds within Canada;
3. aligned to Movember's values – Remarkable, Fun, Better Together, Change Agent, Accountable, Courageously Kind;
4. an existing Research Body (e.g. University) with a suitable early career researcher on staff (up to seven years Post Doctoral completion, not including any extended leave or career interruption taken during this period);

5. open to providing a monetary (or in kind) contribution to the Project. For example, assuming the early career researcher is already contracted, time release from teaching is provided;
6. willing to collaborate with other research institutions to allow multidisciplinary approaches, strategy alignment, impact and reach; and
7. able to leverage demonstrable partnerships with industry/ delivery partners aligned to the goals of Movember's Sport Health Initiative (e.g. soccer, ice hockey, national sports organizations); and able to produce ideas/ research questions aligned to the *Research Strategy Summary*, see Appendix C.

Examples of Approved Research

Examples intended as a guide to contextualise what will be considered for grant funding. Innovation and contemporary approaches are encouraged.

Accepted

- Interventions⁶ that seek to test a potential solution to important and/or emerging problems.
- Formative research and other forms of research that will underpin the co-design of an intervention with the goal of testing that intervention.
- Research that leads to the pragmatic operationalisation of a construct to provide a foundation for intervention.
- Innovative research designs to test aspects of, or changes to policy tailored toward sporting organizations (national and/or regional). **Note: the Program is not directly positioned to impact sport training institutions focused on licensing and accreditation.**
- Testing of a sports program or elements of a sports program designed to promote mental health and wellbeing.
- Innovative research designed to generate hypotheses about improving mental health and wellbeing through sport.
- Meta – analytic research that supports the development of solutions to important and/or emerging problems.
- Interventions focused on school sports teams/after school non-timetabled activity are acceptable, providing interventions are not using school based physical education lessons or classroom style delivery.

Not Accepted

- Cross-sectional research where evidence already exists, or cross-sectional research designed to investigate correlates of mental health and wellbeing in or through sport.
- Interventions that do not seek to directly, or indirectly, improve mental health and wellbeing through sport.
- Systematic reviews or meta-analyses that do not support the development of solutions to

⁶ Movember considers 'intervention' to mean any strategy (e.g. technique, program, policy) that directly or indirectly targets the mental health of young men in sport. In the Sport Health Research Initiative, Movember is interested in funding prevention or early (indicated) interventions. The goal of the intervention would be to prevent onset of symptoms, or reduce how long early symptoms continue and, to prevent issues becoming more severe. The focus of the intervention could relate to policies in sport, mental health techniques or programs used in sport settings or the design or implementation of sport programs.

important or emerging problems.

- Research of interventions not involving the community sport environment or sport context or involves participants under 12 or over 25.

APPLICATION PROCESS

Important Dates

The following table provides indicative dates in relation to this RFA process (which may be amended by Movember in writing at any time in its sole discretion).

Activity	Date
Request for Application Release	August 11, 2025
Application Period	August 11 – September 26, 2025
Application Deadline	September 26, 2025 5:00 pm (EDT)
Internal Administrative Review Period	Week of October 6, 2025
Review Panel Meets	Week of November 10, 2025
Notification of Outcome of Assessment	Week of November 24, 2025
Earliest Project Start Date	February 1, 2026

All Applications must be submitted online through Foundant, Movember's grants management system by the submission deadline. Applicants are asked to register by creating an Applicant profile at <https://www.grantinterface.com/Home/Logon?urlkey=movember>. It is advised that registration is done prior to the Application deadline. Late Applications submitted through any other means will not be accepted.

Applications are welcome in both official languages. Given the global nature of the Program however, the working language across the community of practice is English; hence, Applicants must have a representative who is able to communicate on behalf of the team in English.

Submission of Applications

Following registration and profile set up, Applicants will be asked to:

1. Complete an online Application form within the grants management system responding to the following:
 - (a) organisation name;
 - (b) key contact or Project lead details;
 - (c) Project title;

- (d) primary target audience(s); and
 - (e) provide three key words describing the focus of research.
2. Confirm that they have read and understood the Guidelines and that its organisation and Project meet the eligibility criteria. Please note the Guidelines will form part of this RFA.
 3. Attach the Project file and upload Application.

Submissions will be acknowledged by email directly from the online grant management system. Applicants must retain email confirmation as verification that the Application has been received. If an acknowledgement has not been received, please check junk mail before contacting Movember. Movember is not responsible for any Applications not received by the due date unless the Applicant can provide email confirmation as proof that its Application was submitted on time.

Application Format

Movember is interested in funding strategy-aligned ideas. We are seeking a succinct response articulating Applicants' alignment with the key criteria identified in the required Application content, as set out in the Application format outlined below. To support an Application, please refer to **Appendix C: Research Strategy Summary (available in english only)**.

Submissions must be submitted as a single PDF or MSWord document and conform to the following format:

- (a) prepared in Arial font (regular), minimum 12 point and in single-spaced text;
- (b) on a letter sized page 8.5" x 11" with 1" margin on all sides of each page;
- (c) include a header on each page as follows: Applicant's first initial and last name & organisation in the top left-hand corner, and the page number in the right-hand corner;
- (d) **seven (7) pages maximum** (cover page – one (1) page, proposal body – four (4) pages including figures and tables, budget – one (1) page, references up to one (1) additional page). **Applications that do not conform to the Application format will be disqualified and removed from consideration.**
- (e) **Funding Overlap** (not included in overall page count) Please include a list of held and pending grants and indicate % funding overlap with the current Application.

Content – Submission must include:

- (a) A cover page (maximum **1 page** containing the following):
 - project title;
 - lead organisation;
 - name and contact details of the Project lead (early career researcher name, position, phone number, email, and mailing address);
 - total approximate funding requested (year 1, year 2 and total funding);

- Project lay summary (maximum 150 words) suitable for sharing publicly on the Movember website and elsewhere and written in lay language;
- three (3) key words describing the thematic area(s) of Applicant's research; and
- A statement confirming that in applying for funding, the standard Grant Agreement terms have been reviewed and is accepted (or identification of any terms of the Grant Agreement that is unable to be accepted, providing a justification for each), as well as confirmation that the 12 week time period to execute the Grant Agreement can be met.

(b) Proposal Body (maximum four (4) pages including figures and tables).

The Application should clearly demonstrate the idea being proposed and contain the following information:

- ***Organisation Description***
 - Provide a brief description of Applicant's organisation/ institution and relationship to the sport/community represented in the Application.
- ***Strategic Alignment***
 - Include a description of the proposed impact area (the design of sport programs/ sport as the intervention, policies for sport programs, or; interventions to be delivered in the sport setting).
 - Provide a brief description of how the research will contribute to the overarching ambition of the Grant and real-world impact.
- ***Research Outline***
 - State Applicant's proposed research question.
 - Clearly outline the specific objectives – hypotheses and research aim, (i.e., what is being proposed, the problem to be solved, how the research will address this, desired Application/s of research).
 - State the importance of the proposed research – rationale, previous work, summary of preliminary data (if available).
- ***Work Plan***
 - Include a high-level outline of research activities, approach, milestones, potential challenges (if any, how these will be addressed), methods and analysis. Workplan must span up to 24 months of activities.
- ***Team & Environment*** (CVs are not required)
 - State the experience and interest of the Project lead (early career researcher), and the interest in the aforementioned Sport Health Research impact areas.
 - Include a nominated supervisor and their interests.
 - Clearly outline the mentoring available during the Project.
- ***Partnerships***
 - Please identify the industry partner and describe the relationship and supports to be provided. Indicate whether this is an existing or formative relationship. Note:

successful partners will be required to provide a signed Memoranda of Understanding (MOU) with the Applicant to demonstrate the relationship described above prior to executing the final agreement with Movember.

- **Budget (maximum one (1) page).**
 - A budget including itemised justifications to deliver the Project should be provided. Please refer to eligible and ineligible costs when completing a budget. Note that funding amounts can vary from one year to the next, provided that the total amount is within the range of available funds.
- **References (maximum one (1) page)**
 - Up to one (1) page of references may be appended to the Application.
- **Funding Overlap (not included in overall page count)**
 - Please include a list of held and pending grants and indicate % funding overlap with the current Application.

REVIEW PROCESS

A review panel comprised of subject matter experts (SMEs), who do not have any conflict of interest with the Applicants, will be engaged to determine which Applications should be recommended to the Movember Board for funding. Applications will be assessed based on the following criteria:

1. **ELIGIBILITY:** Application meets all the eligibility criteria set out in this RFA, including that the research is undertaken by a post-doctoral researcher.
2. **STRATEGIC ALIGNMENT:** Proposed research should demonstrate strong alignment with the goals of the global sport health initiative by complementing existing projects or creating valuable synergies. Successful Applications will contribute meaningful new knowledge to the field while ensuring long-term relevance within the broader sports health partnership strategy. Priority consideration will be given to research that addresses the key areas of interest outlined on page 4 and advances Movember's mission of improving health outcomes for men worldwide.
3. **PROPOSED PROJECT:** The technical components of the Application including:
 - a. clarity of the Application;
 - b. quality of the brief research outline; and
 - c. suitability of the proposed initiative, including likelihood for real-world impact.
4. **TEAM & ENVIRONMENT:**
 - a. The capability, capacity and motivation of the Applicant to carry out and complete the proposed research activities.
 - b. The extent to which the Applicant has demonstrated it has the infrastructure, resource capacity and management approach to support the proposed research

activities.

5. **BUDGET:** the appropriateness of the proposed pricing structure (non-binding indicative budget), inclusive of in-kind support provided to the research activity.

DOCUMENTATION, DEVELOPMENT, AND AWARDING

Intellectual Property

Any Intellectual Property Rights in an Applicant's Project Materials will remain with the Applicant. Movember will require that a non-exclusive, perpetual, irrevocable, worldwide and royalty-free licence to use the Applicant's Project Materials. Appropriate licensing arrangements will be agreed through the contracting phase. A Movember chief investigator will join each research Project with the goal of a partnership-based approach to research. The level of participation will be based on terms agreed with the Applicant. By responding to this RFA, each Applicant agrees to these terms.

Research Question Refinement Period

Successful Applicants will be required to revise and finalise their scope of work to align research questions collectively. The initial Project idea presented in the proposal will be refined and finalised in 1:1 consultation with the chief investigator and will be incorporated into Movember's standard Grant Agreement.

Key outputs will also be determined during this period; however at a minimum, successful Applicants must:

- publish research in peer reviewed academic journals;
- produce grey literature to enable knowledge sharing;
- attend Movember knowledge dissemination events; and
- attend a Movember Sport Health Research bi-annual Community of Practice.

Global Community of Practice

Movember aims to build and apply evidence-based approaches to solve key challenges across sport, and, with our strategic sport partners, create a global community of practice dedicated to achieving collective impact. Successful Applicants may be required to participate in a 'Global Community of Practice', to promote knowledge exchange, share best practices and learnings, and build capacity in the sport health sector. The Community of Practice will include both online and in person elements through learning forums and convenings. For in-person convenings, Movember would cover reasonable pre-approved travel costs for the Project lead to participate. Additional participation by team members would be at the Project team's own expense.

Contracting

To facilitate a timely start date, a contracting period of 12 weeks to execution of Grant Agreements has been set. At the time of Application, the Applicant must identify any terms of the Agreement that it is unable to accept (if any) including time period to execute the Grant Agreement, providing a justification for each. This submission does not imply that Movember will accept the Applicant's position or agree to amend the Agreement if the Application is successful. Movember also reserves the right to amend the Grant Agreement before execution at its complete discretion.

Communication

All communications with Movember, including any questions arising during the preparation of an Application or requests for clarification, should be directed via email to shicanada@movember.com. Turnaround time for responses will be within two (2) business days of receiving an inquiry about the initiative.

Prior to the deadline, all general questions and enquiries received from Applicants that are related to the general purpose and review process, and the subsequent answers to such questions, may be shared with all Applicants. Movember may refuse to answer any question at any time.

DEFINED TERMS

In this RFA these terms have the following meaning:

Term	Definition
Application	means the complete Grant proposal or submission and all accompanying documents submitted by an Applicant in response to this RFA.
Applicant	means a person or organisation who submits an Application in response to this RFA.
Application deadline	means the date and closing time for submitting an Application as set out in the <i>Application Process</i> section of this RFA, or as otherwise extended by Movember in writing.
Background IP	means any Intellectual Property Rights existing prior to the date of this RFA or developed independently of this RFA.
Guidelines	means the Application Submission Guidelines enclosed at Appendix A.
Grant	means funding provided by Movember to support the delivery of projects under the Program, in accordance with the terms and conditions of this RFA.

Grant Agreement	means the Movember grant agreement enclosed at Appendix B.
Intellectual Property Rights	means all intellectual property rights, including but not limited to the following rights: patents, copyright, rights in circuit layouts, designs, moral rights, trade and service marks (including goodwill in those marks), domain names and trade names and any right to have confidential information kept confidential; any application or right to apply for registration of any of the rights referred to above; and all rights of a similar nature to any of the rights above which may subsist anywhere in the world, whether or not such rights are registered or capable of being registered.
Movember	means Movember Canada (767531-3) or any other entity in the Movember Group as advised by Movember.
Program	means the Movember Sport Health Initiative.
Project	means the project the Applicant proposes to deliver using the Movember funding available under this Grant.
Project Materials	means all materials (including all Intellectual Property Rights) created by the Applicant or Movember pursuant to the Project, but does not include any Background Intellectual Property or Confidential Information.
RFA	means this Request for Application, including all attachments, annexures, or schedules.

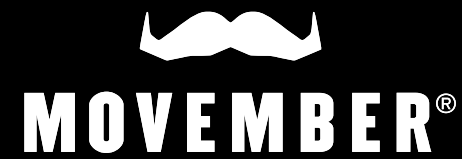
APPENDIX A: APPLICATION SUBMISSION GUIDELINES

Provided separately and is titled *Appendix A – Application Submission Guidelines (Guidelines)*.

APPENDIX B: MOVEMBER GRANT AGREEMENT (TEMPLATE)

[Template on file – link provided [here](#)]

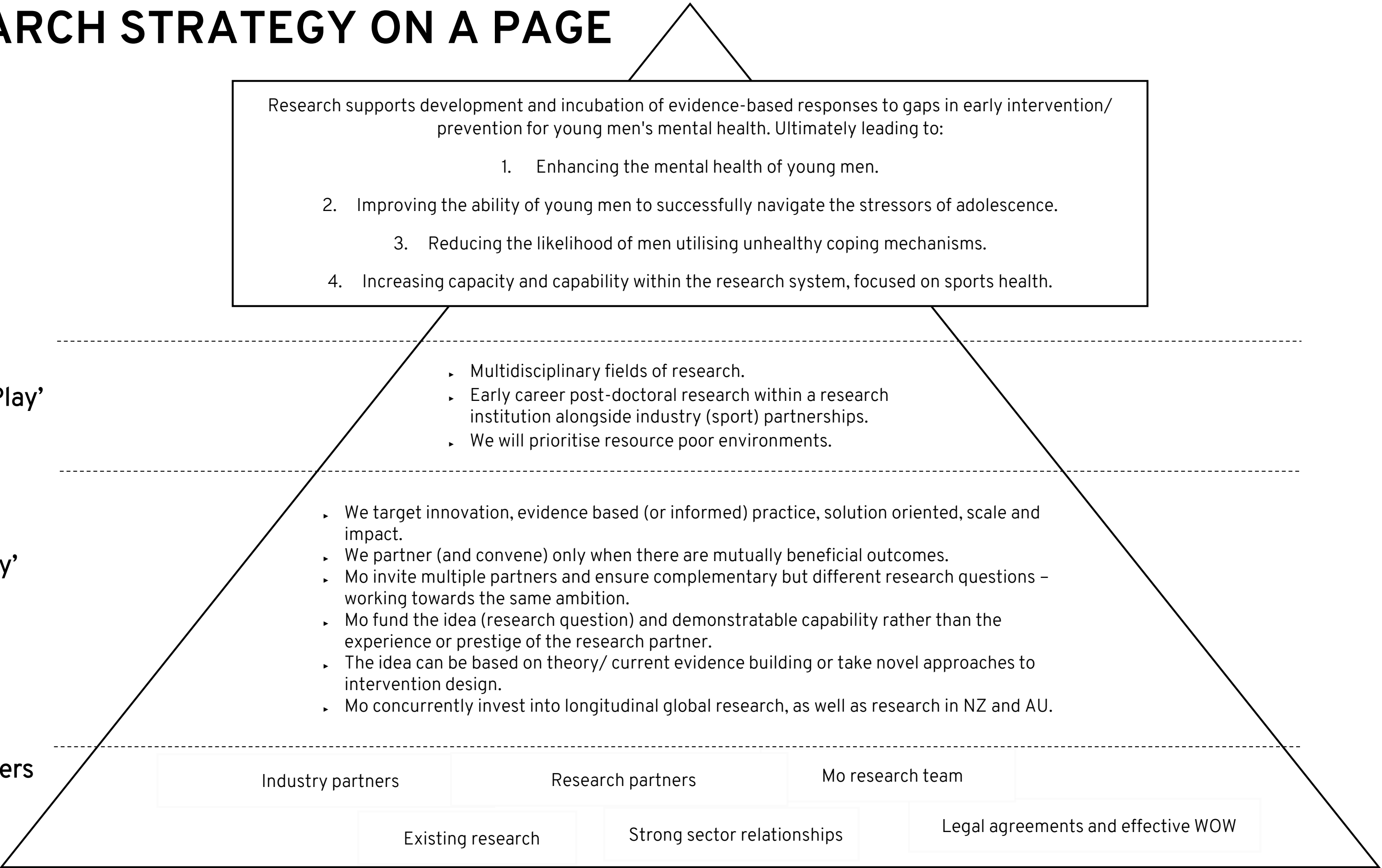
APPENDIX C : Sport Health Research Initiative



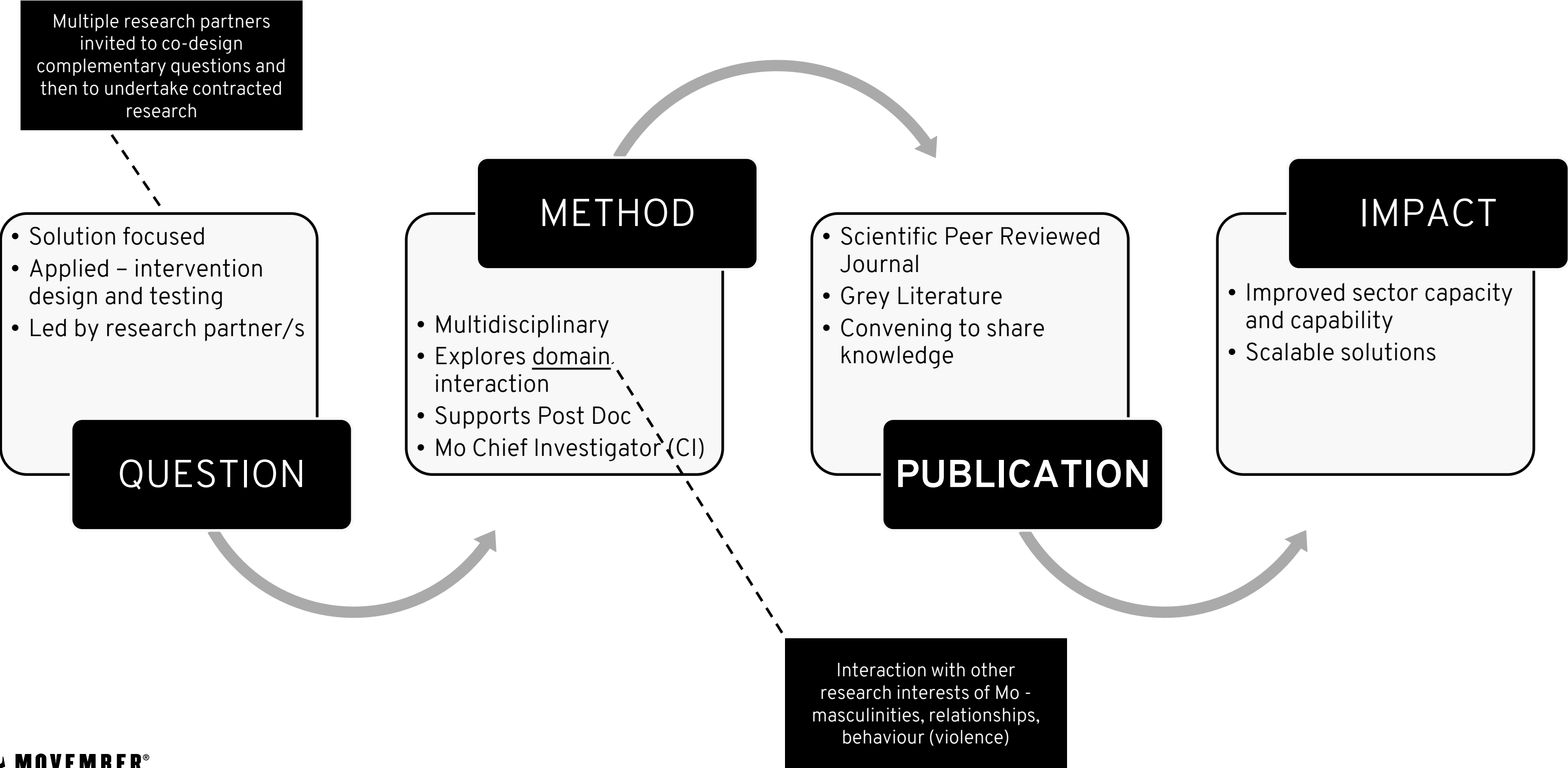
YOUNG MEN'S HEALTH RESEARCH STRATEGY

AUSTRALASIA - MAY 2025

RESEARCH STRATEGY ON A PAGE



APPROACH

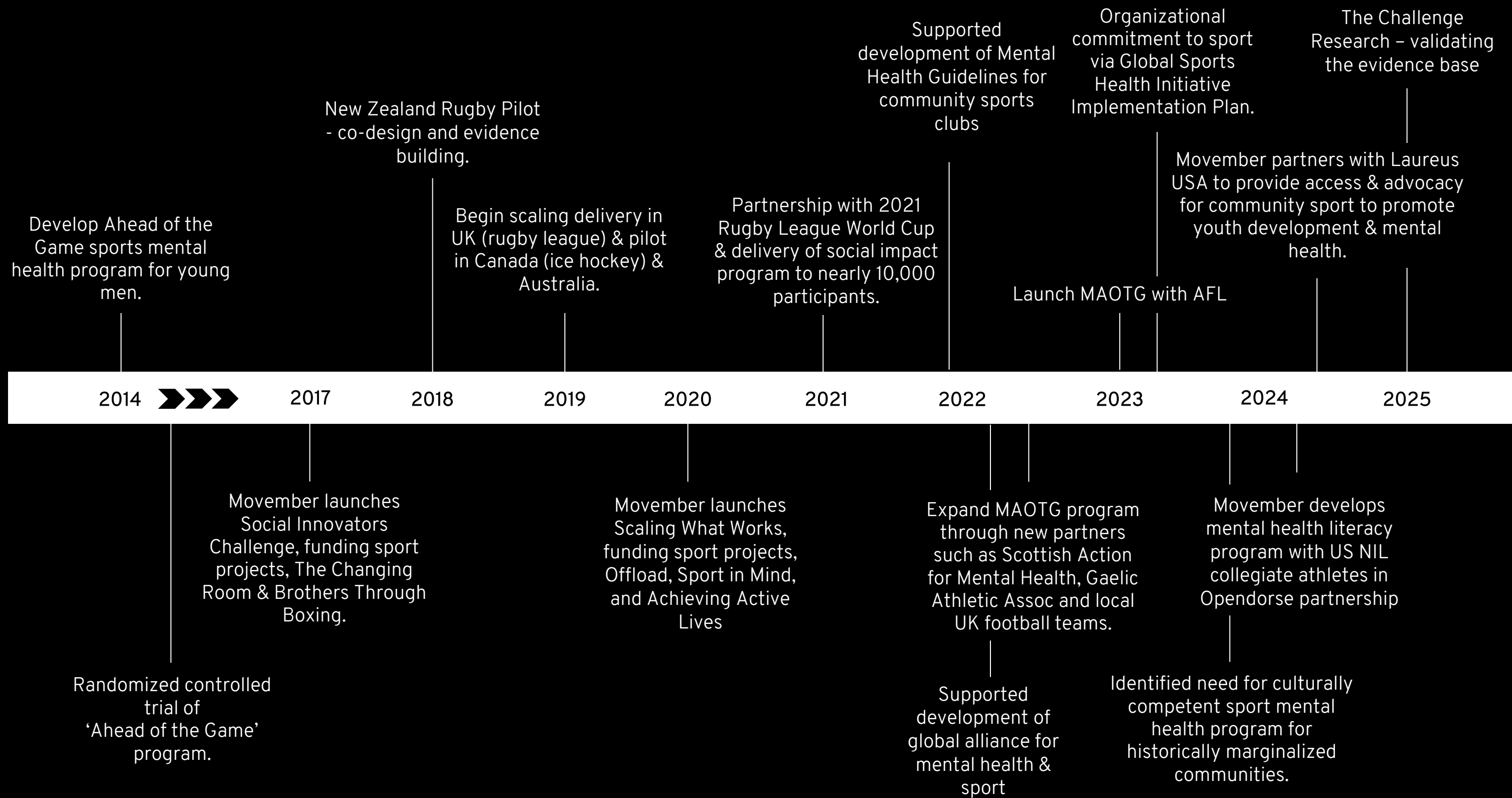


APPENDIX

SPORTS HEALTH INITIATIVE - THEORY OF CHANGE
SPORTS HEALTH INITIATIVE - EVUDENCE BUILDING MILESTONES

	Short-term outcomes	Action	Medium-Term Outcomes	Long-Term Outcomes	Impact
Individual Level	Sport partners and settings are leveraged to connect young men with community resources, programs and health promotion resources that support mental health and wellbeing	MO5-3: Build a social support network around themselves, e.g. peers, parents, & coaches, and use ALEC for conversations as needed	Increased mental resilience among young male players	Decrease in unhealthy coping behaviour among young men (gambling, alcohol, and drug abuse)	Young men (with a subset of economically/socially marginalised young men) are mentally and emotionally well
	Increase young men in sport being taught mental health literacy, strategies, and how to deal with adversity		Increased sense of belonging/connectedness among young male players	Decrease in suicide rates in young men (ideation, attempts, and death by)	
	Reach young men through sport (with a subset of economically/socially marginalised young men) early to spot signs and symptoms and reach out for help.	MO5-4: Develop personal awareness of their mental health and speak openly with peers/adults when they spot negative signs in themselves & others	Increased early detection of young male players in mental health distress		
		MO5-5: Seek help (self & others) such as self-management tools or professional help if needed.	Increased help-seeking behaviour among young male players		
Norms	Partner with organisations who create safe physical places for young men to use sport as a tool for building healthy masculine norms, including violence prevention	CI-3 (Mutually reinforcing activity): Increase support and exposure to role models demonstrating healthy masculinity	Decrease ‘male sacrifice’ gender norm	Reduce mental health stigma for young men seeking support	Healthy masculinities is the norm in sport systems
	Increase awareness and understanding of healthy masculinity		Decrease association that winning is the only form of success	Increase men demonstrating healthy masculinity	
		Decrease negative “locker room” culture			
		Decrease ‘jock’ syndrome			
		Decrease men using sport as a vehicle to “release aggression”			
Systems Level	Increase awareness of mental health in sport	CI-4 (Continual communication is occurring): Leveraging major sporting events’ impact and reach to deliver continual communication that supports and leverage the sport health impact	Mental health and wellbeing is recognised and prioritised in sport organisations	Reduce the exposure of risk factors that contribute to unhealthy coping mechanisms	The associated norm of alcohol, drugs and gambling in sport is disrupted
	Increase exposure to athletes & sport systems demonstrating positive masculinity			Mental health and wellbeing is embedded and sustainably resourced in sport systems	Organised sport environment is an equitable and safe system that allows more to benefit from sport
	Sport organisations dedicate resources to mental health for young men in sport.	CI-1 (Common agenda in place): Organisations & Government have shared mental health guidelines for youth in sport.	Improved policies, practices, and service models within sport community/organisations		
	Sport sector partners advocate to government for increase priority [funding/resources] of mental health and psychological safety in sport			CI-2 (Shared measurement in place): Organisations have shared mental health & norm metrics for sport.	Increase community capability and capacity to support sport as a vehicle to drive community connectedness and men
	Create a shared sports community of influence/practice.	CI-3 (Mutually reinforcing activities are occurring): Partners organisations are creating/reinforcing safe physical spaces for young men in sport.	Increase in sport organisations recognising and/or adopting guideline principles to ensure psychological safety in sport		

EVIDENCE BUILDING MILESTONES





CHANGING THE FACE OF MEN'S HEALTH