



## PRESS RELEASE

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### MOVEMBER LAUNCHES WORLD'S FIRST ONLINE PARENTING PROGRAM AIMED AT FATHERS

- *Only a fifth of parents who take part in parenting programs are men, despite evidence they are successful*
- *Movember's free evidence-based online course takes one hour to complete and improvements in behaviour can be seen within two weeks*

The world's first online parenting program aimed at teaching dads how to improve their child's behaviour has been launched in Australia, by men's health charity Movember.

Movember's [Family Man](#) is a free, online program designed to equip parents of children, aged between two and eight, with the practical skills needed to navigate common tricky parenting situations. Improvements in behaviour can be seen within two weeks.

Previous research by the charity, has shown that 42 per cent of dads say they feel anxious about being a 'good father'<sup>i</sup>. Yet, only a fifth (20 per cent) of parents who have taken a parenting course are men<sup>ii</sup>.

Experts believe that financial costs, work commitments, lack of time, as well as a reluctance to seek help may be possible barriers for many dads.

Jane Endacott, director of digital health mental health and suicide prevention at Movember, said: "Being a parent can be a very rewarding experience, but it certainly isn't always easy. Dealing with meltdowns in the supermarket or a child who repeatedly ignores instructions can be incredibly stressful.

"It causes friction at home and over time that can impact the whole family's mental wellbeing.

"There is a huge amount of research that shows parenting is more effective when it's done as a team. We know that when dads are fully engaged in parenting decisions, it benefits the whole family."

Although the interactive program – which is comprised of three 15-minute animated modules – can be used by either parent, Family Man is thought to be the first that is primarily aimed at fathers.

Each module features a father as the main character who is faced with a challenging situation such as a battle over the dinner table or a tantrum in public.

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Users are given a number of possible ways to respond to the situation, the pros and cons and likely outcomes of each option are clearly explained, using clear and direct instructions.

Jane Endacott added: “Although it can be used by any caregiver, Family Man was designed with fathers in mind and aims to boost dads’ confidence in their parenting skills which leads to better psychological wellbeing for both parent and child.”

Adapted from a successful program called [ParentWorks](#)<sup>iii</sup> which was designed by Professor Mark Dadds at the University of Sydney, Family Man has been vetted by a global panel of psychologists and parenting experts.

The results of an open trial of the ParentWorks program, which was tested on 456 parents and published in the journal of *Child Psychiatry & Human Development* last year, showed significant decreases in child emotional and behavioural problems and parental mental health problems in those who took part in the study.

Professor Dadds said: “Evidence-based parenting programs are effective in reducing behavioural problems, yet few involve the participation of fathers.

“Our study showed that this type of intervention was successful in reducing child behavioural problems, dysfunctional parenting, interparental conflict and, (as a result) improving parental mental health.

“We were able to recruit a large number of dads to take part and both fathers and mothers seemed to benefit equally from the program.

“Family Man was designed to be accessible to all families and may be especially useful in rural and remote areas, where resources can be hard to access.

“It can be fully delivered online, without the support of trained practitioners, which is a key barrier for many parents.”

For more information, visit [familyman.movember.com](http://familyman.movember.com)

**ENDS**

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### **About Movember**

Movember is the leading charity changing the face of men's health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives.

Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world. In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus

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on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit [movember.com](https://movember.com)

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<sup>i</sup> Fatherhood and Social Connections: Global Research Report of Male Social Connection, Research by IPSOS MORI commissioned by Movember, June 2019.

<https://cdn.movember.com/uploads/images/News/UK/Movember%20Fathers%20%26%20Social%20Connections%20Report.pdf>

<sup>ii</sup> Fletcher R, Freeman E, Matthey S (2011) The impact of behavioural parent training on fathers' parenting: a meta-analysis of the Triple P-Positive Parenting Program. *Father J Theory Res Pract Men* 9(3):291-312

<sup>iii</sup> Piotrowska, P.J., Tully, L.A., Collins, D.A.J. *et al.* ParentWorks: Evaluation of an Online, Father-Inclusive, Universal Parenting Intervention to Reduce Child Conduct Problems. *Child Psychiatry Hum Dev* 51, 503-513 (2020). <https://doi.org/10.1007/s10578-019-00934-0>

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